

# WATER for YOU and ME!

by Lola Schaefer illustrated by Peter Grosshauser



Clean and Conserve Education Program

Project  
**wet**  
Water Education for Teachers

**ECOLAB**



**W**ater is  
**everywhere...**

in the sink,  
the air,  
the sea,

in creeks,  
in ponds,  
in **you** and **me**.

**Bridger the water dog** is playful  
and curious—and loves to get wet! Follow along as  
Bridger helps us explore our wonderful world of water.





**W**ater can **be**  
a liquid  
that flows  
in a mountain stream,

a solid  
like ice  
or a gas  
like steam.

Now you see it, now you don't.



Place an ice cube on a plate in a sunny windowsill.



Come back every 10 minutes and watch the solid change into a liquid.



Come back the next day. Where did the water go? (It evaporated or changed from a liquid into a gas.)





**W**ater makes **shapes,**

as rain,

as snow

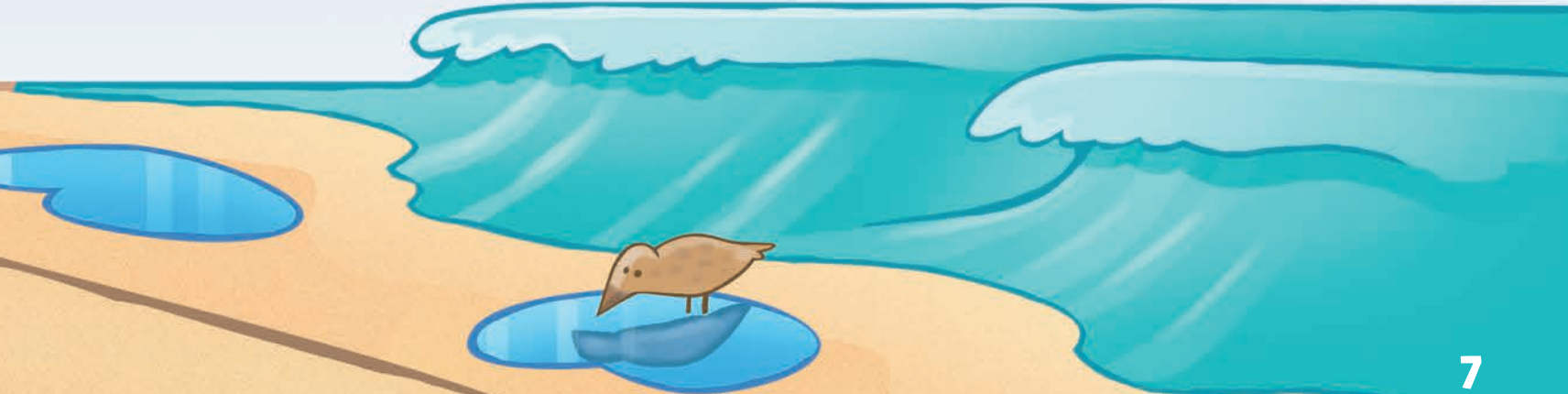
or puddles on the ground,



Snowflakes are made of ice crystals. Because of the way they form, snowflakes have six points. Circle the six points on each of these snowflakes.



as clouds,  
as waves  
or hail that's round.







**W**ater **splashes**  
when you jump  
in a lake  
or stomp your boot,

when you catch a fish  
or slide

down a chute.

### **SPLASH!**

Fill a mixing bowl with water.  
Drop these objects into the  
bowl, one at a time, from the  
same height: a marble, a pencil,  
a lemon.

Which one made the  
largest splash?





Fill a bowl with water and see which of these objects floats:

- a popsicle stick
- a leaf from a plant.
- a coin

**W**ater carries

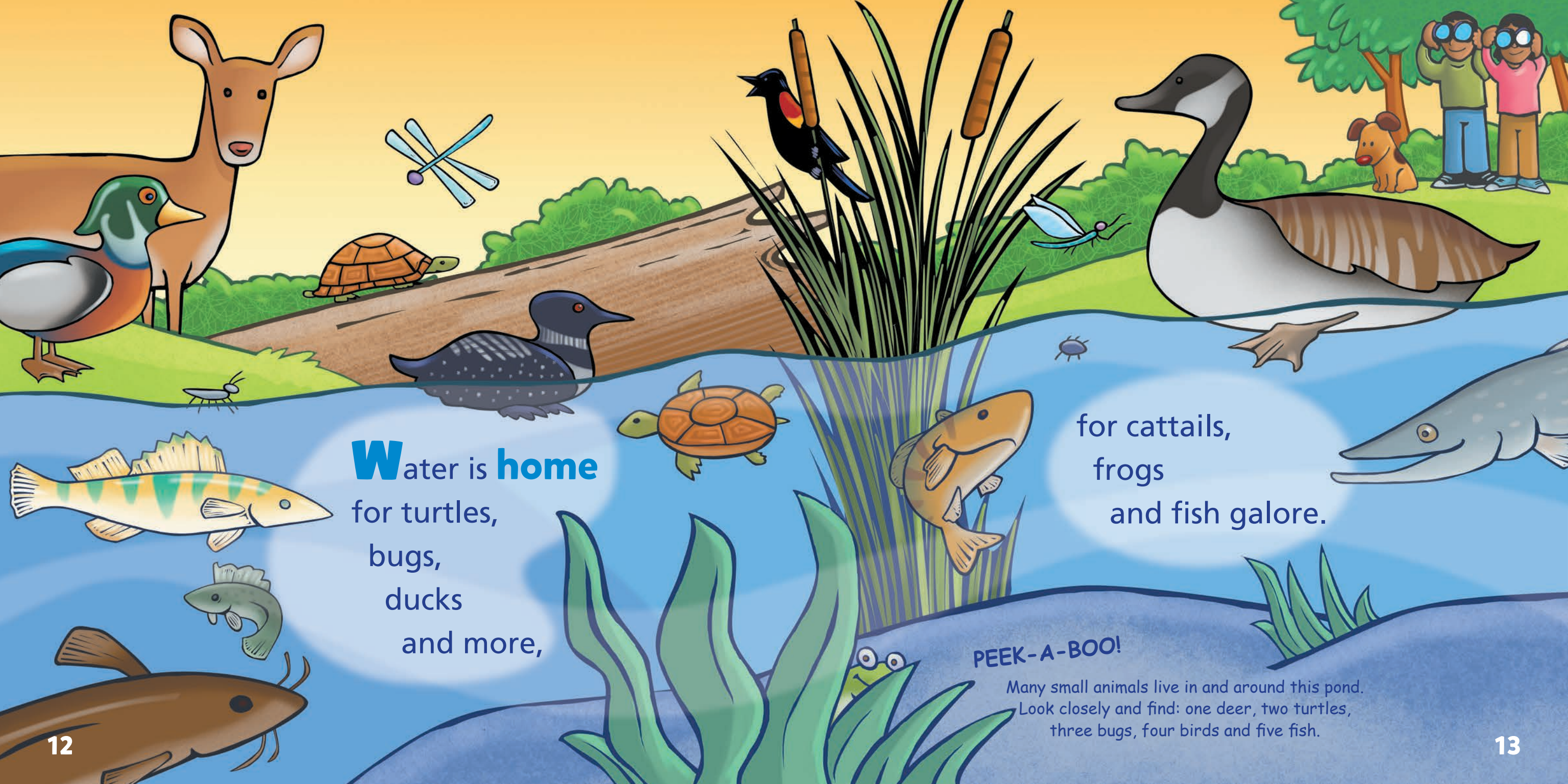
- a bug,
- a bubble,
- a twig,
- a boat,

a leaf,

a duck,

whatever  
can float.





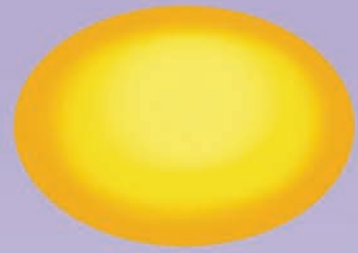
**W**ater is **home**  
for turtles,  
bugs,  
ducks  
and more,

for cattails,  
frogs  
and fish galore.

**PEEK-A-BOO!**

Many small animals live in and around this pond.  
Look closely and find: one deer, two turtles,  
three bugs, four birds and five fish.





**W**ater moves  
from earth  
to clouds  
and rain,



The water cycle is the path water takes as it moves through our world. Trace the water cycle starting with the sun, to vapor, to clouds, to rain, to rivers and lakes.

through pumps,  
then pipes,  
faucets  
and drains.





# Water is **NEEDED**

to drink,

to cook,

to rub and scrub,

to soak,

to brush

and fill  
the tub.

## HOW MUCH WATER?


Take a piece of paper and a pencil and place them in your classroom or home.

Put a mark on the paper every time you water a plant, flush a toilet, get a glass of water, wash your hands, rinse a dish, brush your teeth, and turn on the faucet in the sink, tub or shower.


At the end of the day, count up the marks.

How many times did you use water?



A close-up illustration of a child's face, smiling and looking upwards. The face is partially obscured by a large, fluffy cloud of light blue soap bubbles. Several individual bubbles of various sizes float around the face. The background is a warm, yellowish-orange color.

**W**ater and soap **clean**  
your hands,  
face,  
knees  
and feet,

An illustration of a boy in a purple shirt standing at a kitchen sink. He is washing a blue plate with a yellow sponge. The sink is filled with white soap suds. On the counter next to the sink are a yellow mug and two blue plates. To the right of the boy is a brown paper bag filled with brown paper-wrapped items. The background is a bright yellow wall with several blue bubbles floating in the air.

plates,  
mugs  
and food you eat.

A brown dog with floppy ears is looking towards the left side of the page. In the foreground, a large, light blue bubble contains a close-up of a boy's face, smiling and looking up. The dog's head is positioned as if it is looking at the boy's face through the bubble.

**CLEAN HANDS!**

Wash both of your hands with soap and water while singing the "Hand Washing Song" on page 29, or counting to 20. Afterward, rinse and dry your hands. They are now **CLEAN!**



**W**ater helps scrub

apples,  
lettuce,  
the carrots  
we chew,

strawberries,  
peppers and  
potatoes, too.

It's important to  
wash our fruits and  
vegetables before we  
eat them. Healthy food  
means a healthy YOU!







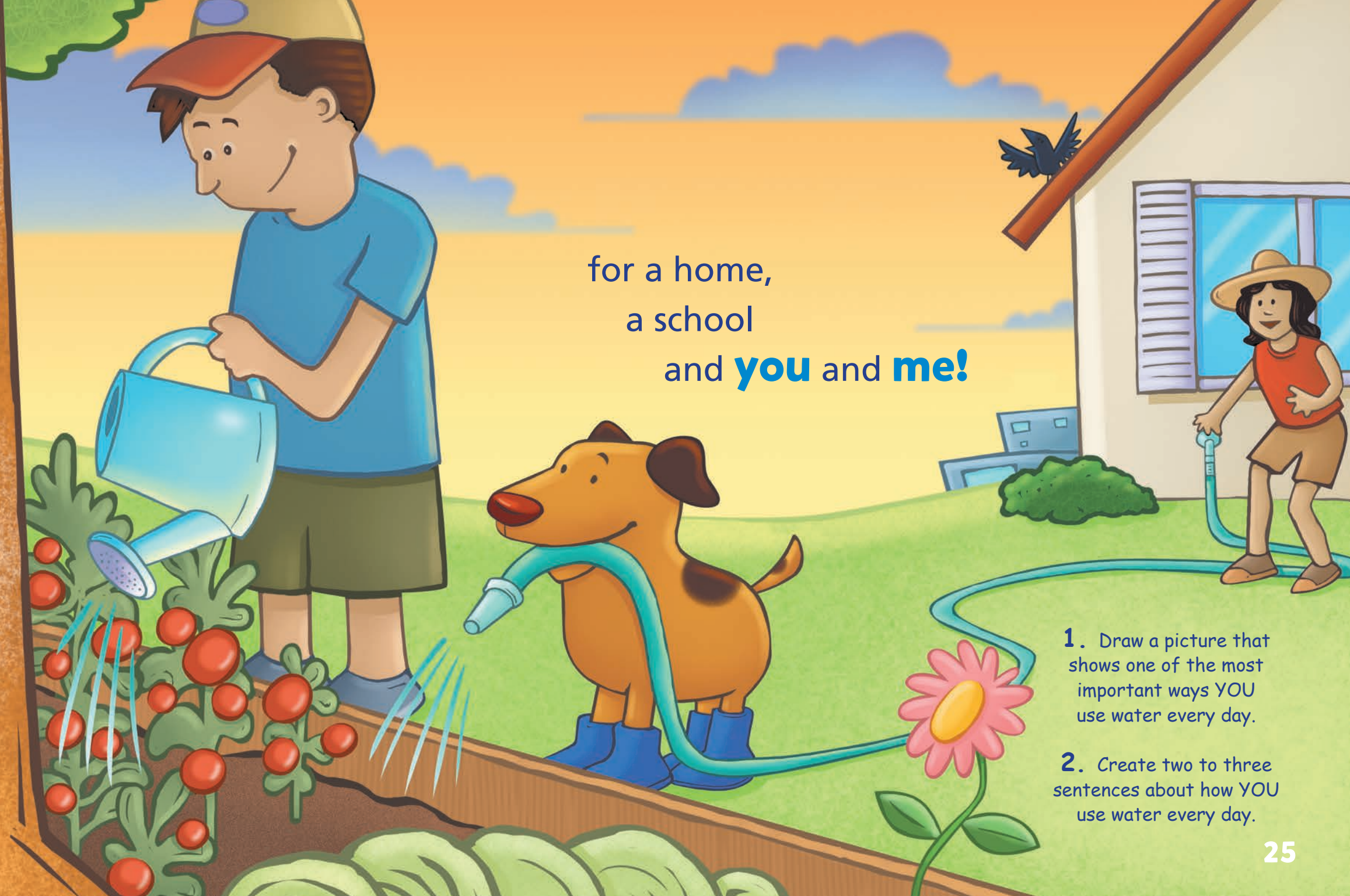
**W**ater washes away **germs**  
when we lather,  
swish and scour,

clothes,  
doorknobs,  
counters  
and shower.



**W**ater is  
**important**  
for a garden,

an animal  
and a tall tree,



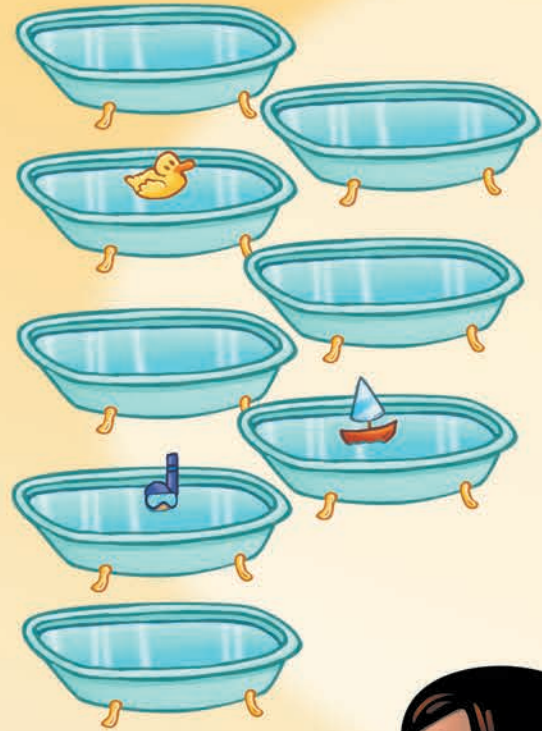
for a home,  
a school  
and **you** and **me!**

1. Draw a picture that shows one of the most important ways YOU use water every day.
2. Create two to three sentences about how YOU use water every day.



# Activities

Now that you and Bridger have learned about the importance of clean water in our world, complete these activities with an adult.



## Every Drop Counts

**A**ll water is precious. Fresh water, the water you drink, is especially precious. We need water to grow food, bathe, clean, drink and enjoy. Find as many ways as you can to use less water in your home. Here's one idea that could save as much as eight bathtubs filled to the tip-top with water per person per year.

### Materials Needed

a sink



toothbrush



toothpaste



- 1 Close the drain on your sink.
- 2 Put a dab of toothpaste on your toothbrush, then turn on the faucet so it gets your brush wet.
- 3 As you brush your teeth, let the water flow into the sink. Brush your teeth and gums, then rinse your toothbrush and mouth.
- 4 Turn the water off. **How much water is in the sink?**
- 5 Can you think of ways to use less water when brushing your teeth? Drain the water and try again. This time wet your toothbrush, turn OFF the faucet and brush your teeth.
- 6 Turn the faucet on to rinse your teeth and brush and then shut it off.

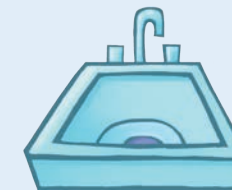
**How much water is in the sink this time?**

Write three things you can do with the water you saved (conserved).

### How much water did you save?



water running  
while you brush



water off  
while you brush

Running the water while you brush is for educational purposes only. After this experiment, make sure you turn off the faucet and don't waste water!





# Sing a Song While You Wash Your Hands Clean

We all need to wash our hands several times during the day. Washing with soap and water helps stop the spread of germs.

## Materials Needed

adult helper



glitter



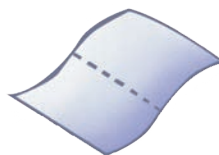
sink



hand soap



paper towels or a cloth



**1** Spread glitter on your hand—front, back and in between your fingers. (This glitter represents germs.) Now, rinse and scrub your hands under running water without soap. Pat your hands dry with a paper towel. Look at the tops of your hands, the palms of your hands and between your fingers. What do you see? When washing quickly and without soap, some germs remain on our hands. The glitter shows how many germs would still be on your hands after washing without soap.



**2** Spread glitter on your hands again. Now wash your hands with soap—while you sing the “Hand Washing Song.”

### Hand Washing Song

Can be sung to “Frère Jacques” (“Are You Sleeping?”)

Lather with soap  
Rub your palms together  
Now the backs  
Of your hands  
Interlace your fingers  
Cleaning in between them  
Now the thumbs  
Clean your nails



**3** Now pat your hands dry with a paper towel. Look at the tops of your hands, your palms and between your fingers. Do you see any glitter? When we wash our hands for 20 seconds with soap, we stop the spread of germs.







## Become a WaterStar

The WaterStar recognition program encourages students and educators to contribute to a positive water future by learning about water and taking appropriate local action.

Learn more at [www.projectwet.org/waterstar](http://www.projectwet.org/waterstar).  
To download this and other publications,  
and for information about online trainings,  
visit [www.projectwet.org/cleanandconserve](http://www.projectwet.org/cleanandconserve).

For free online resources and interactive games  
on water science, visit [www.DiscoverWater.org](http://www.DiscoverWater.org).



### Educators:

Visit [www.projectwet.org/cleanandconserve](http://www.projectwet.org/cleanandconserve)  
to download worksheets  
on hygiene and water conservation.

### Parents and Educators:

Tell us about your WaterStars  
by sharing stories on how you  
clean and conserve water at home  
and at school. Send stories to  
[cleanandconserve@projectwet.org](mailto:cleanandconserve@projectwet.org).



Recommended for ages 3-6



**WATERSTAR**™

Correlated to Early Childhood Indicators of Progress, Head Start Framework guidelines, Common Core State Standards and Next Generation Science Standards.

For more information, visit [www.projectwet.org/cleanandconserve](http://www.projectwet.org/cleanandconserve).

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