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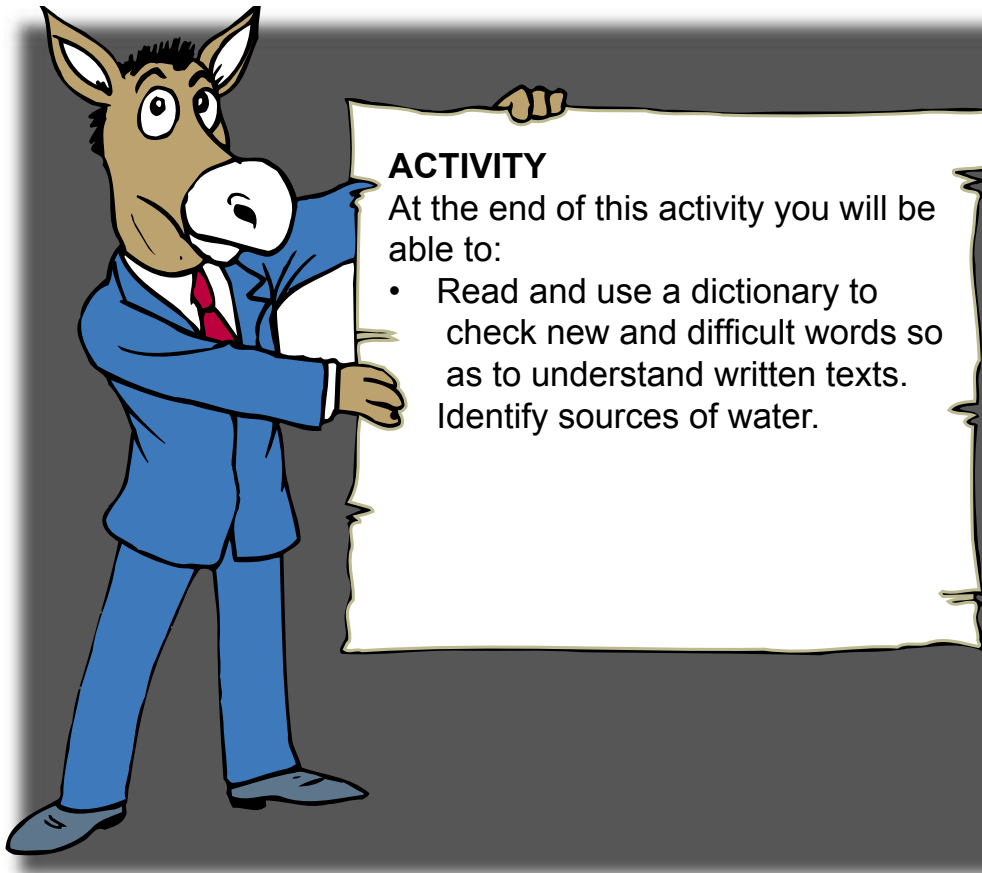
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**WATER IS
LIFE**

Water is life

1. Where does water come from?



You will need:

- Worksheet
- Workbook
- Pencil
- Dictionary



ACTIVITY 1A:

- What do you use water for at home?
- Where does water come from?
- Is that all where we can get water from?
- Read the following fact sheet



FACT SHEET: When it rains

When it rains, the raindrops fall and get soaked into the ground. Some of the rain water makes puddles or ponds on side walks or on the ground. But if it rains heavily and the soil can hold no more, the water runs down the mountains, around the rocks, roots of trees and finally come together to form small streams. Several streams join together to form a river. When the ground flattens the river either keep on running past villages, town, cities until it reaches the ocean or it slows down and sometimes forms lakes. Some of the water soaks into the ground to become ground water which comes out at different places as springs.

People have different ways of collecting rain water. Some people put up gutters on their roofs so as to collect this water into big tanks. Some fetch their water directly from the river with their buckets and pots. Some people direct the water from the river to the dams or reservoirs where it is cleaned and stored for our taps. Some people dig into the soil and pump the ground water to the wells from where people can fetch their water.

Your Educator will teach you how to use the dictionary.



ACTIVITY 1B

Look for the meaning of the following words.

WORD	MEANING
1. pond	
2. stream	
3. ocean	
4. lake	
5. spring	
6. river	
7. reservoir	
8. tap	
9. well	

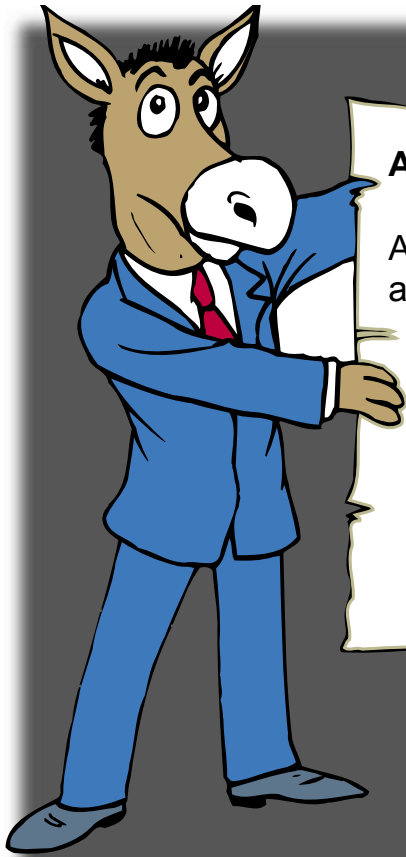
ASSESSMENT

Assess whether the learners were able to:

- Read and use a dictionary to check the words.

Water is life

2. Sources of water



ACTIVITY:

At the end of this activity you will be able to:

- Label the picture to demonstrate your understanding of a water cycle.
- Dramatise the water cycle.

Did you know?
Water from rain goes back to the cloud.

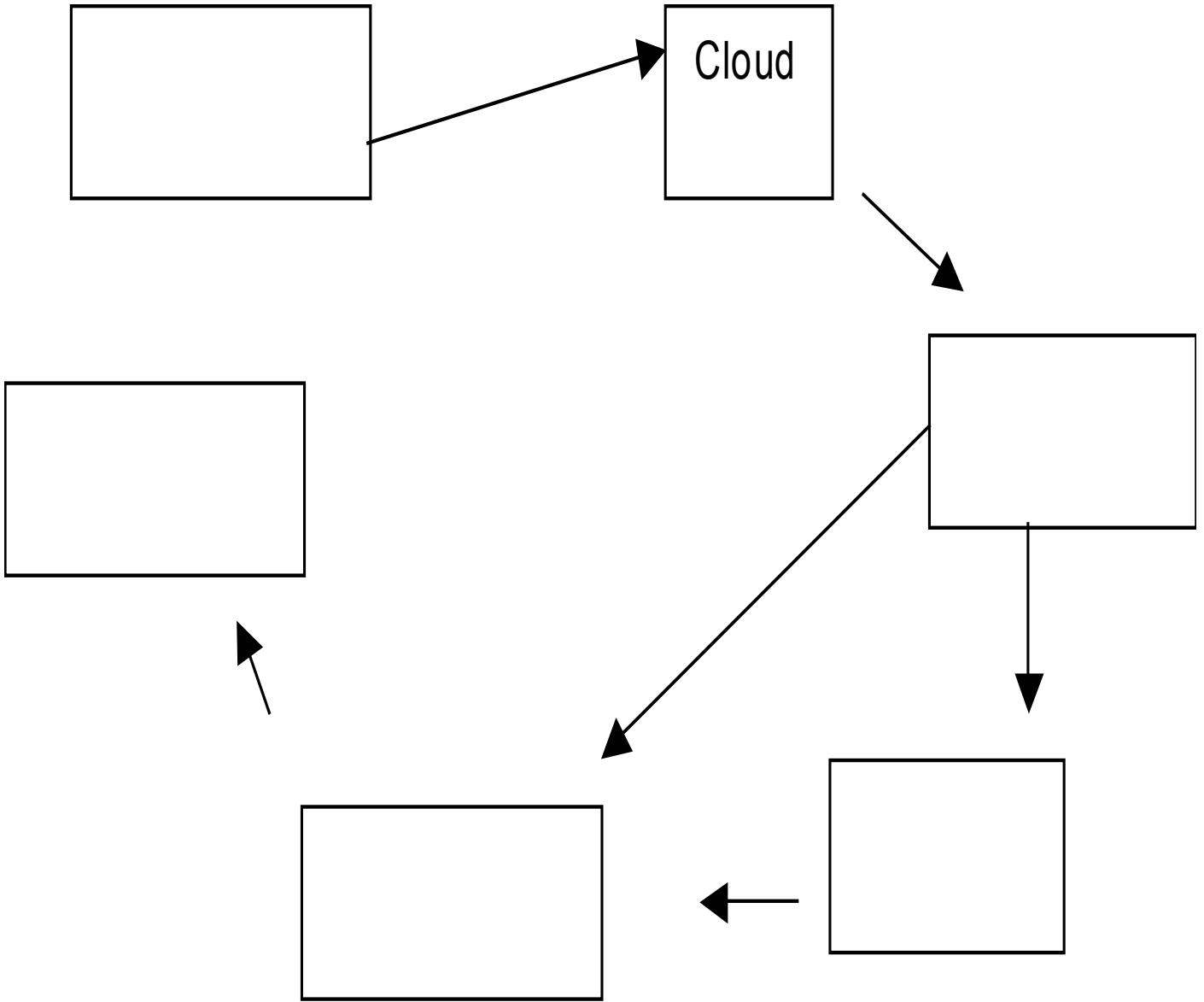


ACTIVITY 2A: THE WATER CYCLE

1. Your teacher will narrate the story to you.
2. Listen carefully to the story.
3. Select the following words and write them in the blocks provided.

**Sun, cloud, rivers, raindrops,
streams, ocean, vapour**

(b) Write down the words the teacher narrates, on the following blocks.



ACTIVITY 2B

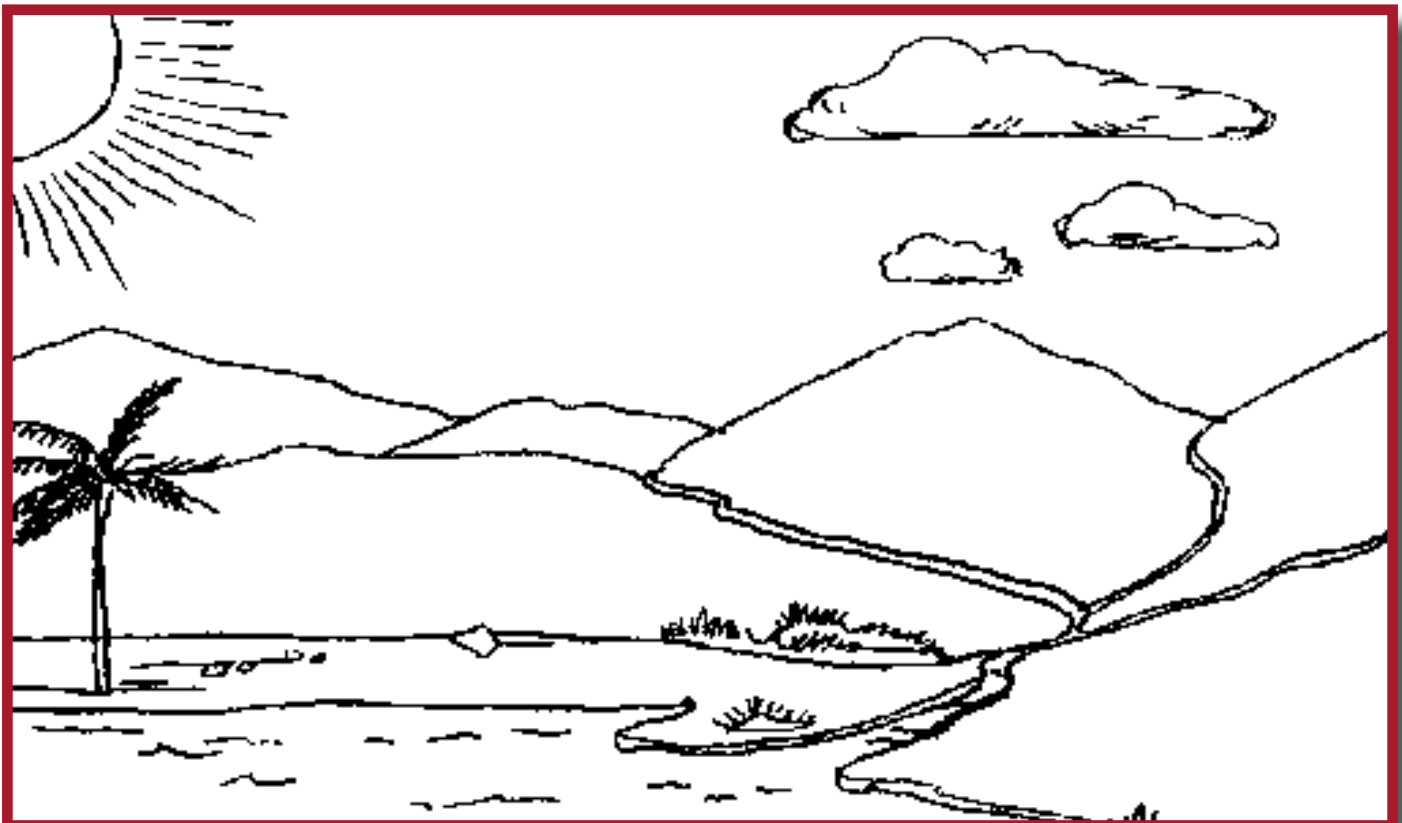
NAME:

DATE:



Label the picture below as follows:

- Write the following names in their right places (sun, clouds, sea, stream, rivers
- Colour your picture.



- Write short sentences to describe the steps of the water cycle again.

.....

.....

.....

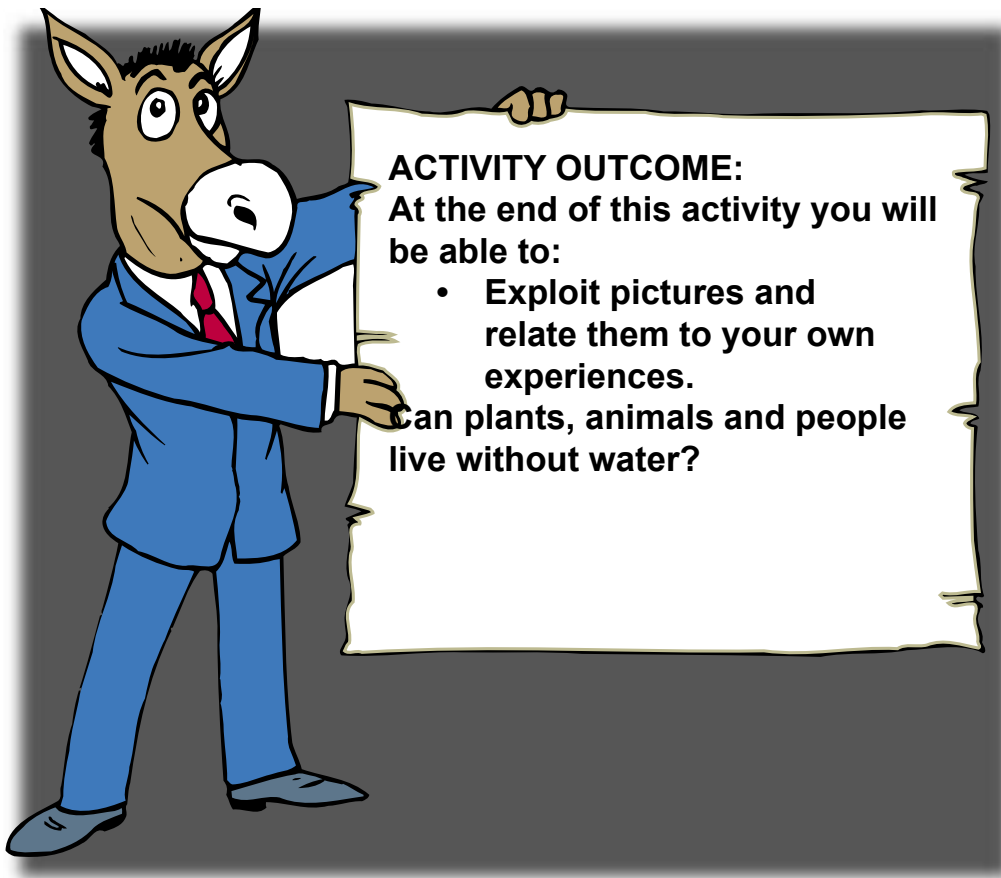
.....

ASSESSMENT:

	YES	NO
1. I was able to complete the steps in the water cycle.		
2. Label the picture of the water cycle.		
3. I can now describe the water cycle.		



3. Uses of water



Look carefully at the picture below and answer the following questions:

- Mention things that use water?
- Complete the table on the water uses by mentioning under plants, animals and people, how water is used.



USES OF WATER POSTER

PEOPLE	ANIMALS	PLANTS

**ACTIVITY 3B:****How much water do we use?**

1. Work with your partner for this activity.
2. Use the uses of water worksheet.
3. Put a tick next the use of water, at home and at school for two (2) days.
4. You must put as many ticks as you use water.
5. Add your own uses that are not listed in the worksheet.
6. Count the number of ticks in each use and add total.

USES OF WATER WORKSHEET

NAME:

DATE:

Put a tick (√) next to the uses of water.

USES OF WATER	HOME	TOTAL	SCHOOL	TOTAL
Flushing toilet				
Watering the garden				
Making ice cubes				
Washing dishes				
Washing hands				
Drinking				
Steam iron				
Pools / dams				
Washing clothes				
Washing bodies				
Washing cars				
Cooking				
Brushing teeth				



Extended Activity

Read the following uses of water.

USES OF WATER

- We use water to prepare food, coffee, tea etc.
- To drink, 7/8 glasses per day.
- Washing (clothes, body etc)
- Plants
- Household use: washing of dishes, floors, windows etc.



ACTIVITY 3C:

- Draw a picture of yourself using water e.g. (washing yourself) and write 1 or 2 sentences about yourself.
- Complete the following sentences by filling in the missing word.

Washes, drink, tea

- (a) I _____ a glass of water.
- (b) Mother makes _____ with water.
- (c) The girl _____ herself.

ASSESSMENT

AT HOME

1. List the things that use water regularly.
2. List those that use water sparingly/ sometimes.
3. List the things that can live without water.

AT SCHOOL

4. List the things that use water regularly.
5. List those that use water sparingly/ sometimes.
6. List the things that can live without water.

WATER USE EFFICIENCY



4. Get water wise



BACKGROUND INFORMATION

Water is a scarce resource, yet so many people continue to use and waste it as if there was an endless supply. If you waste something, you use it too much, or use it for no purpose. South Africa is classified as a semi- dry country and many people do not have enough water. It also cost a great deal of money to manage our dams and water transfer systems so that people receive enough water. We must all learn **not to waste water**.



Answer the following questions.

1. Have you ever noticed any leaking taps at home?
-

2. What do you do at home when you see a leaking tap?

3. Why is it necessary to do that?

Did you know?

If you have a 12 litre toilet cistern, you can save water by placing a filled 2litre plastic bottle into the cistern.

Use this list to do a quick check of local patterns of water- use at school, in and around your home and your local community.

- Put a tick (✓) on a good practice and a cross (X) on a bad practice, noting ideas to save water.



Long showers with big nozzles



Low-flow shower with stop switch



Big cistern with a slow leak



Bottle or bag in cistern or dual flush



Leaking tap



Repaired tap with aerator



Sprinkler watering of flower beds



Trigger nozzle or bucket watering



Hose car wash



Bucket car wash



Drinking from a bucket with unwashed hands



Using a ladle and cup



Animals drinking at a water point



Fenced spring with water troughs for animals



Bathing and washing clothes in a river or spring



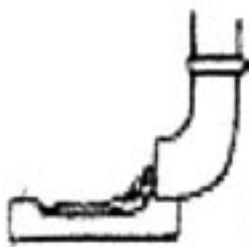
Bucket washing with a drain pit



A running tap for teeth or drinking



Cup for brushing teeth or drinking



Open gutters



Rainwater tanks

Total Bad

Total Good



ACTIVITY 4B:

Read the following water saving tips.

- Use water in such a way that it is not wasted.
- Do not water your garden over necessary.
- Make sure that all the taps are tightly closed.
- Wash your cars with water in a bucket.

IDEAS FOR WATER ACTION

AT HOME

A water-filled plastic bottle placed in the toilet cistern will save a litre of water every time you flush!

Do a water audit to find out how much water you use each day. How can you save water?

Don't leave taps running. Robyn wasted 3 litres of water while washing her hands!

Measure how much water you use for a bath and for a short shower. Matthew found that showering used much less water!

Water use efficiency

5. Do not waste water



ACTIVITY 5A: USE WATER WISELY

- In groups Compare the pictures below.

PICTURE A



PICTURE B



- Answer the questions.

1. Which family is using water carefully?

2. What has this family done to save water?

3. Find 10 differences between the two families.

(a)-----

(b)-----

(c)-----

(d)-----

(e)-----

(f)-----

(g)-----

(h)-----

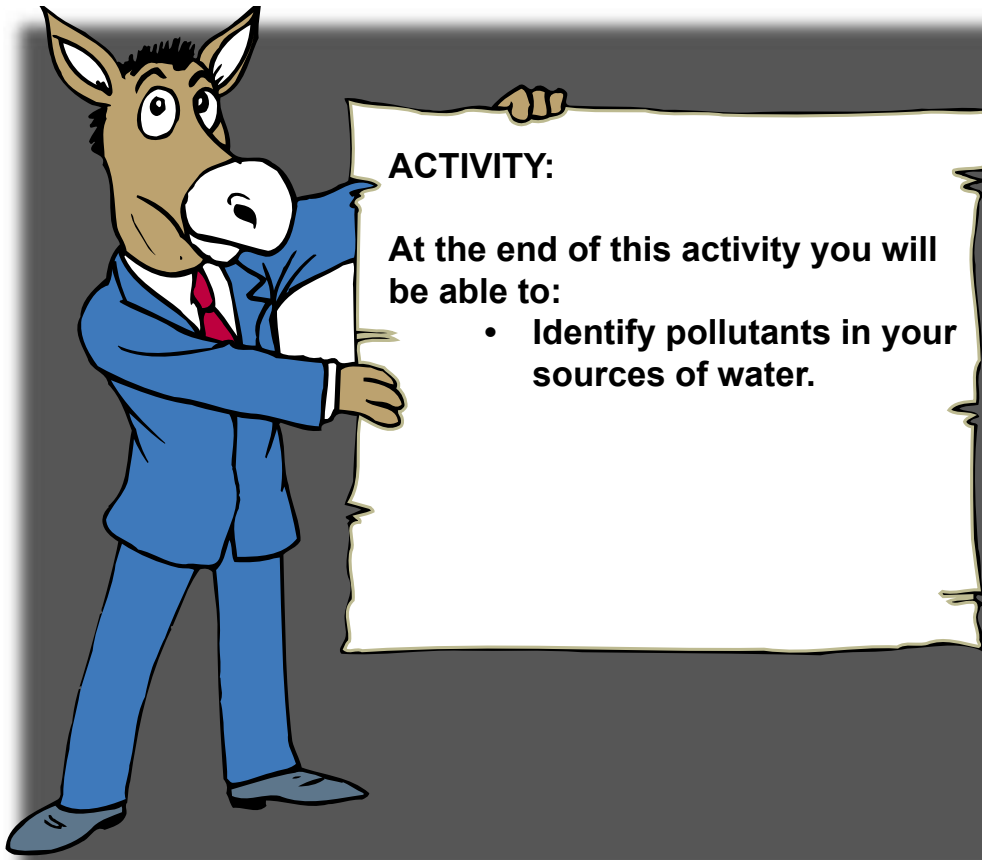
(i)-----

(j)-----

WATER QUALITY



6. Safe and unsafe water

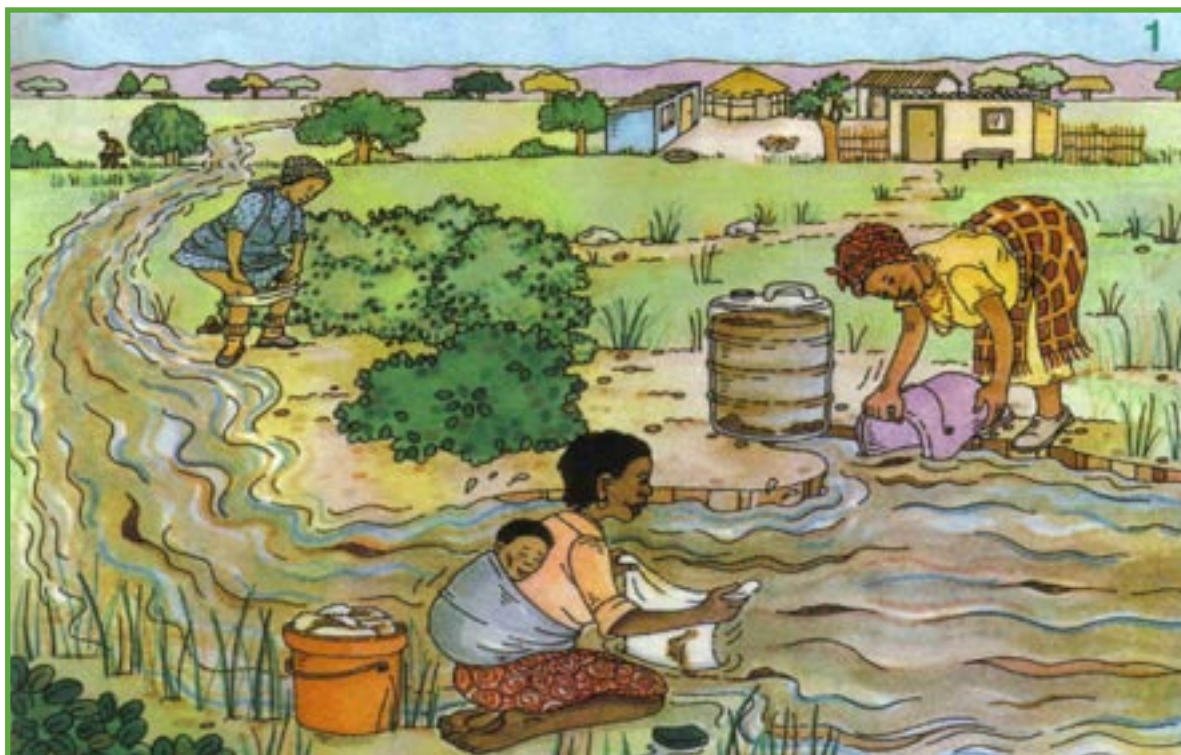


- Work as individuals for this activity.
- Study the poster and work on the following questions.

CHOLERA POSTER WORKSHEET

NAME:

DATE:



You must use your workbook for this activity.

1. How many people are in the picture?
2. What are they doing?
3. Circle the activity, which can be dangerous to their lives.
4. In pairs discuss what this water can be used for.
5. Tick yes or no in the column of water use

	YES	NO
We can use this water to/for		
1. Drinking		
2. Washing own bodies		
3. Washing dishes		
4. Watering gardens		
5. Washing cars		
6. Cooking		



ACTIVITY 6B:

Purification of Water

Methods of Purification

How to clean dirty water

- What will we do?

You will need:

- Unclean water, bleach, purification tablets, filter paper / material (cheesecloth etc.) salt water.

Discuss the following:

- Where do we get water from?
- Is all water pure to drink?

Let's look at different ways / methods of purifying water.

- Boil water.
 - Add 1 tablespoon of Bleach to 20L of water.
 - Using filter paper.
 - Purification tablets (available from pharmacies)
 - Using material to filter the water (all dirt will remain)
-
- Fill in the missing words.

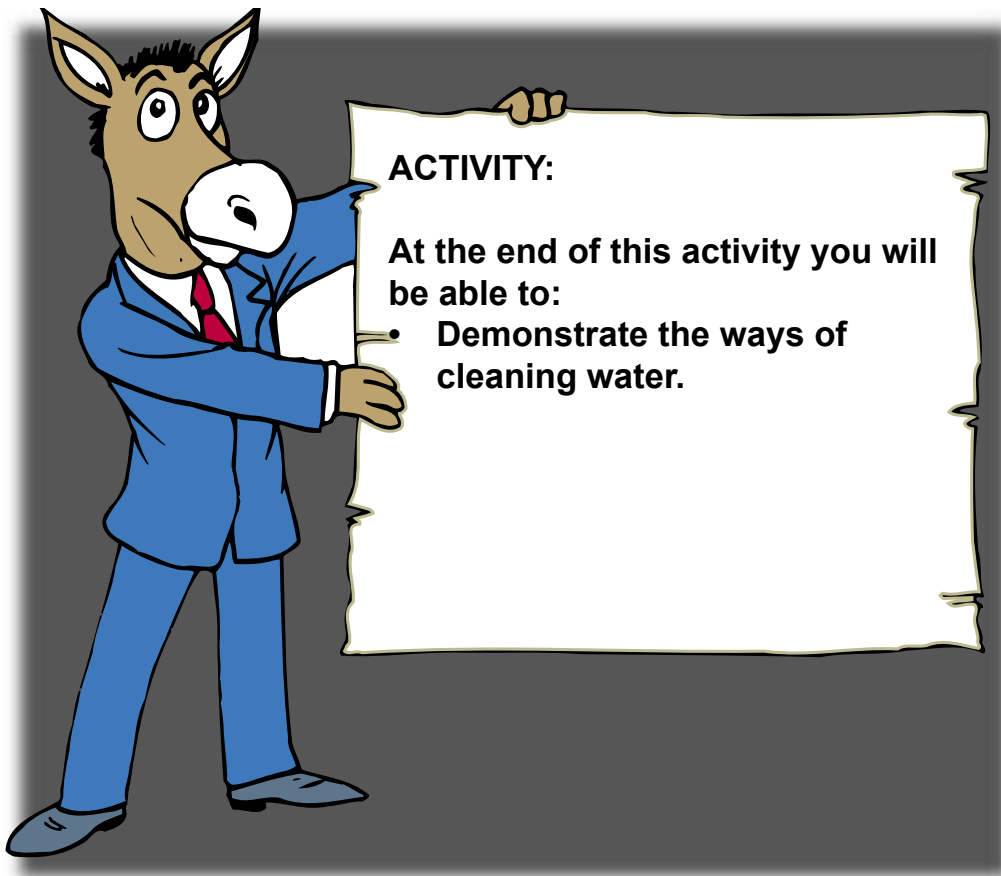
Bleach, sand, water, boil

1. To clean water you can _____ the water.

2. Add one teaspoon of _____ to 20L of water.



ACTIVITY 6C:



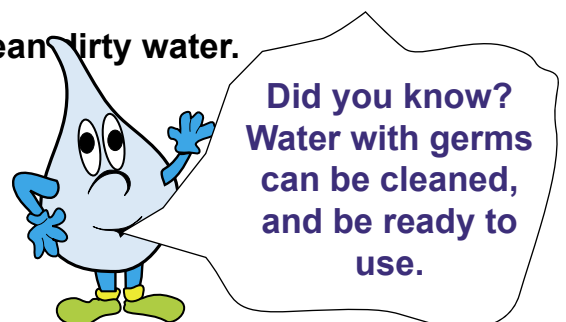
Read the paragraph in the box and do the activity later.

Loyiso's mother fetched the dirty water from the river. She prepared food for Loyiso's little brother. The water had germs, which caused diseases. Now Loyiso's little brother is sick.

1. Why is Loyiso's brother sick?
2. Can the water with germs be made clean?

Let us look at the way we can purify water.

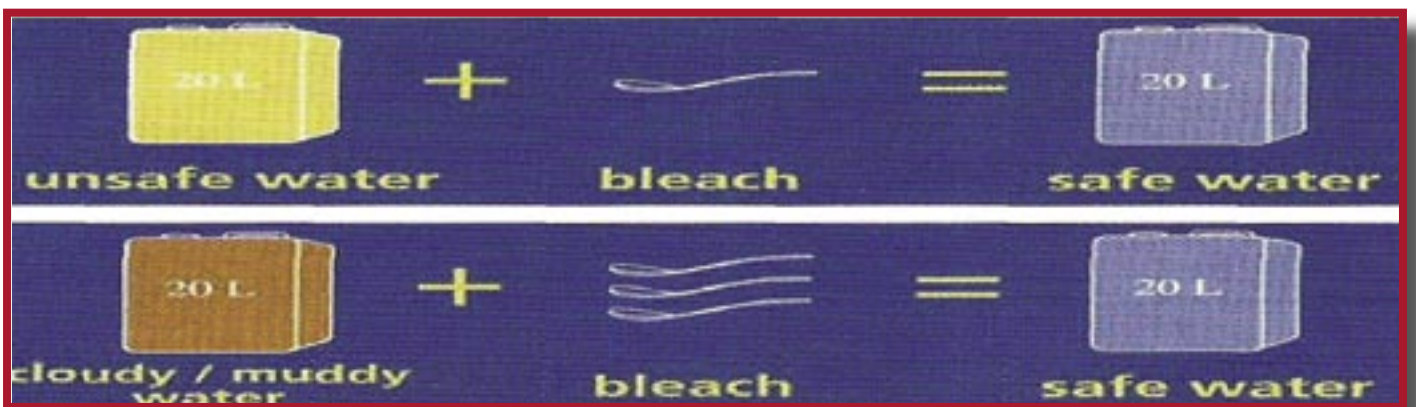
3. Study the two (2) methods used by Loyiso to clean dirty water.



METHOD 1: Boiling the water



METHOD 2: Using Bleach



ASSESSMENT

1. What amount of Bleach do you put in 20 Litres of water

2. What does Bleach do to the germs in dirty water?

3. How long do you wait before we drink water with Bleach?

SANITATION, HEALTH AND HYGIENE



7. Use and care of sanitation facilities

ACTIVITY:

At the end of this activity you will be able to:

- Take care for their toilets.
- Make glucose solution.



ACTIVITY 7A:

Answer the following questions.

1. Tick the kind of toilet that you have at home and at school?



. How do you take care of the toilets?

.....

.....

.....

.....

3. Why do we clean toilets on a daily basis?

.....

.....

.....

.....

4. Why do we need water for toilets?

.....

.....

.....

.....

• Complete the sentences by using the following words.

**Food, wash, soap, toilet,
touching, water**

1. _____ your hands when you come from the _____.

2. Make sure that you _____ your hands before _____ any _____.

3. Use _____ and clean _____ to wash your hands.



ACTIVITY 7B:

Recite the poem

Rhyme –

“I can stop Cholera”

How, Use a toilet,

Wash your hands,

Use clean water,

Wash all food.

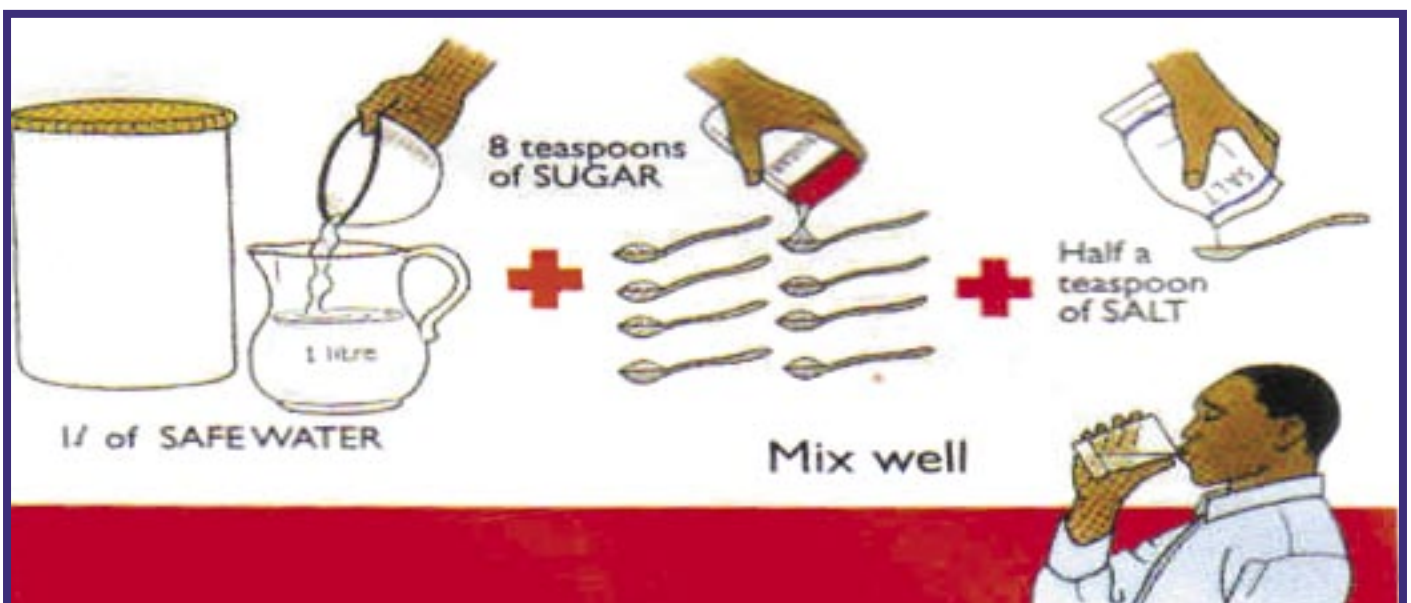
So can you?

Yes, I can.

I can stop Cholera.

BACKGROUND INFORMATION

- Loyiso’s brother had diarrhoea; he used the solution to cure the disease.
- Learners must make your own glucose solution.



- How – 1. Boil 1 litre of water
 2. Let it cool
 3. Add 8 teaspoons of white sugar and $\frac{1}{2}$ spoon of salt.

LETS CURE THE DIARRHOEA

Look at Loyiso's brother's table below and answer the following questions in your workbooks:

- How many days did it take Loyiso's brother to get better?
- How many cups of solution must he drink a day when he is still sick?
- Complete the table by drawing the number of cups to be taken on Friday.

Tuesday	Wednesday	Thursday	Friday	Saturday
				
				



ACTIVITY 7C:

ENRICHMENT ACTIVITY – LOYISO'S MOTHER SPREAD THE WORD!

Read how Loyiso's mother spreads the word:

FACT SHEET

Loyiso's mom took the child to the clinic and she found out that at least 8 babies get sick with diarrhoea every week. The clinic gives them one injection per week

She was shocked at such a high rate of baby sickness. She decided to teach the other mothers in her community the lessons she learnt from her son. She was going to do two things. Firstly, she decided that she was going to make the water used by her community safe. She bought a bottle of bleach and put up a sign on her gates for all the people who come from the river to see. People coming from the river stopped at her gates and ask her to make their water safe.

Secondly she decided to go to the clinic and offered to prepare a solution for people suffering with diarrhea. This worked very well.

- Why did Loyiso's mother take the child to the clinic?
- How does a clinic cure children with diarrhoea?
- How much does it cost to cure diarrhoea at the clinic?
- If 8 babies go to the clinic for diarrhoea per day, calculate:
 - o How many babies visit the clinic in day 3 and day 5

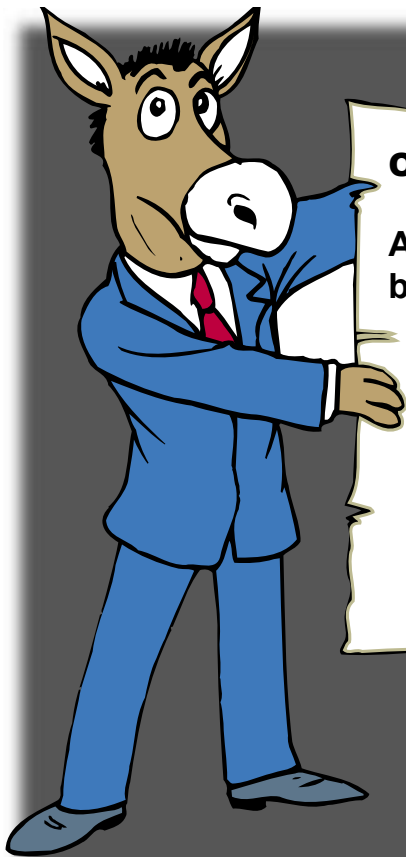
Use the following worksheet:

	Day 1	Day 2	Day 3	Day 5
Number of babies	8 babies per day	16 babies		

- Find out at school or in your community if there are any learners that suffer from diarrhoea.
- Learn how you can help them to cure it.



8. Safe ways of swimming



OUTCOMES FOR THIS ACTIVITY

At the end of this activity you will be able to:

- Find words from the word search.
- Make meaning of letters and words

Rural splash



HELP!

NEVER SWIM ALONE

DO NOT STAND ON AN OVERHANGING BANK AS IT CAN COLLAPSE AND YOU WILL FALL IN



IF CAUGHT IN A FAST CURRENT, FLOAT FEET FIRST TO PROTECT HEAD AND BODY FROM INJURY

BEFORE ENTERING THE WATER CHECK THE PRESENCE OR STRENGTH OF A CURRENT – THROW SOMETHING THAT FLOATS INTO THE WATER TO TEST THE CURRENT





ACTIVITY 8A:

Fill in the missing words

Read the River Safety tips and use the words in the word bank to complete the sentences below.

**Fast, break, water, feet, rocks,
alone, fall, body, dive, depth**

- Never swim
- Do not stand on an overhanging bank as it can and you will in.
- Before entering the check the current. Throw something that floats into the water to see how the water is moving.
- If caught in fast current, float first to protect your head and
- Be careful of underwater obstacles such as or branches of trees.
- Never into the water – always walk in.
- Check the with a long stick as you walk in.



ACTIVITY 8B:

Read through the following sentences and together with your educator, decide whether each one is a correct or incorrect behaviour or actions. Make a tick to the DO and DO NOT column.



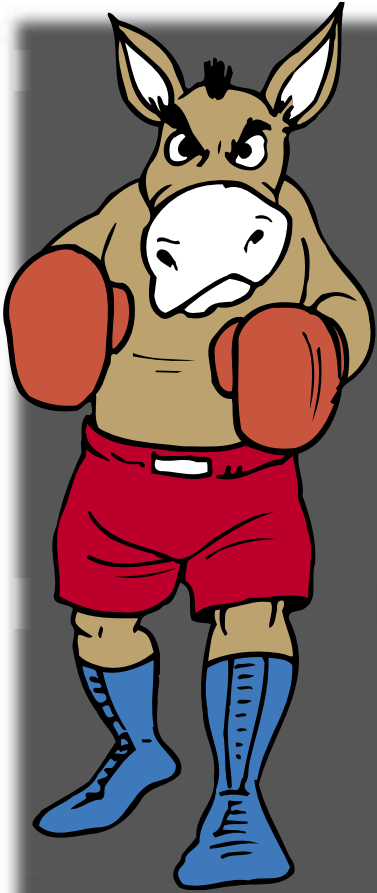
WATER SAFETY

Look at the Rural Splash poster and then do this exercise. Read the statements below and match them to the DO and DO NOT column.

ACTION	DO	DO NOT
1. Swim only if there is a lifeguard or if a grown-up gives you permission to swim		
2. Stand up in a boat		
3. Take swimming lessons		
4. Follow water safety rules		
5. Swim with an adult		
6. Swim if you are tired		
7. Wade into the water feet first if you're swimming in a lake, dam or river		
8. Wear a life jacket when you are in a boat		
9. Get out of water right away if you hear thunder or see lightning		
10. Eat sweets or chew gum when you are swimming		
11. Dive off rocks into a river, lake, or dam		
12. Run along the bank of a river.		

RURAL SPLASH

Read the following safety tips.

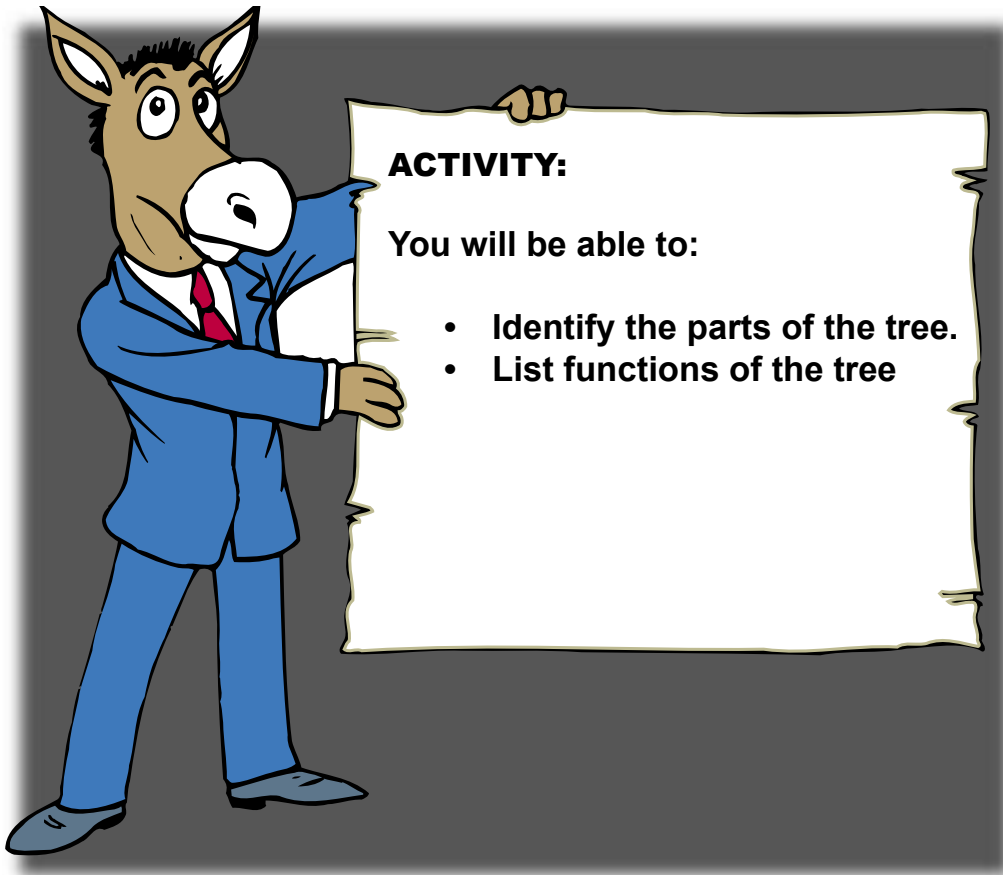


SAFETY TIPS

- **Never swim alone.**
- **Do not stand on an overhanging bank as it can collapse and you will fall in.**
- **Before entering the water check the presence or strength of a current – throw something that floats into the water to test the current.**
- **If caught in a fast current, float feet first to protect your head and body from injury.**
- **Be aware of underwater obstacles such as rocks or branches of trees.**
- **Never dive into the water – always walk in and check the depth with a pole as you move, looking out for any dangerous hazards on the river bottom.**
- **Beware of animals underwater, such as crocodiles, and hippos.**
- **Enter cold water slowly and remain in for short periods of time to avoid hypothermia.**

FORESTRY AND AIP'S

9. Structure of a tree

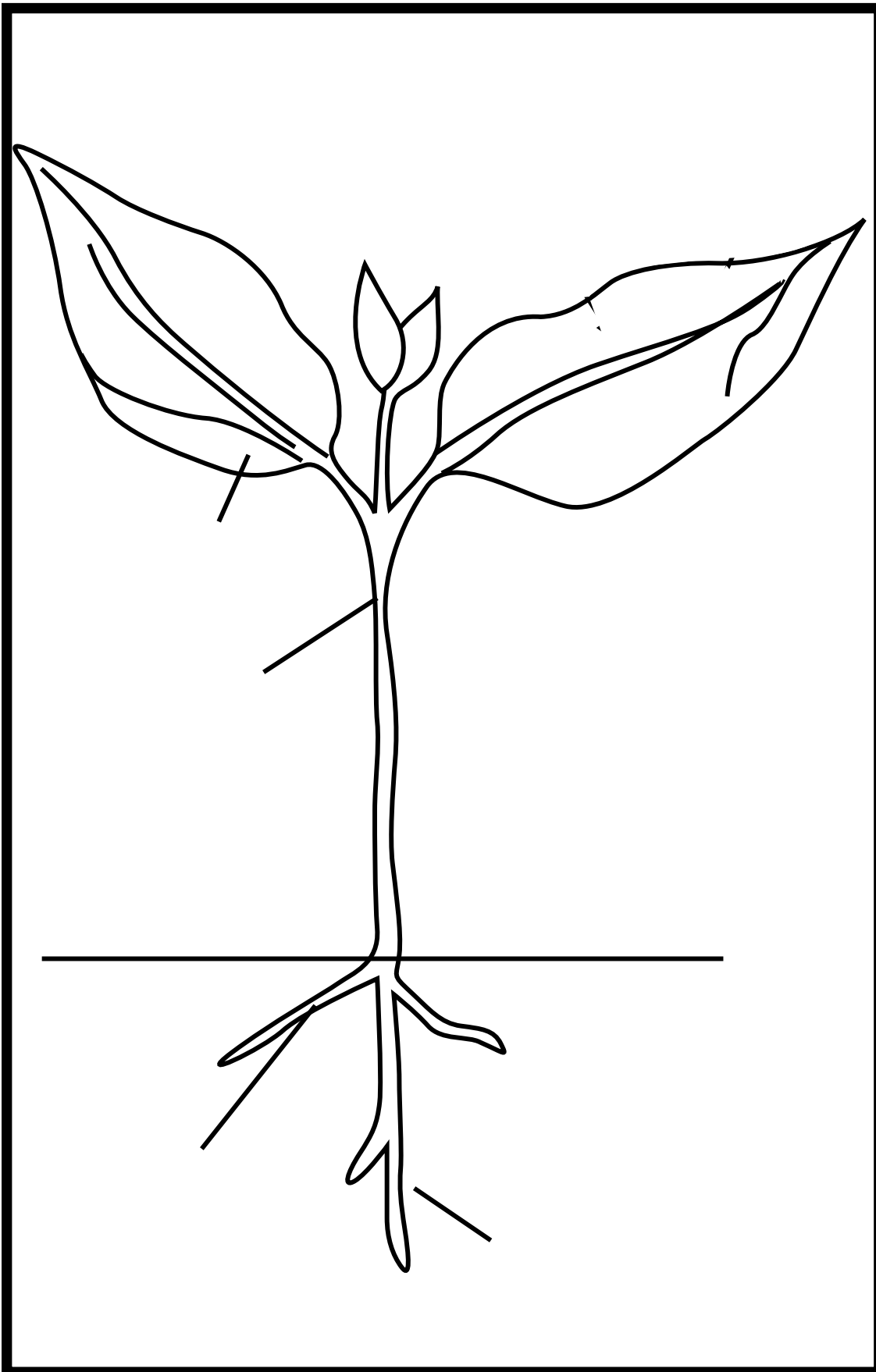




ACTIVITY 9A:



- Colour and label the parts of the tree.





ACTIVITY 9B:

- Listen carefully as your teacher reads the functions of the tree.
- Answer the following questions.

1. Which part of the tree holds the tree in its position?.....
2. Which part of the tree absorbs water?
3. Which part of the tree makes food for the tree?
4. Which part of the tree transports water from roots to leaves?
5. What is the firewood used for?
6. Mention any three functions of a tree ?
- 7 Write a sentence using the following words
(Water, sun, trees, plants, fruit)

ASSESSMENT

You may use the following assessment sheet

	Yes	No
1. I was able to mention the functions of a tree		
2. I was able to formulate a sentence using the given words		
3. I was able to give the functions of the parts of a tree		

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Swimming South Africa