



Teachers' guide to introductory resources

In these resources pupils are introduced to the idea that water is a shared human need and is a right recognised by the UN. However, many people are denied this right, making them water vulnerable. Pupil watch a film and slideshow (which can also be used for a whole-school assembly) and carry out various participatory activities around our shared need for water.

Age range: 7-14 years

Time: 50-70 mins

- Introductory film and slideshow: 10-20 mins
- Water for life: 10-15 mins
- Water week diary: 30-35 mins + homework

Learning objectives

- Know that water is a human right recognised by the UN and understand people's shared need for water
- Be aware that many people are denied this right, which makes them water vulnerable

Key questions

- What do I need water for?
- Does everyone share this need?
- Does everyone in the world have the same access to water?

Resources (note that photocopiable sheets are at the end of this pdf)

- Introductory film
- Introductory slideshow*
- Two or three buckets filled with water
- *Water for Life* slideshow*
- Copies of *How important is water in your life?* – one per pair of pupils
- Copies of *My Water Diary* and/or *How I use water* – one per pupil



*Note that new information will appear on most slides when you click. The blue circle on the bottom right-hand corner indicates the slide is complete.

Activity 1: Introductory film and slideshow (10-20 mins)

Show the film and slideshow in a whole-school assembly or to participating classes to begin your Water Week. They introduce Oxfam Water Week, highlight some of the problems surrounding water and inspire pupils to take action.

Activity 2: Water for life (10-15 mins)

This activity encourages pupils to recognise the shared need of water in the lives of all people, everywhere and to empathise with those for whom access to water is restricted.

1. Tell pupils that you will be learning about the importance of water in these sessions. Ask two or three pupils to stand with buckets full of water while you give the rest of the introduction.



2. Show the first photograph on the *Water for life* slideshow: a girl standing next to a locked water tap. Ask pupils to think and then share in pairs why the tap might be locked. Ask selected pupils to share their suggestions with the class, and then explain that the tap is locked because villagers decided this would be a good way to ensure that water, which is in short supply, is shared fairly among the community.
3. Now ask pupils to imagine what it would be like to return home after school to find the water supply had been cut off. What would they not be able to do? You might like to ask pupils to draw or write their ideas down, or simply share them with a partner. Compile a class list on the board.
4. Finally, ask the pupils holding buckets to explain how they have found holding the water during this time. Explain to pupils that many children and adults in the world do not have a water supply connected to their homes. They have to visit pumps to collect water and then carry it for long distances home instead.

Activity 3: Water week diary (30-35 mins + homework)

1. Ask pupils to monitor how much water they use in a day to emphasise its importance in daily life. The *Water for Life* slideshow makes pupils aware of how many people are denied their basic human right to water, making them water vulnerable.
2. Give each pupil a copy of *How important is water in your life?* Explain that they will need this information to complete a homework sheet. Hand out copies of *My Water Diary*, and ask pupils to fill in whatever water they have used so far that day. Note that completing the water diary involves some basic numeracy which you may need to outline to your class in advance. Younger/less able pupils could fill in a *How I use water* sheet instead.
3. Ask pupils to complete this sheet for homework, highlighting the importance of making sure they note every use of water and include water that is used on their behalf, for example in cooking or washing clothes.
4. Discuss the results of the homework sheets during the next session and show pupils the rest of the *Water for life* slideshow. Allow time for pupils to discuss the questions and ideas that are raised.

Further ideas

- Younger/less able pupils can complete a *How I use water* sheet instead of *My Water Diary* above. They should draw a picture of themselves in the middle box and then add different water activities such as brushing teeth or watering plants in the oval shapes. More able pupils can add captions.
- Younger/less able pupils can take a *Sensory journey*. See *Sensory journey* slideshow and SEN planning guide in the supplementary resources.
- Perform mime chains of different water-based activities or play *Guess the water activity*: pupils perform short mimes of activities such as washing up or drinking for others to guess.
- Practise washing hands in the absence of a tap in a hygienic way. To do this, ask one pupil to pour clean water from a jug over another pupil's hands, catching the water in a bowl. Ask pupils why this is more hygienic than having several people sharing one bowl of water.

Next steps

Start *Learn* slideshow and activities.



How important is water in your life?

What do you use water for?

Food and Drink

You might drink water by itself, but there's also water in glasses of squash and cups of tea. Also, remember water that's used to cook your food!

Cleaning and Washing

Washing machines need water to wash your clothes. If you wash dirty dishes by hand, that uses water. If you use a dishwasher, that needs water too!

Personal Hygiene

You use water when you take a shower or a bath, and every time you wash your hands or clean your teeth. Flushing the toilet requires water too!

And More!

There are lots of other times you might need water, for example, if you water the garden or clean the car. Pay attention throughout the day and see when water appears!

Use a Water Diary to record how much water you use in one day. Every time you use water, fill in your Water Diary. You can use the guide below to work out about how much water you're using. Remember to include water your family uses if it is used for you!

Activity	How much water?
Taking a shower	~7 litres/minute ~12 litres/minute for a power shower
Taking a bath	~80 litres/bath
Flushing a toilet	~6 litres/flush for newer* toilets ~8 litres/flush for older* toilets
Running a tap	~6 litres/minute on full
Washing up	~10 litres/bowl
Using a dishwasher	~15 litres/use for newer* dishwashers ~25 litres/use for older* dishwashers
Using a washing machine	~50 litres/use for newer* machines ~100 litres/use for older* machines (half a load uses half the water)
Using a hosepipe	~8 litres/minute
Drinking a glass of water	~0.25 litres for a small glass ~0.5 litres for a large glass
Using a bucket of water	~5 litres

*newer generally means less than twelve years old, older means more than ten years old. (Source: BBC News website)

Here's an example of the start of a Water Diary...

Time	Activity	How much water?
7.15am	I took a shower	5 minutes = 35 litres
7.30am	Mum used water to make me porridge	1 cup = 0.25 litres
7.45am	I brushed my teeth, running the tap for about 1 min	1 minute = 6 litres

Now use the Water Diary worksheet to fill in your own day!



My Water Diary

Name: _____

Date: _____

Time	Activity	How much water?
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Time	Activity	How much water?
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Time	Activity	How much water?
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Time	Activity	How much water?
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Time	Activity	How much water?
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Time	Activity	How much water?
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Time	Activity	How much water?
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Add up all the water you have used throughout the day and write your total below.

Total amount of water used in one day:



My Water Diary

Name: _____

Date: _____

Brushing teeth	Number of times x 3 litres	How much water?
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Washing hands	Number of times x 6 litres	How much water?
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Taking a shower	Number of times x 40 litres	How much water?
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Taking a bath	Number of times x 80 litres	How much water?
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Having a drink	Number of times x 0.5 litres	How much water?
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Boiling water	Number of times x 4 litres	How much water?
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Using the washing machine	Number of times x 50 litres	How much water?
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Using the dishwasher	Number of times x 15 litres	How much water?
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Washing up by hand	Number of times x 6 litres	How much water?
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Flushing the toilet	Number of times x 6 litres	How much water?
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Anything else?	Number of times x	How much water?
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Add up all the water you have used throughout the day and write your total below.

Total amount of water used in one day:

A diagram for tracking water usage. It features a central rounded rectangle with eight empty ovals arranged around it. The ovals are positioned at the top-left, top-right, middle-left, middle-right, bottom-left, bottom-center, and bottom-right relative to the central rectangle. This layout is intended for a user to draw or write about different ways they use water.

How I use water!