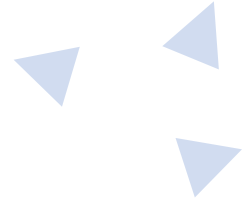


Burnaby Children's Charter
Resources and Book List
March
The Right to Healthy Food and Clean Water



Book List:

Nibi's Water Song by *Sunshine Tanasco*

The Water Princess by *Susan Verde*

See What We Eat! By Scot Ritchie

Activity Ideas:

Grocery store tour field trip

[A Rocha Environmental Stewardship Farm School Field Trips](#)

Check out [this list](#) of recipes to try in your afterschool program (no cooking required!)

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Water relay¹⁰*Right to clean drinking water (CRC article 24) and responsibility to avoid wasting water***Age** 10+ (see variations at the end for younger group members)**Time** 30 minutes**Materials** Reusable pitchers or bowls (one per water station), reusable cups (one per person), cardboard screens, two reusable cups per child (two different sizes – for younger groups)**Values** Responsibility, cooperation, fairness**Life skills** Active participation, effective communication, leadership**About this activity**

Group members do a water relay race. Then, in the group discussion, they think about the importance of safe drinking water and identify ways to conserve water.

Instructions

1. Set up 3 to 5 water stations about 3 feet apart from each other, on tables or on the ground. Use cardboard to make screens to hide the contents of each water station. Place a pitcher behind the screen at each water station. Fill each pitcher with a different quantity of water.
2. Ask the group to describe different ways they use water. Ask them to think of ways to avoid wasting water.
3. Divide the group into the same number of teams as there are water stations. Assign each team to a water station.
4. Have each team line up behind the start line. Give 1 cup to each team member.
5. Explain that the activity is a relay race. The object is for everyone on each team to have a drink of water. The team members complete the task one at a time. Each team member gets to their assigned water station as fast as possible, pours a drink of water into the cup and drinks it behind the screen, returns to the starting line and tags the next member of their team as quickly as possible.

¹⁰ This activity was adapted from the David Suzuki Foundation's Suzuki *Superhero Challenge* 2016, developed by Equitas.

6. It's important that no one sees how much water each team member drinks. Suggest to the teams that they should take a few minutes before the race to discuss a strategy for success.
7. The activity ends when everyone has had a turn or when there is no more water at the station.
8. Move to the group discussion.

Variations

For younger group members:

1. Prepare 2 or 3 water stations about 3 feet apart from each other, on tables or on the ground. At each water station, place:
 - 2 different-sized reusable cups per child
 - A reusable pitcher or bowl with enough water for each child to have a drink the size of the smaller cup
2. Do steps 2 through 4 above.
3. Explain that the object of the activity is for everyone to have a drink of water. To do so, the team must decide if they want to drink from the larger cup or from the smaller cup.
4. Once each team has discussed which cup size they will drink from, prepare enough cups of water (small or large, depending on what the group chose) for each team member to drink from. The team will see only the smaller cups provide enough water for each team member.

Group discussion



FEEL

- Did you have enough water for each group member on your team to take a drink? If not, how did that feel?
- Did all the groups have the same amount of water? Is this fair?



THINK

- Do you think all young people in Canada have access to the same amount of safe drinking water? Why or why not?
- Note: There are communities in Canada where there still is not safe drinking water.*
- Why do you think the right to safe water is important?



ACT

- What can we do to use less water at home, at school or in the community?
- What can we do to promote water conservation with family, friends, and communities?



Challenge

Invite the group to come up with a way to reduce everyone's water consumption by changing little habits. For example, turn off the faucet when you are brushing your teeth, make sure the dishwasher is completely full before starting it, take shorter showers or use less water in your bath. Track your success by recording how much water you have saved at the end of each week or month.