

## 2017 TERM 1 - Suggested Programme "Water"

Week	Date	Activity	Description	Special Requirements
1	06 February	Water Safety	<ul style="list-style-type: none"> <li>Reinforce water safety</li> </ul>	<ul style="list-style-type: none"> <li>Water safety presentation</li> <li>Guest speaker/s</li> </ul>
2	13 February	Water Rockets	<ul style="list-style-type: none"> <li>Blast your fizzy drink bottles into the air with a few simple items!</li> </ul>	<ul style="list-style-type: none"> <li>Rocket making items</li> </ul>
3	20 February	Founders Day	<ul style="list-style-type: none"> <li>Marking Founders Day – explaining to Cubs why February 22 is important to Scouting.</li> </ul>	<ul style="list-style-type: none"> <li>Founders Day Story</li> </ul>
4	27 February	Using Water	<ul style="list-style-type: none"> <li>Activities around using water in our everyday lives.</li> </ul>	<ul style="list-style-type: none"> <li>Everyday activities using water</li> </ul>
5	6 March	Science with Water	<ul style="list-style-type: none"> <li>Simple science experiments using H<sub>2</sub>O</li> </ul>	<ul style="list-style-type: none"> <li>Prepared science activities</li> </ul>
6	13 March	Playing with Water	<ul style="list-style-type: none"> <li>Games using good old H<sub>2</sub>O</li> </ul>	<ul style="list-style-type: none"> <li>Prepared games using water or ice</li> </ul>
7	20 March	Water Conservation	<ul style="list-style-type: none"> <li>Conserving our most precious resource.</li> </ul>	<ul style="list-style-type: none"> <li>Guest speaker/s</li> <li>Conservation Badge work</li> </ul>
8	27 March	Fishing expedition	<ul style="list-style-type: none"> <li>Pack out fishing <i>OR</i> Fishing related games <i>OR</i> anything to do with Fish!</li> </ul>	<ul style="list-style-type: none"> <li>Warm clothing</li> <li>Parent Help</li> <li>Fishing gear</li> </ul>
9	3 April	Water Challenges	<ul style="list-style-type: none"> <li>Water based challenges</li> </ul>	<ul style="list-style-type: none"> <li>Prepared water based challenges and related equipment</li> </ul>
10	10 April	Water, Water EVERYWHERE!	<ul style="list-style-type: none"> <li>Group <i>OR</i> Intergroup <i>OR</i> Zone Water fight!</li> </ul>	<ul style="list-style-type: none"> <li>Towel</li> <li>Change of clothes</li> <li>Supper</li> </ul>

# Weekly Programmes Template

Term Theme: <b>“All Fired Up - Water”</b>			
Overview : Tonight Cubs will be learning about water safety			
Week: <b>1</b>	Session theme: <b>Water Safety</b>	Resources	Timing/ Leader:
Coming in activity:	Water Safety Code Posters	Colouring pens/pencils	10 mins
<b>Opening</b>	<ul style="list-style-type: none"> <li>• Opening Ceremony</li> <li>• Opening Prayer/Reflection</li> <li>• Flag Break (Pack Choice)</li> <li>• Grand Howl</li> <li>• Outline of Session/Evening</li> </ul>		5 mins
<b>Game/Physical</b>	Active Game – Duty Sixers Choice		10 mins
<b>Key Activity</b>  <b>Cornerstone: Personal Development (Life Skills)</b>	<p>Water Safety Activities and or guest speaker/s</p> <p><i>OR</i></p> <p>UL Safety Smart Resources for Water Safety</p> <p><i>OR</i></p> <p>You can also choose water safety activities that best suit your group from other resources. Alternately Water Safety activities can be found on OSM (under Programme/find activities). Search “Water Safety” and and tick the “include activities from all age ranges”, then click search.</p>	<p><a href="http://www.watersafety.org.nz/">http://www.watersafety.org.nz/</a></p> <p><a href="http://www.ulsafetysmart.com/">http://www.ulsafetysmart.com/</a></p>	45 mins
<b>Game</b>	Leaders Choice		10min
<b>Closing</b>	<b>Closing Ceremony</b>		10 min
Resources	Resources on OSM and Water Safety Website.		
Notes	Soft drink bottles, duct tape, clothes hangers and bicycle pumps for next week.		



# The Water Safety Code

Have Fun, Stay Safe

## Spot the dangers

Whenever you're near water always take extra care:

- Never fool around or run besides water – you might trip and fall in
- Take care on the riverbank – it may be slippery and can crumble
- Keep away from the edge of wharves or jetties – the water is often very deep
- Beware weirs and dams – the water flows very quickly

## Take safety advice

To be safe, choose a swimming pool or beach where there are lifeguards:

- Always follow the advice of a lifeguard – find out where and when it is safe to swim
- Always swim "Between the Flags" at the beach
- Never swim where a sign or flag tells you not to

## Do not go alone

If you're alone there will be no-one to help you if you get into trouble in the water

- Never go swimming, fishing or boating on your own
- Go with a friend who can help you if you're in trouble in difficult water – even if they cannot help you out, they **can** get help
- Always make sure a grown-up known where you are going and when you will be back

## Learn how to help

If you see someone in trouble in the water, here's how you can help:

- Keep calm – always think before you act
- Try to get help – shout "**help, help**" as loud as you can
- Reach out with a stick, a pole, a towel or clothing to pull the person to the water's edge – always lie down when you are trying to pull someone in so that you don't get pulled in
- If you can't reach the person and no-one comes when you shout for help, telephone 111 and ask for help

**NEVER** JUMP INTO THE WATER YOURSELF!

# Weekly Programmes Template

Term Theme: <b>“All Fired Up - Water”</b>			
Overview : Cubs making water rockets			
Week: 2	Session theme: <b>Water Rockets</b>	Resources	Timing/ Leader:
Coming in activity:	Prepare resources for Rocket Making		10 mins
<b>Opening</b>	<ul style="list-style-type: none"> <li>• Opening Ceremony</li> <li>• Opening Prayer/Reflection</li> <li>• Flag Break (Pack Choice)</li> <li>• Grand Howl</li> <li>• Outline of Session/Evening</li> </ul>		5 mins
<b>Game/Physical</b>	Active Game – Duty Sixers choice		10 mins
<b>Key Activity</b>  <b>Cornerstone: New Experiences (Challenges)</b>	<p>Making Water Rockets</p> <p>And LAUNCHING!</p> <p>Instructions can be found on OSM (under Programme/find activities). Search “Water Rocket” and tick the “include activities from all age ranges”, then click search. Alternately you may have already have your own rig and plans that you have used in the past!</p>	<ul style="list-style-type: none"> <li>• 2.25 litre soft drink bottles</li> <li>• Coat Hanger</li> <li>• Bicycle Tube</li> <li>• Cable tie</li> <li>• Duct Tape</li> <li>• Bicycle pump</li> </ul>	45 mins
<b>Game</b>	Leaders choice		10 mins
<b>Closing</b>	<b>Closing Ceremony</b>		10 mins
Resources	2.25 Litre soft drink bottles, wire coat hangers, cable ties, Duct tape, bicycle pump.		
Notes	Founders Day activities for next week.		

# Weekly Programmes Template

Term Theme: <b>"All Fired Up - Water"</b>			
Overview : Founders Day Activities			
Week: 3	Session theme: Founders Day	Resources	Timing/ Leader:
Coming in activity:			10 mins
<b>Opening</b>	<ul style="list-style-type: none"> <li>• Opening Ceremony</li> <li>• Opening Prayer/Reflection</li> <li>• Flag Break (Pack Choice)</li> <li>• Grand Howl</li> <li>• Outline of Session/Evening</li> </ul>		5 mins
<b>Game/Physical</b>	Duty Sixers Choice		10 mins
<b>Key Activity</b>  Cornerstone: Community (My Community)  Cornerstone: New Experiences (Group/Zone/Region Event)	<p>Founders Day activities.</p> <p>There is a lot of searchable Founders Day activities on OSM. Search under Programme/find activities using the key phrase "Founders Day". Make sure you remember to put a tick in "include activities from all age ranges" then click search.</p> <p>Weekend Activity: Attend or organise a Founders Day Activity or Camp</p>	OSM Resources / Group resources	45 mins
<b>Game</b>	Leaders choice		10 mins
<b>Closing</b>	<b>Closing Ceremony</b>		10 mins
Resources	As per chosen activities		
Notes	Cake Mix, Freezer bags, Gas cookers and Billies		

# Weekly Programmes Template

Term Theme: <b>"All Fired Up - Water"</b>			
Overview : Cubs learn how we use water every day.			
Week: <b>4</b>	Session theme: <b>Using Water</b>	Resources	Timing/ Leader:
Coming in activity:	In sixes, brainstorming how many different uses for water can Cubs name.		10 mins
<b>Opening</b>	<ul style="list-style-type: none"> <li>• Opening Ceremony</li> <li>• Opening Prayer/Reflection</li> <li>• Flag Break (Pack Choice)</li> <li>• Grand Howl</li> <li>• Outline of Session/Evening</li> </ul>		5 mins
<b>Game/Physical</b>	Active Game - Duty Sixer Choice		10 mins
<b>Key Activity</b>  Cornerstone: CAKE: Outdoors (Camp Craft)  OR  ICE CREAM: Personal Dev (Discovery)	Boiling Cake in a Bag and making Hot Chocolate (suggest this activity is done in sixes)  <a href="http://www.backpacking.net/recipes/dessert-boil-in-bag-cake.html">http://www.backpacking.net/recipes/dessert-boil-in-bag-cake.html</a>  Or  Five Minute Ice Cream (Can be done individually)  <a href="http://science.howstuffworks.com/innovation/edible-innovations/ice-cream3.htm">http://science.howstuffworks.com/innovation/edible-innovations/ice-cream3.htm</a>	<ul style="list-style-type: none"> <li>• Cake Mix</li> <li>• Freezer Bags</li> <li>• Gas Cookers</li> <li>• Billies or Pots</li> <li>• Milo</li> <li>• Milk</li> </ul> <ul style="list-style-type: none"> <li>• Snaplock Bags</li> <li>• Ice</li> <li>• Salt</li> <li>• Milk or Cream</li> <li>• Vanilla Essence</li> <li>• Sugar</li> <li>• Lunch box type containers for shaking</li> </ul>	45 mins
<b>Game</b>	Leaders Choice		10 mins
<b>Closing</b>	<b>Closing Ceremony</b>		
Resources	Cake Mix, Freezer Bags, Gas cookers, Billies or Pots, Milo, Milk. OR Snaplock Bags, Ice, Salt, Milk or Cream, Vanilla Essence, Sugar, Luchbox type containers.		
Notes	Water based Science Experiments for Cubs next week		

# Weekly Programmes Template

Term Theme: <b>"All Fired up - Water"</b>			
Overview : Water based science fun for Cubs			
Week: 5	Session theme: Science with Water	Resources	Timing/ Leader:
Coming in activity:	Free play		10 mins
<b>Opening</b>	<ul style="list-style-type: none"> <li>• Opening Ceremony</li> <li>• Opening Prayer/Reflection</li> <li>• Flag Break (Pack Choice)</li> <li>• Grand Howl</li> <li>• Outline of Session/Evening</li> </ul>		5 mins
<b>Game/Physical</b>	Active Game – Duty Sixer Choice		10 mins
<b>Key Activity</b>	<p>Prepared "Hands On" Science experiments for Cubs:</p> <p>Salt Crystals Fishing for Ice Walking water Oil and water mixing</p> <p>Or You can add your own science experiments to the mix!</p> <p><i>Science activities can be counted toward the Cub Science Badge</i></p>	Depending on chosen experiments	45 mins
Cornerstone: Personal Dev (Discovery)			
<b>Game</b>	Leaders Choice		
<b>Closing</b>	<b>Closing Ceremony</b>		
Resources	Depending on chosen experiments		
Notes	Water play games for next week. Change of clothes and towel required. No uniform next week.		

# National Programmes Sheet

Section: Cubs	Type of Activity: Fishing for Ice
Time Allowed: 10 Minutes	Cornerstone: <input type="checkbox"/> Outdoors <input checked="" type="checkbox"/> Personal Development <input type="checkbox"/> Community <input type="checkbox"/> New Experiences
Link to Award Scheme: Discovery	
Resources Needed: Salt, Water, String, Ice Cubes, Jars	
Any Other Comments:	

## Directions

- Place the ice cubes in the cup of water. They will float on top.
- Try to "fish" for an ice cube with the string. It won't "catch" anything.
- Place the string in the water and across the top of the ice cubes.
- Now sprinkle a little bit of salt across the ice cubes. Wait for a minute or so.
- Pull the string out and see what you caught!



# National Programmes Sheet

Section: Cubs	Type of Activity: Mixing Oil and Water
Time Allowed: 10 Minutes	Cornerstone: <input type="checkbox"/> Outdoors <input type="checkbox"/> Community <input checked="" type="checkbox"/> Personal Development <input type="checkbox"/> New Experiences
Link to Award Scheme: Discovery	
Resources Needed: Small soft drink bottle, Water, Food colouring, 2 tablespoons of cooking oil, and Dish washing liquid or detergent	
Any Other Comments:	

## Directions

1. Add a few drops of food colouring to the water.
2. Pour about 2 tablespoons of the coloured water along with the 2 tablespoons of cooking oil into the small soft drink bottle.
3. Screw the lid on tight and shake the bottle as hard as you can.
4. Put the bottle back down and have a look, it may have seemed as though the liquids were mixing together but the oil will float back to the top.

While water often mixes with other liquids to form solutions, oil and water does not. Water molecules are strongly attracted to each other, this is the same for oil, because they are more attracted to their own molecules they just don't mix together. They separate and the oil floats above the water because it has a lower density.

If you really think oil and water belong together then try adding some dish washing liquid or detergent. Detergent is attracted to both water and oil helping them all join together and form something called an emulsion. This is extra handy when washing those greasy dishes, the detergent takes the oil and grime off the plates and into the water.

# National Programmes Sheet

Section: Cubs	Type of Activity: Salt Crystals
Time Allowed: 15 Minutes	Cornerstone: <input type="checkbox"/> Outdoors <input type="checkbox"/> Community <input checked="" type="checkbox"/> Personal Development <input type="checkbox"/> New Experiences
Link to Award Scheme: Discovery	
Resources Needed: Salt, Water, Food Colouring, String, Jars, Sticks.	
Any Other Comments:	

## Step 1

Heat a pan of water. You only need a little water, about ½ cup (120mL). Heat the water until it just begins to bubble.

- Kids should ask an adult for help handling the hot water.
- Distilled water gives the best results, but tap water should work fine.

## Step 2

Choose your salt. There are many kinds of salts. Each one will grow into a different shape of crystal. Try these and see what happens:

- Table salt take a few days to grow. "Iodized" salt won't work as well, but will still form crystals.
- Epsom salt grows into smaller, needle-like crystals, but grows more quickly than table salt. Buy it at a pharmacy.

## Step 3

Stir in as much salt as you can. Take the pan off the heat. Pour in about ¼–½ cup (60–120mL) of your salt and stir until the water is clear. If you don't see any salt grains in the water, stir in another spoonful. Keep stirring in more salt until you see salt grains that won't dissolve when you stir.

- You've just made a supersaturated solution. This means the solution (the liquid) contains more salt than water can usually hold.

## Step 4

Pour the water into a clean jar. Carefully pour the hot water into a jar or another clear, heat-safe container. This should be as clean as possible, so nothing interferes with the crystal growth.

- Pour slowly and stop before the salt grains fall into the jar. If there are undissolved salt grains in the jar, the crystals might grow around those grains instead of your string.

### Step 5

Add food coloring (optional). A couple drops of food coloring will change the color of your crystals. It might make the crystals smaller or more lumpy as well, but usually not by much.

### Step 6

Tie a string around a stick. The stick should be long enough to lie across the top of the jar.

- The tiny grooves and rough edges of the string provide a place for salt to latch on and grow. A fishing line won't work, since it's too smooth.

### Step 7

Cut the string the correct size to dangle in the water. Only the part of the string underneath the water will grow crystals. Cut it short enough to avoid touching the base of the jar, or the crystals might end up lumpy and small.

### Step 8

Balance the stick on top of the glass jar. The string should hang inside the jar, extending into the water. If the stick won't stay still, tape it against the jar.

- Try not to have the string touch the side of the jar. This can make smaller, lumpier crystals grow against the side.

### Step 9

Move the jar to a safe place. Keep the container where animals and young children can't get to it. Here are some tips for choosing a location:

- To grow a lumpy mass of crystals quickly, keep the jar in the sun and/or keep a fan blowing near it on the lowest setting. These crystals may stop growing at a fairly small size.
- If you want a single, large crystal instead of a clump of crystals, keep the jar in a cool, shaded place.[5] Keep it on a Styrofoam pad or similar material to absorb vibrations.[6] (There's still a good chance you'll end up with a clump, but there should be larger individual crystals within it.)
- Epsom salt (and a few less common salts) will grow faster in the refrigerator instead of the sun.

### Step 10

Wait for crystals to form. Check back regularly to see if salt crystals have grown on the string. Epsom salt can start growing within a few hours, but might take a couple days. Table salt usually takes a day or two to get started, and sometimes up to a week. Once you see little crystals on the string, those will usually keep growing bigger and bigger over the next couple weeks.

- When the water cools, it has way more salt than cold water can normally hold. This makes it very unstable, so the dissolved salt will leave the water and grab onto the string if it gets a tiny push. As the water evaporates, the salt stays behind, making it even more unstable and encouraging the crystal to grow.

# National Programmes Sheet

Section: Cubs	Type of Activity: Walking Water
Time Allowed: 15 Minutes + Waiting time	Cornerstone: <input type="checkbox"/> Outdoors <input type="checkbox"/> Community <input checked="" type="checkbox"/> Personal Development <input type="checkbox"/> New Experiences
Link to Award Scheme: Discovery	
Resources Needed: Water, Blue Food Colouring, Yellow Food Colouring, Glasses or Jars, Paper Towels	
Any Other Comments:	

Place the three glasses side by side. Starting on the left hand side, fill that glass with water. Squirt a generous amount of blue food colouring into the water.

Leave the next glass empty.

Now fill the glass on the far right hand side with water and add a generous amount of yellow food colouring.

Fold a paper towel in half lengthways and again so that it will fit into the neck of your glass easily.

Now place one end of the paper towel into the blue water and bend the paper towel over the edge of the glass so that the other end sits in the empty glass in the middle.

Do the same on the other side: place one end of a paper towel into the yellow water, and bend it over so that the other end rests in the empty glass in the middle.

Watch and wait.

In about 30 minutes or so, the water will start 'walking' up the paper towels and over into the middle glass.

After about two hours you will have a mix of the two colours in the centre glass.

# Weekly Programmes Template

Term Theme: <b>"All Fired Up - Water"</b>			
Overview : The aim of this week..... TO GET WET!			
Week: <b>6</b>	Session theme: <b>Playing with water</b>	Resources	Timing/ Leader:
Coming in activity:	Ice Hockey	<ul style="list-style-type: none"> <li>• Ice "Puck"</li> <li>• Rolled Newspaper Sticks</li> </ul>	10 mins
<b>Opening</b>	<ul style="list-style-type: none"> <li>• Opening Ceremony</li> <li>• Opening Prayer/Reflection</li> <li>• Flag Break (Pack Choice)</li> <li>• Grand Howl</li> <li>• Outline of Session/Evening</li> </ul>		5 mins
<b>Game/Physical</b>	Sponge and Bucket Relay  Inter six race to move water from point A to point B using <u>only a sponge</u>	1 Sponge per Six 2 Buckets per Six	10 mins
<b>Key Activity</b>  Cornerstone: Personal Dev (Physical)	Wet and Wild Kick Ball  There are many variations of this game and the rules can easily be found online. Mix it up to best suit you group. Cubs and Kea's Love it!		45 mins
<b>Game</b>	Duck, Duck, SPLOSH! (Duck, Duck, Goose.... With water bombs!)	Water Bombs	10 mins
<b>Closing</b>	<b>Closing Ceremony</b>		
Resources			
Notes	Guest speaker for next week (DOC, Fish & Game, Regional Council ETC), or resources on water conservation		

# Weekly Programmes Template

Term Theme: <b>“All Fired Up - Water”</b>			
Overview : Water Conservation week			
Week: 7	Session theme: Water Conservation	Resources	Timing/ Leader:
Coming in activity:	Water Wisdom Activity Sheet	Water Wisdom hand out, colouring pens/pencils	10 mins
<b>Opening</b>	<ul style="list-style-type: none"> <li>• Opening Ceremony</li> <li>• Opening Prayer/Reflection</li> <li>• Flag Break (Pack Choice)</li> <li>• Grand Howl</li> <li>• Outline of Session/Evening</li> </ul>		5 mins
<b>Game/Physical</b>	Active Game – Duty Sixers Choice		10 mins
<b>Key Activity</b>  <b>Cornerstone: Outdoors (Environment)</b>	<p>Guest Speaker/s relating to water conservation.</p> <p>Activities and resources about water conservation:  <a href="http://www.mfe.govt.nz/fresh-water/water-page-kids">http://www.mfe.govt.nz/fresh-water/water-page-kids</a>  <a href="http://www.doc.govt.nz/get-involved/conservation-education/">http://www.doc.govt.nz/get-involved/conservation-education/</a></p> <p>Take home Water Conservation Challenge hand out. Once this is completed it can be used toward the Conservation Badge (Activity 4: Improve your environment)</p>	7 Day Water Conservation Challenge Sheet	45 mins
<b>Game</b>	Leaders Choice		10 mins
<b>Closing</b>	<b>Closing Ceremony</b>		
Resources			
Notes	Fishing activity next week. RAMS / AIF's, Parent Help, Licencing etc. Local Fish and Game and/or Ministry for Primary Industries may be able to assist.		

## Water Conservation 7 Day Challenge

**Step 1**

Name \_\_\_\_\_

**Do you or a family member do any of the following?****Me**   **Family Member**

- |   |                          |                          |
|---|--------------------------|--------------------------|
| <input type="checkbox"/> Let water run while brushing teeth.  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Let water run when washing hands, but hands aren't under water.                      | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Take showers longer than 5 minutes.  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Rinse dishes before putting in dishwasher.   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Use toilet as a rubbish bin and flush rubbish.                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Run dishwasher when it is not full.  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Use washing machine when not full without putting on <i>small</i> or <i>medium</i> . | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Leave irrigation settings the same all year for outdoor plants and lawn.             | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Use hose to clean debris off sidewalks and driveway.                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Let taps drip.   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Let toilets run or silently leak.  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Let outdoor irrigation water where there are no plants or grass.                     | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Let water run in the shower for a long time while waiting for hot water.             | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Wash vegetables or fruit using excessive amount of water.                            | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Other things you have observed:  |                          |                          |

## Water Conservation 7 Day Challenge

## Step 2

Name \_\_\_\_\_

1. Don't let water run when brushing teeth.

Day 1  Day 2  Day 3  Day 4  Day 5  Day 6  Day 7 

2. Don't let water run when washing hands and hands aren't under water.

Day 1  Day 2  Day 3  Day 4  Day 5  Day 6  Day 7 

3. Take shorter showers – 5 minutes or less.

Day 1  Day 2  Day 3  Day 4  Day 5  Day 6  Day 7 

4. Don't use the toilet to throw away trash.

Day 1  Day 2  Day 3  Day 4  Day 5  Day 6  Day 7 

5. Scrape food off plates before loading in dishwasher rather than rinsing off.

Day 1  Day 2  Day 3  Day 4  Day 5  Day 6  Day 7 

6. Run the dishwasher only when full.

Day 1  Day 2  Day 3  Day 4  Day 5  Day 6  Day 7 7. Run the clothes washer only when full, or if not full, select *small* or *medium* setting.Day 1  Day 2  Day 3  Day 4  Day 5  Day 6  Day 7 

8. Collect water wasted in shower while water is warming and use to water plants.

Day 1  Day 2  Day 3  Day 4  Day 5  Day 6  Day 7 

9. When washing vegetables or fruit, reuse water in a bowl or use water for outdoor plants.

Day 1  Day 2  Day 3  Day 4  Day 5  Day 6  Day 7





# WATER WISDOM

MATCH THE WATER-SAVING TIP TO THE AMOUNT OF WATER SAVED



1. Use a hose nozzle and turn off the water while you wash your car or bike and save this much water.



2. You'll save this much water if you time your shower to keep it under 5 minutes.



3. If you turn off the shower while you shampoo, how many gallons will you save?



4. Turn off the water while you brush your teeth and you'll keep this much water from going down the drain.



5. Use a broom instead of a hose to wash off driveways and sidewalks and save this much water.

- A. MORE THAN 50 GALLONS A WEEK.
- B. UP TO 80 GALLONS EVERY TIME.
- C. 4 GALLONS EVERY MINUTE.
- D. MORE THAN 100 GALLONS.
- E. UP TO 1000 GALLONS A MONTH.

FOR HINTS (AND EVEN MORE WAYS TO SAVE WATER) VISIT [WWW.WATERUSEITWISELY.COM](http://WWW.WATERUSEITWISELY.COM)

Answers: 1. (D) 2. (E) 3. (A) 4. (C) 5. (B)

S R E L K N I R P S T S U J D A  
 T U Q A Z B Y R F C N K I O L M  
 N I S H O R T S H O W E R S N P  
 A B X E T G C E A L Z L I J M K  
 L Q Z U M B A O V L P Z Y I V S  
 P X Z J I U M Y U E Q Z E S K K  
 E U B V M X L J M C C O V X E A  
 V Z O K O A U C R T W N P L M E  
 I U N R O E X W H R L E P J C L  
 T I M E R S W E P A C S I R E X  
 A A B C B Z T E P I C O I R E I  
 N V E P I U H V J N L H O X E F  
 X M W A T E R D E E P L Y R I S

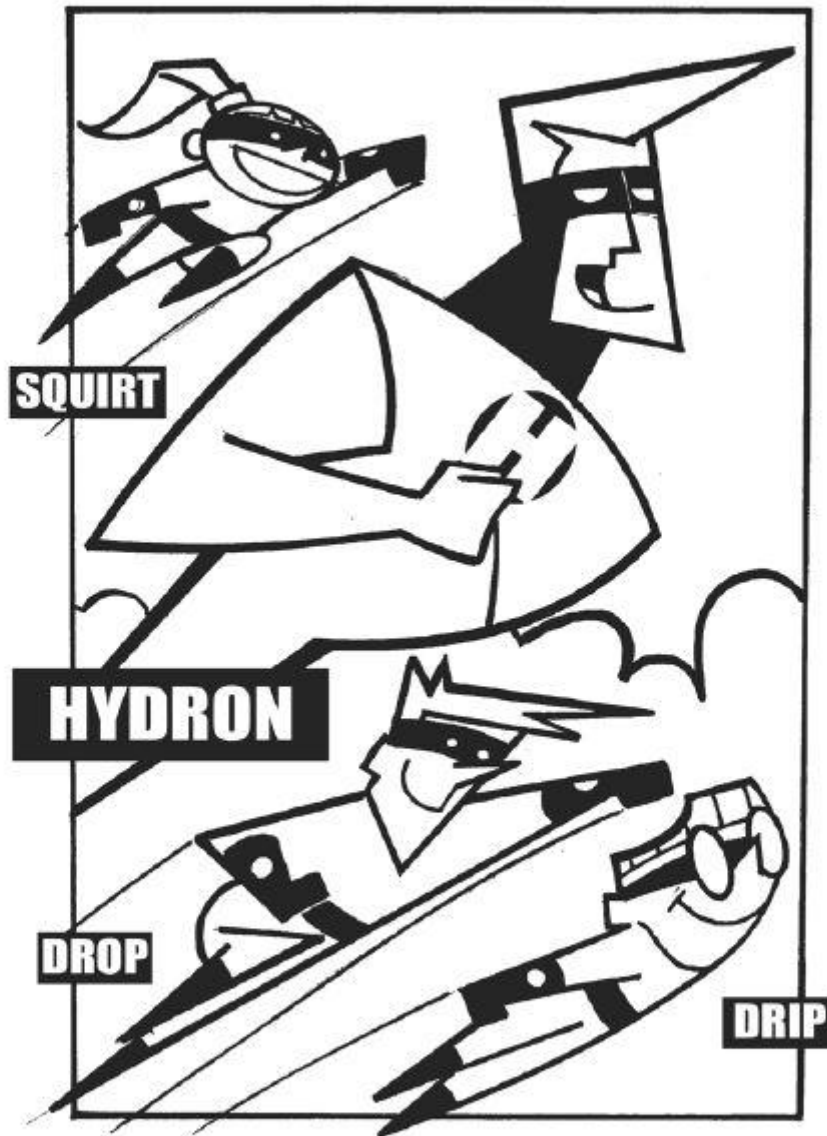
## FIND ALL THESE EASY WAYS TO SAVE WATER

- HOSE NOZZLE
- SHORT SHOWERS
- BROOM
- FIX LEAKS
- NATIVE PLANTS
- COLLECT RAIN
- TIMER
- WATER DEEPLY
- ADJUST SPRINKLERS
- USE MULCH
- XERISCAPE

There are a number of ways to save water, and they all start with you.



# KIDS ACTIVITY PAGES



## THE AMAZING ADVENTURES OF HYDRON AND THE WATER SQUAD



# Weekly Programmes Template

Term Theme: <b>“All Fired Up - Water”</b>			
Overview : Take a Cub Fishing!			
Week: <b>8</b>	Session theme: <b>Fishing</b>	Resources	Timing/ Leader:
Coming in activity:			
<b>Opening</b>	<ul style="list-style-type: none"> <li>• Opening Ceremony</li> <li>• Opening Prayer/Reflection</li> <li>• Flag Break (Pack Choice)</li> <li>• Grand Howl</li> <li>• Outline of Session/Evening</li> </ul>		
<b>Game/Physical</b>			
<b>Key Activity</b>  Cornerstone: Outdoors (Outdoor Skills) or (Expedition)	<p>Planned Fishing activities.</p> <p>Can be fresh water, salt water, tank water or no water!</p> <p>If it is not practical to take your cubs to a suitable fishing spot, feel free to make up fishing related games, or visit a fish factory or even a fish and chip shop!</p>	Depending on activity	
<b>Game</b>			
<b>Closing</b>	<b>Closing Ceremony</b>		
Resources			
Notes	Water challenges and related resources for next week.		

# Weekly Programmes Template

Term Theme: <b>“All Fired Up - Water”</b>			
Overview : Challenges using water			
Week: 9	Session theme: Water Challenge night	Resources	Timing/ Leader:
Coming in activity:			10 mins
<b>Opening</b>	<ul style="list-style-type: none"> <li>• Opening Ceremony</li> <li>• Opening Prayer/Reflection</li> <li>• Flag Break (Pack Choice)</li> <li>• Grand Howl</li> <li>• Outline of Session/Evening</li> </ul>		5 mins
<b>Game/Physical</b>	Active Game – Duty Sixer to choose		10 mins
<b>Key Activity</b>  Cornerstone: New Experiences (Challenges)	<p>Groups to find water challenges for the cubs to complete. EG: Ice cube melting race. Rain Gutter Regatta. Making water channels etc</p> <p>There are a good number of water challenges available on OSM. Go to Programme/find activities and search “water challenge”. Remember to put the tick in “include activities from all age ranges” to increase the number of activities!</p>		45 mins
<b>Game</b>	Leaders Choice		10 mins
<b>Closing</b>	<b>Closing Ceremony</b>		
Resources	As per chosen activities		
Notes	Water Fight Night and Supper next week. Can be as a Group, Inter-Group of Zone. Choose a suitable venue! RAMS / AIF if visiting another pack. Change of clothes and a towel will be needed!		

# Weekly Programmes Template

Term Theme: <b>“All Fired Up - Water”</b>			
Overview : Water fight night!			
Week: 10	Session theme: <b>Water, Water EVERYWHERE!</b>	Resources	Timing/ Leader:
Coming in activity:			10 mins
<b>Opening</b>	<ul style="list-style-type: none"> <li>• Opening Ceremony</li> <li>• Opening Prayer/Reflection</li> <li>• Flag Break (Pack Choice)</li> <li>• Grand Howl</li> <li>• Outline of Session/Evening</li> </ul>		5 mins
<b>Game/Physical</b>			10 mins
<b>Key Activity</b>  Cornerstone: New Experiences (National Programme Event)	Group, inter group or Zone Water fight and supper night	Towel, Change of clothes, Bring a plate.	45 mins
<b>Game</b>	Leaders Choice		10 mins
<b>Closing</b>	<b>Closing Ceremony</b>		
Resources			
Notes	Remember ANZAC Day is during the school holidays – Arrange a Pack, Group of Zone Activity!		