



Remembering Water and Water Charades

Grades 3 – 8

BACKGROUND:

Humans use water for drinking, cleaning, agriculture, recreation and relaxation. The water percentage of the human body ranges from high 50's to mid 70's depending on the person's age, size etc. The earth's surface is 70% water. Without water, life on earth would not be possible. People enjoy being around lakes, oceans, rivers, etc...it seems there is a positive emotional affect just being near a body of water.

OBJECTIVE:

To help youth:

- 1) Exercise their imaginative powers in the development of a mental picture.
- 2) Develop their confidence in speaking to a group about their own imagined experiences.
- 3) Increase their awareness of the variety of ways in which water is important to their lives and to the lives of others.

MATERIALS:

- A list of charade scenes cut into individual strips (below)
- People who like to have fun!

ACTIVITY #1:

Have students close their eyes, assume a relaxed position, and listen while you lead them through the following guided imagery experience of a water environment they can imagine. (Give students time to imagine these scenes before moving on).

"Close your eyes and take a slow, deep breath. Let the breath out slowly and relax your entire body ... take another slow ... deep breath ... hold it ... now exhale (pause). Think of a place that is special to you that has water ... it might be a beach with breaking waves ... or a river or a stream dancing over rocks ... it might be a place you only visited once, or a place you spend a lot of time ... or it might be a place you've only been in your imagination ... it might be a place near your house, or your neighborhood, or a place you've been to on the weekend or on vacation ... wherever it is, it's a place where you enjoy being (pause). Think about what it feels like to be in this special water place (pause). Think about the sounds you hear there (longer pause) and the smells you smell (longer pause). Feel the air on your face (pause). Take a long look at the water (pause). What does it look like? Sparkling ... rough or calm (pause). How do you feel being here? (long pause) take one long last look at the scene, now remember what you see and feel ... now, slowly, after a few more seconds ... or when you are ready ... open your eyes."

FOLLOWUP:

Encourage some participants to describe their places. Discuss why people seem to enjoy being near water.

ACTIVITY #2:

Introduce the charades game. Take turns acting and guessing the charades. Perform charades in pairs as well as individually.

Adapted from *Water Inspectors: Examining H2O* by J. Shinkle

Water making a thirsty animal happy	Watering a plant	People rafting down a river	Someone crossing a river by jumping from rock to rock	Drinking a glass of cold water when you're really thirsty
A school of fish swimming	A beaver damming a river with logs	A bear fishing for salmon in a river	People swimming in a lake	Children stomping in a puddle
Taking a shower	Brushing your teeth	Sprinklers watering a lawn	Fishing off a pier	Deer coming to a stream for a drink
People ice skating	A baby taking a bath	Birds in a birdbath	A water strider skating on a lake	Cattails swaying in a pond

