



# March for Water Classroom Toolkit for KS1 and KS2 teachers



March  
for  
Water



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This toolkit has everything you need to prepare and carry out your March for Water, with a classroom session of activities, discussion and games.

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**Your March for Water  
session:  
Ready, set, go!**

**Let's get walking**



**March  
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WaterAid/Elisa Powell

# Let's get walking

**Time needed:**  
30 minutes

**What you'll need:**  
The [Water Walk film](#)  
Whiteboard or a large sheet of paper

## **Aim of the activity**

To learn about the daily water walks children around the world make.

To share knowledge and ideas about walking and different walking techniques.

## **What you'll get out of it**

Inspire and challenge children to walk and try new walking techniques; learn about life for children around the world and how the lack of clean water can affect their lives and opportunities.

# Let's get walking

## What to do

1. Watch [the Water Walk film](#).
2. Tell the group to imagine that they are the child in the film. How do they think the child is feeling? Is she tired, exhausted, bored, angry, and so on?
3. Ask the children if any of them have done a really long walk before? What was the longest distance they ever walked? How did it feel? Was it an adventure? Was it tiring? Imagine if you had to do that walk every day - would it change how you feel about it?
4. Explain to the group that they will be participating in March for Water to support WaterAid. Discuss the route of your walk.
5. If you're doing the walk in town, discuss how it differs from a countryside walk and vice versa.

# Let's get walking

## What to do

6. Ask the children what equipment they think they will need in preparation for their walk. Write the answers onto a large sheet of paper. Include any of the below that may be missed from their answers:

Comfortable clothing      Bags for muddy shoes

Bottle of water to keep hydrated

Waterproofs      Change of clothes for afterwards

Sensible walking shoes or trainers      Route/map

Bag      Sun cream      Weather forecast

7. Next ask the group to think about what they need to do to prepare their body for walking a long distance? Their answers might include warm up, practise, train, go for walks, drink water and so on.

## Let's get walking

8. Ask the group how walking is different to running. Explain that with walking, feet must stay on the ground, unlike running where the feet leave the ground.
9. Think about different walking techniques. Ask the group to think about a special technique they could add to their walk as a challenge, e.g. walking on tiptoes or heels only, raising arms, carrying a bag etc.
10. Discuss how different techniques can be required for different terrains.
11. In pairs, they should practice their own walking technique and feedback to each other to improve.
12. Encourage the group to practice walking as much as they can before their March for Water to make the walk easier for them.

Your March for Water  
session:  
Ready, set, go!

Let's March for Water



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WaterAid/Jacques Nkinzingabo

## Let's March for Water

For 1 in 9 people around the world getting a drink of water isn't as simple as turning on a tap.

They have no choice but to make long, tiring, and often dangerous journeys to remote water sources, hauling heavy cans or buckets all the way back home.

Women and children bear most of the burden. The average distance young girls around the world have to walk when collecting water is 2km, but water walks can often be up to 16km long (taking over 4 hours), multiple times a day.

That time could be spent in school getting an education, and at home, playing, and being with friends and family.

"We drink this water and we use it for cooking. On days we wash our clothes I come here four times to collect water. Other days I come 2 or 3 times. I normally come with my older sister. The water tastes bitter, but we don't have any other option."

Claudine, 12, Rwanda



# Let's March for Water

## **Claudine's school**

In Claudine's school, during the dry season in particular, the small reserve of water runs out, so the school asks students to bring in a jerry can every day.

There are two water sources nearby: a swampy area where two rivers join, dangerous terrain prone to mosquitos, cattle around and crocodiles and hippos in the water; and two broken boreholes that children and adults have to climb down into to draw salty water.

Both water sources are miles away, and the water is dirty. Collecting water risks the children's safety, and takes their time away from learning, homework and having fun.

The current choice the children have is not how to spend their free time but where to go to collect dirty water - the river or the borehole?

# Let's March for Water

## How your school can help

By signing up to March for Water, your pupils can transform the lives of children like Claudine. Pledge to walk in solidarity with those who have no choice but to walk to collect water.

You can all lace up your shoes with our special blue laces or request stickers for the children to use. It's up to you how far you pledge to walk and when you do it!

You can do one walk as a group, or encourage your students to walk a little more throughout March, by getting off the bus early, walking to school or doing a lap of the park on the way home.

Encourage your pupils to ask family and friends to sponsor their walk, or ask for a small £1 or £2 donation to take part.

# Let's March for Water

## How your school can help

Below are some distance ideas from us:

2km a day (62km a month) - the average journey length to the nearest water source

4km a day (124km a month) - the average round-trip distance to the nearest water source

8km a day (248km a month) - the distance of two round-trips to the nearest water source

For more inspiration and to sign up, visit our website

[www.wateraid.org/uk/march](http://www.wateraid.org/uk/march)