

# AQUANAUTS

## Hidden Water Relay Race

Demonstrate the scale of water usage in everyday activities through this fun (and slightly messy!) physical activity!

### Steps

1. Set up a relay course where you will carry sponges soaked in water to fill containers!
2. The goal is reach the end of the relay race with as much water as possible.
3. At the end of the race, see how much water was spent (lost from the sponges).
4. Discuss how each activity cost you water and how that relates to the real-world too!

### You will need

- Buckets
- Sponges
- Containers
- A range of fun activities to do; star jumps, jogging, skip rope hopscotch and more,

### Helpful tip

Add challenges to simulate water scarcity (e.g., smaller sponges or longer distances to carry water)

### Did you know?

**More than 20% of the UK's water supply is lost due to leaks**

**This activity pairs with Aquanauts episode 'Where Water Goes'**

