

Water and us

Stage 1

Exploring our connection with water

Lesson 1

Our connection with water

Activity 1: Thinking about water

What do you think about water?



















SOAP









Lesson 1

Our connection with water

Activity 2: Water is essential to survive and thrive

Why do we need water?



Is water important for plants and habitats?



Is water important for animals?





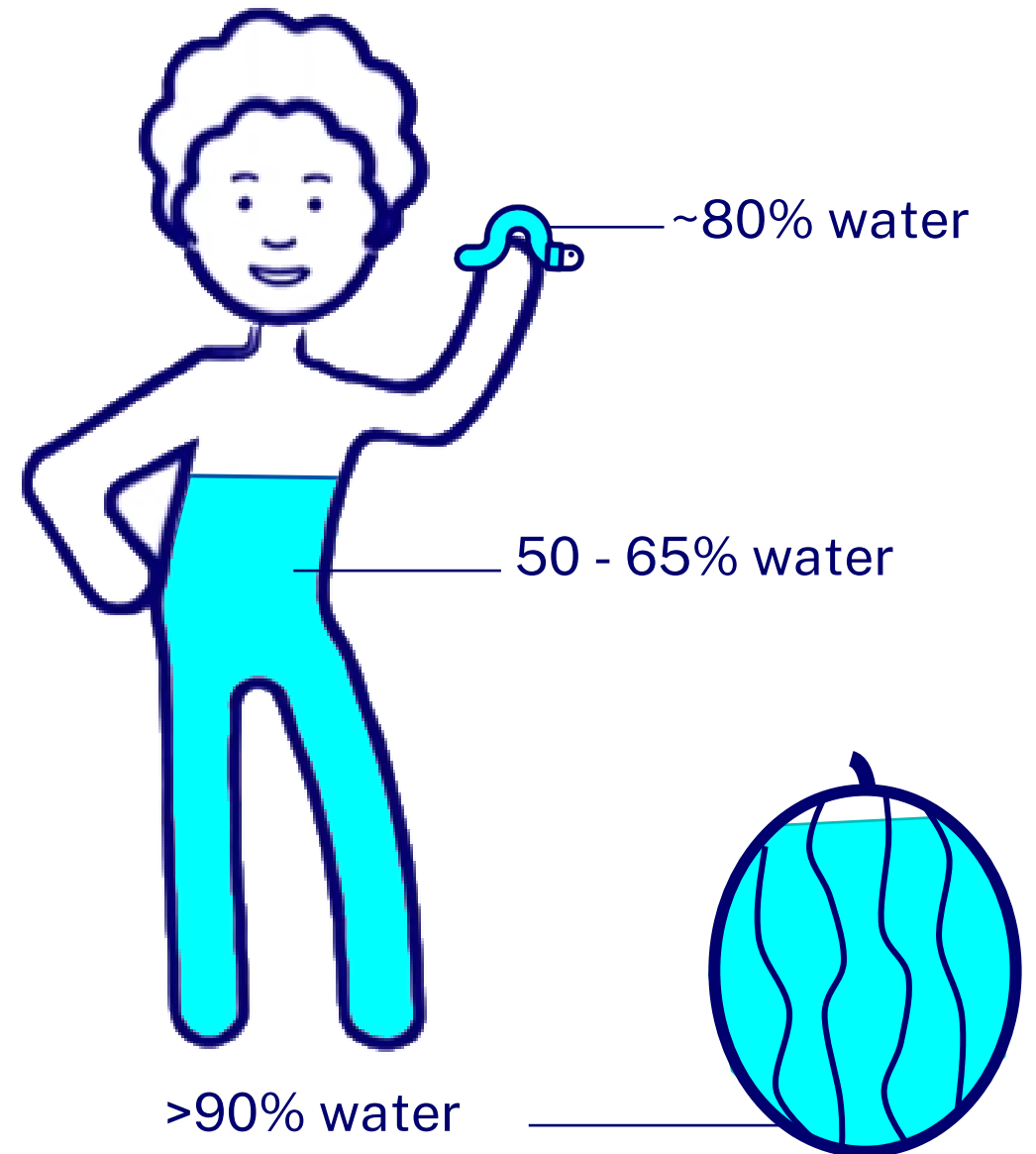
Is water important to us?



Did you know?

All living things, animals and plants are mostly made of water.

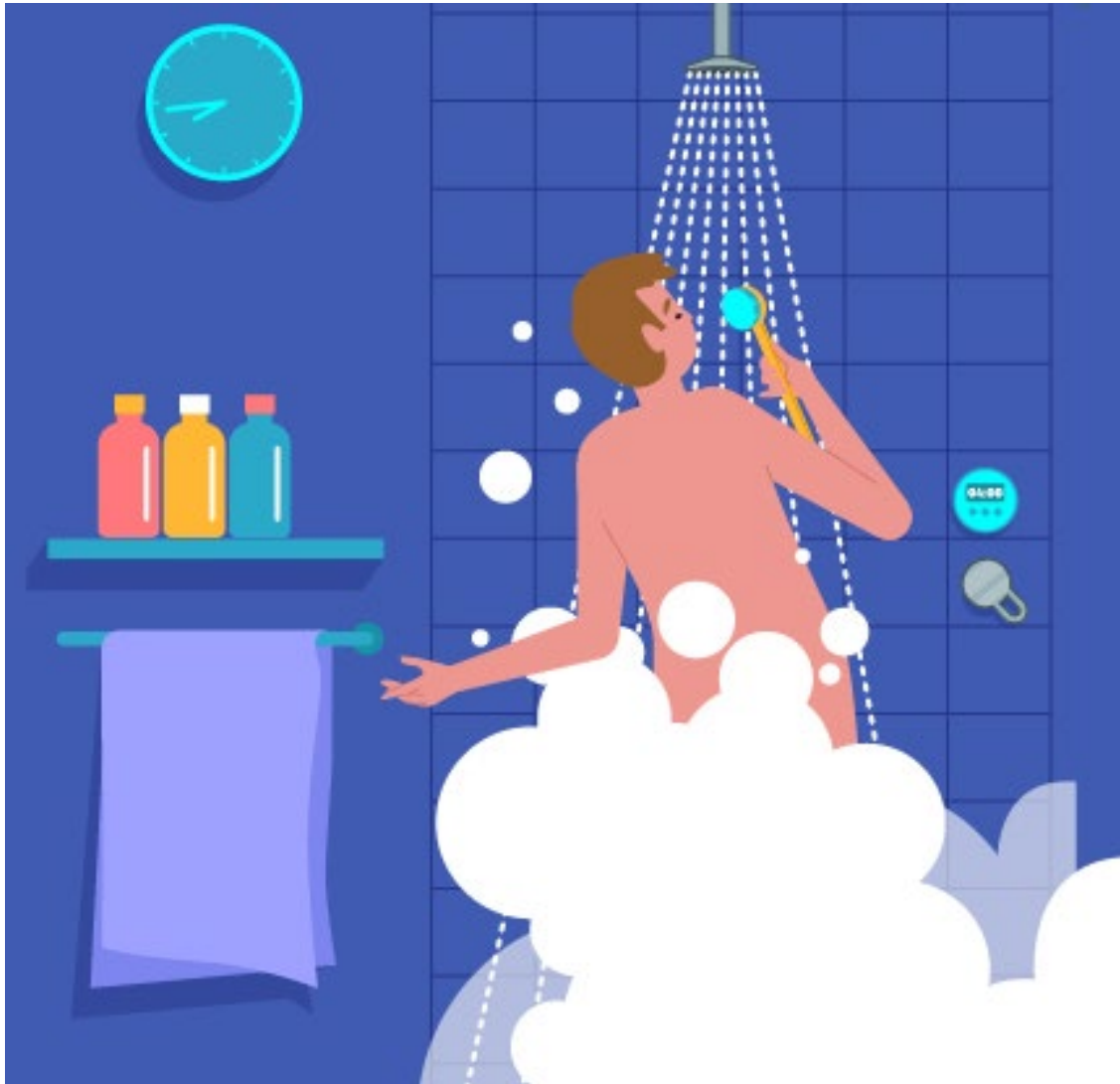
- Lettuce and watermelon are mostly water (more than 90%).
- Earthworms are mostly water too (about 80%).
- More than half of our body is water!



Is water important to grow food?



Is water important to keep us clean?



Is water important to our wellbeing?



Did you guess some of these?

- keep hydrated
- keep cool
- grow and breathe
- eat, take up or make food
- keep clean (hygiene)
- feel good (mental wellness).



Lesson 2

How water makes us feel

Activity 1: My connection with water

When have you had fun with water?






































Can you describe water?



How does water make you feel?

High energy
Low pleasantness

High energy
High pleasantness

 enraged	 stressed	 surprised, shocked	 festive, lively	 ecstatic
 fuming, mad, angry	 worried	 stunned, hyper	 cheerful, energised	 thrilled, excited
 troubled, sad, down	 uneasy	 neutral	 happy, joyful, playful	 loving
 lonely, glum	 disappointed, annoyed	 bored	 content, pleased	 satisfied, proud
 despair, depressed	 miserable	 tired	 chill, calm	 serene, relaxed

Low energy
Low pleasantness

Low energy
High pleasantness

Lesson 2

How water makes us feel

Activity 2: Listening water story

Close your eyes, listen
and imagine...

The water story
recording



Lesson 3

Water is my friend

Activity: Water is my friend artwork

Water is my friend

Can you make water your friend?

Create your own artwork showing your special connection with water.



Water's name: Walter the water drop

Water's favourite:

Hobby: <u>Surfing</u>	Colour: <u>Blue</u>
Song: <u>The Shower Song</u>	Book: <u>Water Princess</u>
Movie: <u>Ponyo</u>	Animal: <u>Fish</u>

What I learned about water

Write or draw in
a droplet.

