

## **Hidden Water Relay Race**

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

## Steps

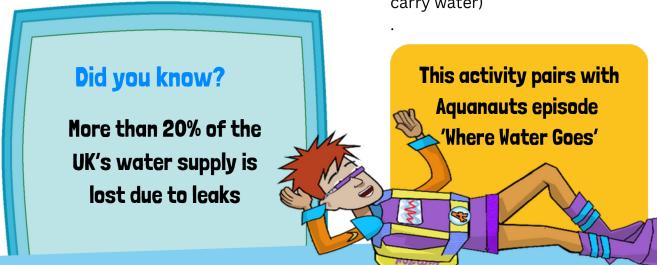
- 1. Set up a relay course where you will carry sponges soaked in water to fill containers!
- 2. The goal is reach the end of the relay race with as much water as possible.
- 3. At the end of the race, see how much water was spent (lost from the sponges).
- 4. Discuss how each activity cost you water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







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