



# Water and us

## Stage 1

Exploring our connection  
with water

Publication number SW16 09/21 | © Sydney Water. All rights reserved.

Sydney  
**WATER**

# Introduction

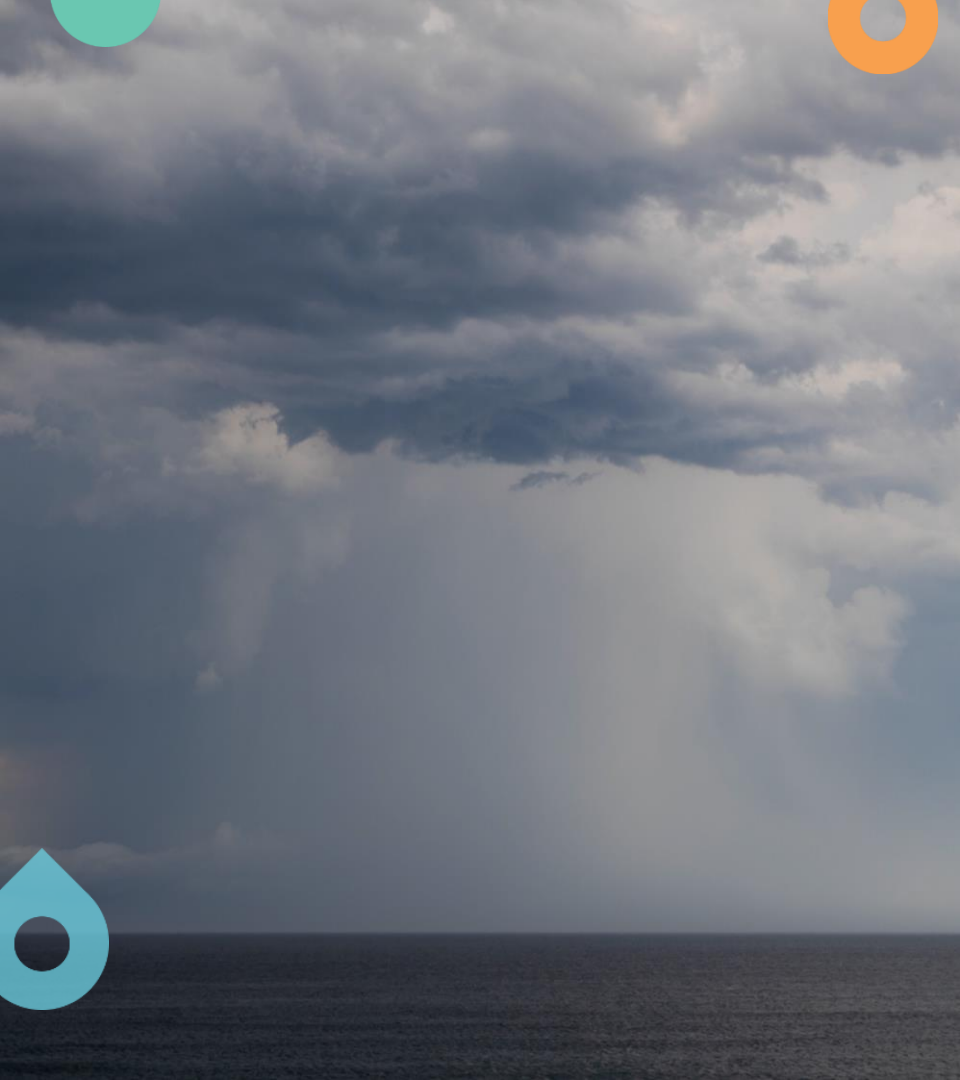
## Wondering about water

Activity: Thinking about water



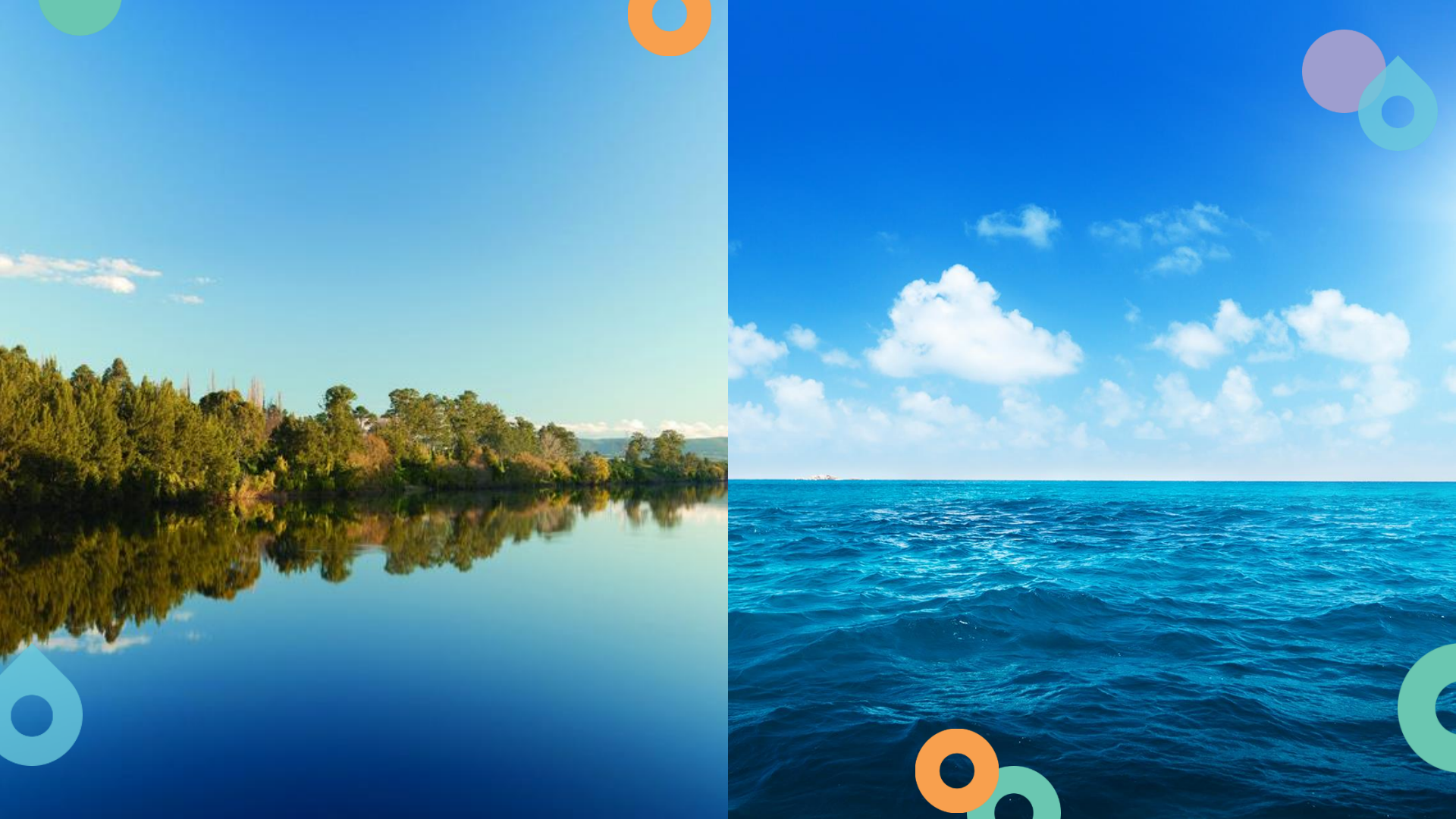
# What do you think about water?



























# Lesson 1

# Our connection with water

Activity: Water is essential to survive and thrive

# Why do we need water?





# Is water important for plants and habitats?



# Is water important for animals?





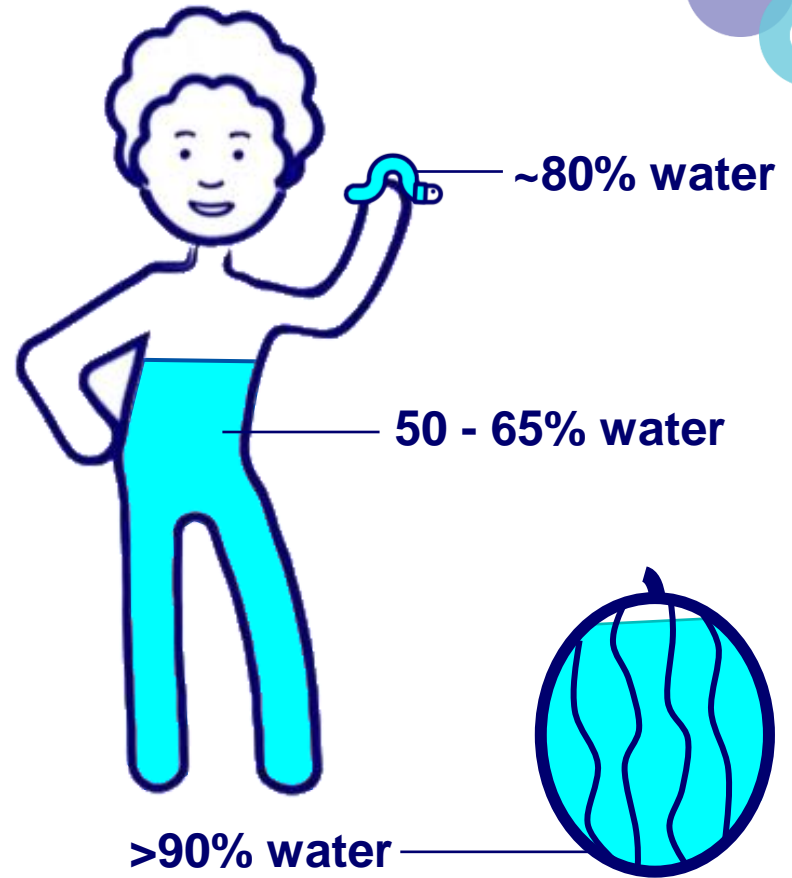
# Is water important to us?



## Did you know?

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

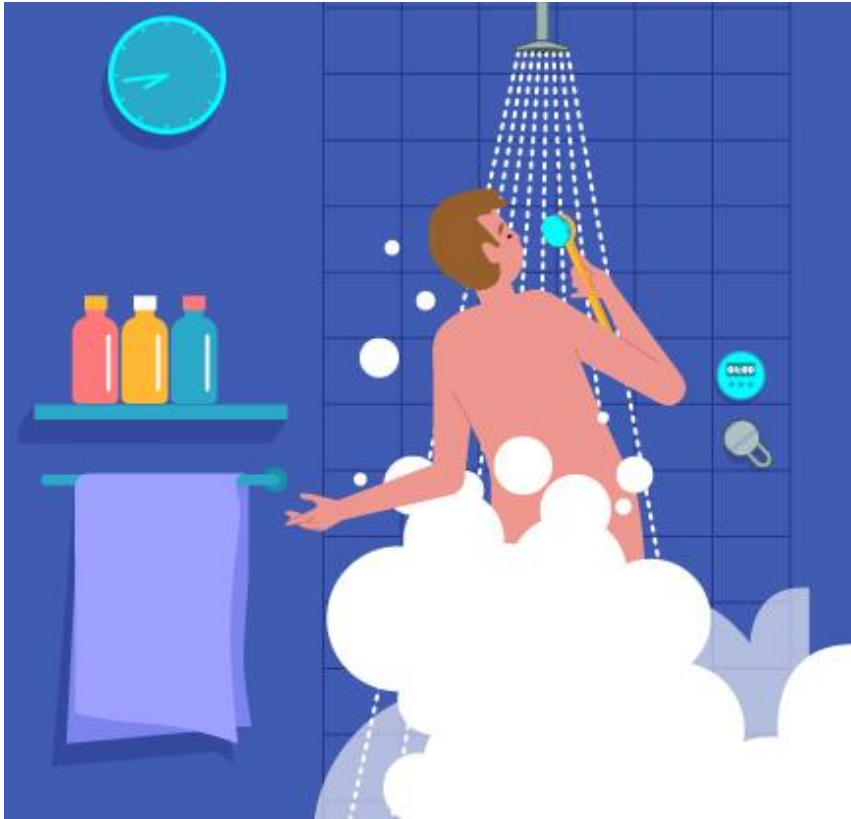
- Lettuce and watermelon are mostly water (more than 90%).
- Earthworms are mostly water too (about 80%)
- More than half of our body is water!



# Is water important to grow food?



# Is water important to keep us clean?



# Is water important to our well being?





## 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?







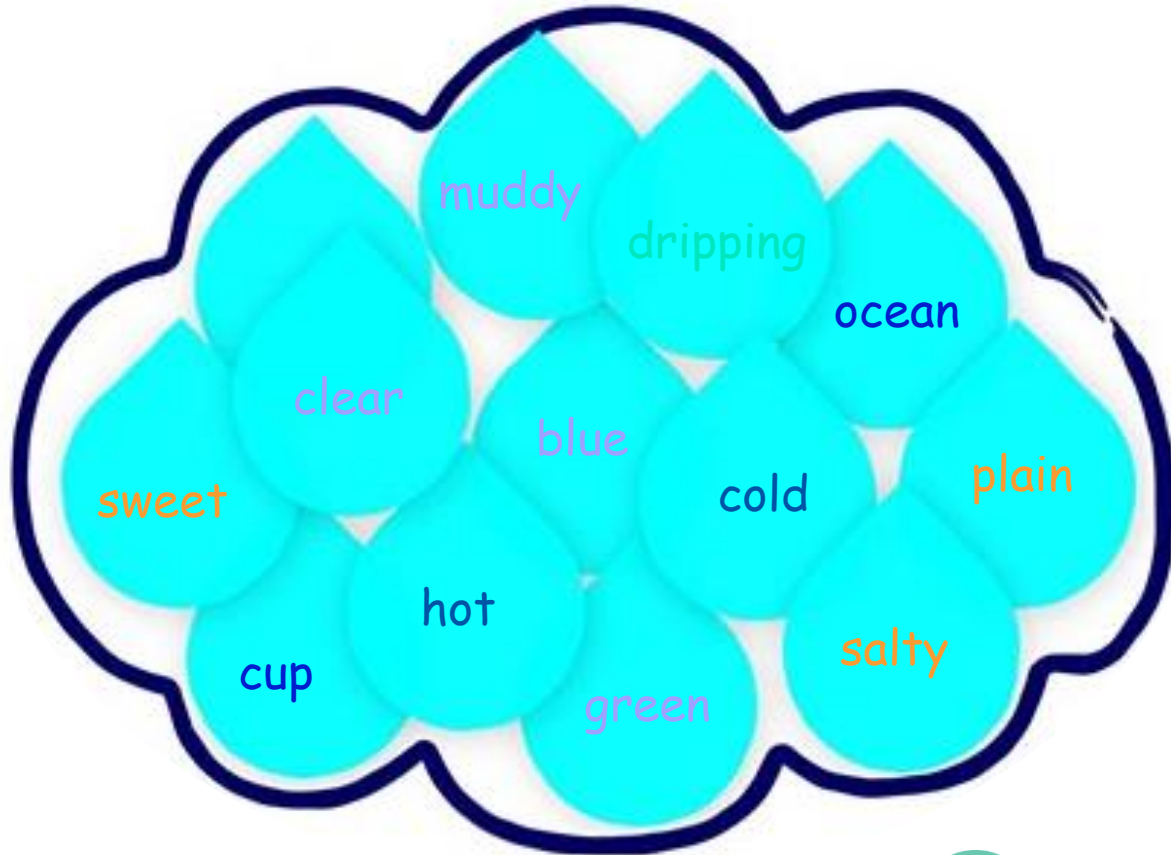

































# Can you describe water?



# 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	 dissatisfied, 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.

