GLOBAL 6K FOR WATER
YOUTH EXPLORATION GUIDE
Dear Parents, Teachers, and Guardians,

Thank you for taking on World Vision’s Global 6K for Water! This guide is meant to help you go deeper with issues surrounding the need for clean water and how we can help.

This plan contains six basic lessons to help engage youth with fun activities and stories. Inside, you’ll find stories of children affected by the clean water crisis, ideas for hands-on activities, videos to watch, and topics to research.

Start with this guide and find all of the additional resources mentioned (and more) at [http://hub.worldvision6K.org](http://hub.worldvision6K.org).

Most of all, have fun!

Ashley Colquitt-Finley
Race Director
World Vision’s Global 6K for Water
Lesson #1

The Need for Clean Water

Every day, nearly 1,000 children under 5 die from diarrhea caused by contaminated water, poor sanitation, and unsafe hygiene practices. And on average, people in the developing world walk 6 kilometers (3.7 miles) every day to get water.

VIOLET’S STORY

Violet is 10 years old and lives in Zambia. When she finishes school, she wants to be a doctor and help people.

But every day, Violet has to fetch water instead of going to school, and the water is not even clean. Her grandmother often has to rush her to the hospital because the water makes her sick.

Watch Violet’s story and see why one girl dreams of clean water to come to her village.

*Watch the video of Violet's story at hub.worldvision6k.org

ACTIVITY IDEAS

Read “The Water Princess”

How much do you use?

With the help of parents or guardians at home, record how many times you get or use water for an entire day. Consider:

• shower, toilet, hand washing
• drinking + cooking
• laundry, etc

Research + Present

Using the additional resources listed below (or others) research how kids and communities are affected by dirty water and present your findings.

ADDITIONAL RESOURCES at hub.worldvision6k.org

• UN Water Statistics
• World Vision Story: Carrying Water Can be a Pain in the Neck
• World Vision Story: What’s in the Water Will Make You Sick
Lesson #2

How Clean Water Helps a Community

When children have clean water, it can transform virtually every aspect of their lives, including health, nutrition, protection, and education. And with all of life’s essentials in place, children have the power to brighten the future.

NAOMI’S STORY

Naomi lives in Kenya with her husband and three sons. She used to spend hours each day walking to fetch water for her family.

But since World Vision helped drill a well in her community, her whole life has changed. She has easy access to clean water for drinking, cooking, and washing. She has more time to spend with her children and visiting relatives during the day.

“We’re now comfortable; we’re not stressed anymore,” she says.

*Read Naomi’s story at hub.worldvision6k.org

ACTIVITY IDEAS

Dear Water Video
Kenyan school girls recite a poem

Research + Present
Using the additional resources listed below (or others) research the aspects of life that are affected when a community has access to clean water and present your findings.

Imagine...
What if you didn’t have access to clean water? Write down all the ways that your life might be different if you had to walk several hours to get water that wasn’t even safe to drink. Then how would it change once you did get access to clean water?

ADDITIONAL RESOURCES at hub.worldvision6k.org

• World Vision Story: Clean Water Makes Everlyn’s Future Bright
• External Resource: How Access to Safe Water Reduces Poverty
• World Vision Video: Community Lifted out of Poverty
Lesson #3

What World Vision is Doing

World Vision is the largest nongovernmental provider of clean water in the developing world, reaching one new person with clean water every 10 seconds and committed to reaching everyone, everywhere we work with clean water and sanitation by 2030.

MAURINE’S STORY

Maurine lives in Bartabwa, Kenya. Just 8 years ago, her community did not have access to clean water and the child mortality rate was 50%.

Now, Maurine and her whole community benefit from several innovative World Vision water interventions, like a capped spring, borehole well, solar pump, and water tank, providing clean water to over 2,000 people.

*Watch the video of Maurine’s story at hub.worldvision6k.org

ACTIVITY IDEAS

STEM Project
Research and build a model of a specific water intervention, like the incredible water pipeline some students made last year! Work individually or with others and have the kids share what they come up with!

Water Walk
Water is used in many more ways than we even realize. The average American family uses more than 300 gallons per day. Learn what it takes to get water with our fun and active water game! Get instructions at hub.worldvision6k.org

ADDITIONAL RESOURCES at hub.worldvision6k.org

- World Vision Website: World Vision’s Clean Water Approach
- Images of World Vision Water Interventions
- Water Walk Game Instructions
Lesson #4

Clean Hands

Through our water, sanitation, and hygiene (WASH) work, World Vision staff teach kids around the world the importance of being thorough when washing their hands!

How to Wash Your Hands

Do you know how to properly wash your hands? It's more complex than you think! Clean water goes hand in hand with hygiene and sanitation, and handwashing plays a big part in stopping the spread of disease. In areas where there is no running water, tip taps — also known as tippy taps — are clever contraptions that conserve water while keeping people healthy. They are simple to build with easy-to-find materials.

*Watch the video at hub.worldvision6k.org

ACTIVITY IDEAS

Make Your Own Tippy-Tap
A tippy tap is a common way to create a hand-washing station in the developing world. Get instructions on building a tippy tap at worldvision.org/tippytap

Make a List
You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs. Make a list of all the times you should wash your hands to stay safe!

Create a Song
You should wash your hands for at least 20 seconds. That's about how long it takes to sing your ABCs. Create your own fun 20 second song to sing while washing your hands. Write down, decorate, and frame your lyrics to post in the restroom.

ADDITIONAL RESOURCES at hub.worldvision6k.org

• World Vision Story: How to Wash Your Hands
• World Vision Video: How to Wash Your Hands
Lesson #5

How Far is 6K, Anyway?

6 kilometers is 3.7 miles, or 15 laps around the track. Globally, women and children spend 200 million hours collecting water each day, with many of them making multiple trips.

CHERU’S STORY AND KAMAMA’S STORY

When Cheru, who lives in Kenya, was five years old, she walked 6 kilometers every day to get water that made her sick. Because she was so little, all she could carry was a tea kettle and her three-hour walk caused her to miss school.

Now, Cheru’s community is awash with clean water! The water kiosk is just steps away from her front door, so Cheru can enjoy cool, clean water. Without the three-hour walk, Cheru can go to school and focus on learning!

*Watch the videos of Cheru at hub.worldvision6k.org

ACTIVITY IDEAS

**Cheru + Kamama**

Watch and read the stories of Cheru + Kamama. Contrast their walks for water, and the ways theirs lives are different now that they have access to clean water.

**Compare and Contrast**

With your parent or guardian, map out a 6K route from your own home to visualize how far this is. What would your journey for water look like? What dangers would you face? Compare and contrast this to Cheru.

**Draw a Picture!**

Draw a picture for Cheru. Show her your neighborhood or family and you can even include a note about the things you like to do in school or with your family and friends. Email pictures and letters to ask6k@worldvision.org

ADDITIONAL RESOURCES at hub.worldvision6k.org

- World Vision Story: Water within reach: Compare two 5-year-olds’ walk for water
Lesson #6

Meet Raya

A new friend from Sesame Street is partnering with World Vision to spread the word about the importance of proper sanitation.

RAYA’S STORY

Along with her friend Elmo, Raya is teaching children around the world about clean water and hygiene through our water, sanitation, and hygiene (WASH) programs. Originally developed with generous funding from the Bill & Melinda Gates Foundation, Raya is a 6-year-old with aqua blue skin, and she pays close attention to hygiene, especially handwashing.

*Watch Raya and Elmo’s handwashing video at hub.worldvision6k.org

ACTIVITY IDEAS

Listen to Raya’s Interview

Raya gave a candid interview to NPR where she talked about the importance of washing your hands and toilets! Listen to her interview (hub.worldvision.org) as a family and debrief your thoughts about clean water and Raya after.

Draw Your Water Superhero

Raya is quickly becoming a clean water superhero around the world. Now, draw your own clean water superhero. Can they fly? Can they see through walls? How do they help bring people clean water? Share your hero at ask6k@worldvision.org!

THANK YOU!

We’re so thankful you’ve lead your kids through these 6 activities. We hope it will motivate and empower them to be world-changers, not just this year, but for a lifetime.
Notes...
World Vision is a Christian humanitarian organization dedicated to working with children, families, and their communities worldwide to reach their full potential by tackling the causes of poverty and injustice. Motivated by our faith in Jesus Christ, we serve alongside the poor and oppressed as a demonstration of God’s unconditional love for all people.