GLOBAL 6K FOR WATER®
STUDENT EXPLORATION GUIDE
Dear Teachers and Parents,

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

This plan contains six basic lessons to help engage students leading up to and after the 6K. 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 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 in groups and present your projects.

Make Your Own Tippy-Tap
A tippy tap is a common way to create a hand-washing station in the developing world. Learn what it is and how to use it, and encourage your students to build one at home with help from their parent or guardian.

ADDITIONAL RESOURCES at hub.worldvision6k.org

- World Vision Website: World Vision’s Clean Water Approach
- Images of World Vision Water Interventions
- World Vision Blog: Why Water and Sanitation
Lesson #4

How You Can Help

Join the world’s largest 6K walk for water! 6 kilometers is the average distance that people in the developing world walk for water. 6 kilometers is also the distance that we can walk or run so they don’t have to.

ANDREA AND RAWDA’S STORY

Andrea and Rawda’s school hosted a World Vision 6K for Water and nearly 250 people participated!

But Andrea and Rawda wanted to do even more. Since they didn’t have money of their own to donate, they baked cupcakes to sell at Andrea’s brother’s soccer practice. They donated the money they raised to their school’s 6K effort to provide even more clean water to kids around the world.

*Read their story at hub.worldvision6k.org

ACTIVITY IDEAS

Invite Your Friends!

Make a list of everyone you know who you could invite to do the 6K with you. Think about family members and friends inside and outside of your school. Every person who participates provides clean water to one person.

Increase Your Impact

As a group, brainstorm ways you could fundraise for clean water to have an even bigger impact. Encourage students to take these ideas home to their parents to see what more can be done at home or in the neighborhood.

Visualize Your Impact

Create a visual to hang up so everyone can see how much money has been raised, or how many people will receive clean water through your 6K!

ADDITIONAL RESOURCES at hub.worldvision6k.org

- World Vision Video: World Vision 6K for Water
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

Cheru is five years old and lives in Kenya. She walks 6 kilometers every day to get water that makes her sick. Because she is so little, all she can carry is a tea kettle and her three-hour walk causes her to miss school.

Kamama is also five years old and lives in Kenya. Girls in her community used to have a three-hour water walk, but now Kamama can easily get clean water near her home. School attendance has sky-rocketed, and fewer kids are getting sick.

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

ACTIVITY IDEAS

**Cheru + Kamama**

Watch and read the stories of Cheru and Kamama. Contrast their walks for water, and the ways their lives are different now that Kamama has 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.

**Prepare for your 6K!**

Unwrap medals, make signs, or work as a group to get ready for your big day! What ideas do you have to make it a special and memorable event?

ADDITIONAL RESOURCES at hub.worldvision6k.org

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

Your 6K Experience

Celebrate how many children will receive clean water as a result of your school’s 6K for Water. And help students think about their own experience walking or running the 6K.

YOUR STUDENTS’ STORIES

Every student will have a story. Did they lift a jerry can to see how heavy it was? Did they struggle to finish the 6K? Did they go above and beyond to raise money for clean water?

No matter what their involvement was, you can help your students tell their stories to remember the experience and get excited to keep changing the world.

ACTIVITY IDEAS

Share Your Thoughts
Write a reflection about your experience walking or running the 6K, or about what you’ve learned in the weeks leading up to the 6K event.

Let’s See the Impact
Make a visual to keep hanging up that shows how many people will now have clean water as a result of the 6K.

Celebrate!
Do something special and fun to celebrate your impact around the world. Did you invite friends, do additional fundraising, or come up with other creative ways to have an even bigger impact? Celebrate it!

THANK YOU!

We’re so thankful you’ve lead your students through these 6 weeks. 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.