



---

# YOUTH EXPLORATION GUIDE

---





## **Calling all parents, teachers, Sunday school teachers, and church youth group leaders!**

Thank you for taking on World Vision's Global 6K for Water with the young people in your life. This guide will help you go deeper with your kids or students about the issues surrounding the need for clean water around the world and how you can help.

Use these lessons and activities at home with your family, during Sunday school, youth group, or as an activity during class.

You'll find they're geared for four different age groups: preschool, elementary, middle school/junior high, and high school. You'll discover stories of kids affected by the global water crisis, ideas for hands-on activities, videos to watch, and thoughtful discussion questions with scriptural tie-ins.

Feel free to mix and match activities or lessons as you see fit. If you think your high school group would rather make a tippy tap or your middle schooler would be excited to create their own water filter, swap away!

Start with this guide and check out even more resources at [hub.worldvision6k.org](http://hub.worldvision6k.org).

Most of all, have fun!

### **Crystal O'Rourke**

*Race Director*

*World Vision's Global 6K for Water*



Want to share what you're learning with your family, class, or group activity?

Post it on social media with **#6KforWater**



## VIDEOS

# WATCH AND SHARE!



### Join the Global 6K for Water (1:08)

Why 6K? Why water? See why everyone is talking about this event that can change everything!



### Clean water changes everything (1:00)

Learn about the dangers of dirty water—and the life-changing impact of clean water!



### Mahana's story: Water (3:05)

See what Mahana and her sister Firdaoussou's lives are like without access to clean water close to home.



### Cheru gets clean water (1:13)

Thanks to participants in the Global 6K for Water, Cheru, her family, and her entire community were equipped with easy access to clean water! It's a huge reason to celebrate.

**Download these videos here:** <https://storyhub.wvi.org/Share/3s3pouke8i67kg6o66idy0x1sq66bdsy>

## LESSON: PRESCHOOL

# READ-ALoud: MEET FIRDAOUSSOU (Fird-DO-so)



Firdaoussou is a kid just like you! She lives in Niger, Africa. But she has to walk a LOT because she doesn't have water in her home. Every day, she walks a long way to get water for her family.

It's like doing a hard obstacle course every day!

All this walking takes a lot of time, which could otherwise be spent in school, at church, or playing with friends. It also makes her tired.

Even worse, the water she gets isn't even clean! Sometimes it makes her and her family sick or itchy.

Jesus loves it when we help others. In the Bible in Mark 12:31, Jesus tells us to love our neighbors the same way we love ourselves. And guess what? You can love kids like Firdaoussou when you do World Vision's Global 6K for Water with your family. That's because you'll be helping people get clean water near their home!

## DISCUSSION QUESTIONS

- What do you use water for at your home?
- What if you didn't have water at home and had to walk a LONG way to get your water every day?
- Read Mark 12:30–31. Why does Jesus want us to help other kids get clean water?

## ACTIVITY: Water chalk-stacle course

Getting water can be hard for some kids. Let's help them out!

**Materials: Chalk, 2 buckets, 1 cup**

### Instructions: Create your water chalk-stacle course!

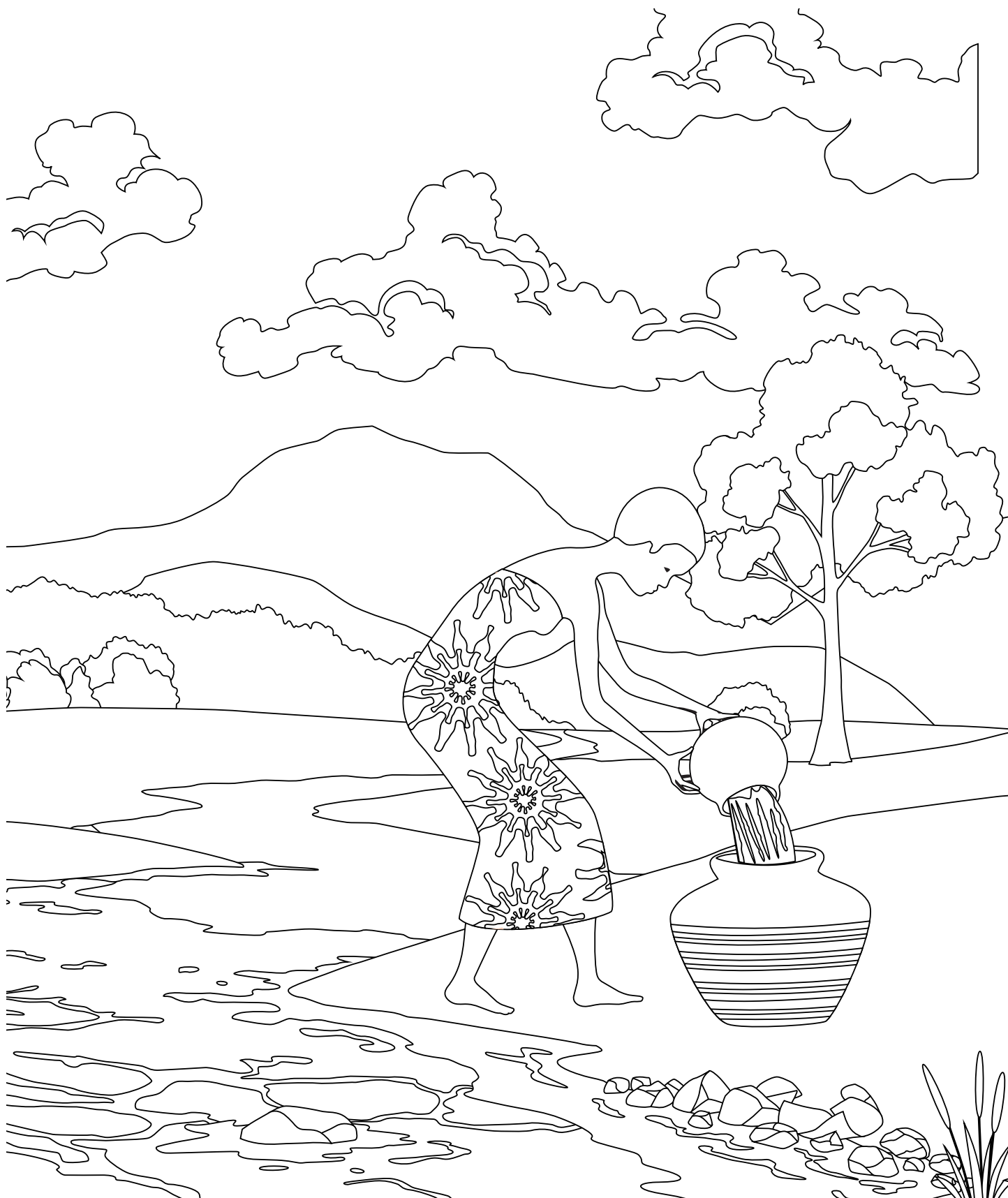
1. Draw a course—use this picture for inspiration.
2. Place a bucket at each end of the course.
3. Fill the bucket at the end of the course with water.
4. Get your cup and get set!



### Hop, skip, and jump through the course.

1. As you land on each square, have a big kid or grown-up read what it says to do!
2. When you get to the end, fill your cup with water from the bucket.
3. Go back through the course to the start—try not to spill!
4. Dump your water in the bucket at the start.
5. Keep going till the start bucket is full.

Playing with friends? Make it a race (or a relay) and see who can fill up the bucket the fastest.



LESSON: ELEMENTARY SCHOOL

## WOULD YOU RATHER?



If you only had water to drink, would you rather drink dirty water ... OR ... stop drinking water altogether? The average person can live only a few days without water, so it's not a fair question. But what if the only water you have to drink makes you sick ... or worse?

Imagine if this were the only water you had. Now imagine that it has been walked through and used by animals, too. You'd be in for more than a bad taste. You might catch a deadly disease by drinking it, bathing in it, or washing your food with it.

For kids like Mahana, who's 9, there's no alternative. "The water is dirty, especially when things fall inside it—plastic bags, leaves, frogs," says Mahana's mom. "It brings stomach pains, diarrhea, and skin rash."

Much of the world can get clean water simply by turning on a faucet. But other people are not so lucky. In the African country of Niger, families like Mahana's have to walk a long way every day to collect water from a dirty stream or pond. Diseases spread by this kind of water is a leading cause of death among young kids. But it's all they have to use.

But there's good news! You can participate in World Vision's Global 6K for Water and help equip a community like Mahana's with access to clean water. This will give kids back their health and time for school, and it gives their parents time to run businesses and take care of their families.

### DISCUSSION QUESTIONS

- **Have you ever wondered if your water was clean enough to drink?**
- **Read Matthew 10:42. What do you think this passage is all about?**  
**Bonus: Memorize the verse and share it with a friend!**
- **Giving someone a cup of cold water may not seem like a big deal. Why do you think Jesus gives special recognition to this simple act of kindness?**



LESSON: ELEMENTARY SCHOOL (cont.)

## WOULD YOU RATHER?

### ACTIVITY: Water-only challenge

#### Drink only water for 24 hours.

No milk, juice, soda, or any other non-water beverage for a whole day. It's a good way to get our minds and bodies focused on this issue. Say a short prayer for kids who don't have clean water each time you have a sip or wish you could drink something else.



#### Pray:

- For the millions of kids who still need clean water
- For children missing school because of water-related illnesses or lost hours in the day
- That Christians are moved to help others gain access to clean water

### ACTIVITY: Get creative

Decorate water sources around your home or school with positive messages, prayers, water facts found [here](#), or the water-related tongue twisters below.

#### Tongue-twisters

Write these water-related phrases on different pieces of paper with the question: "Say it fast! Can you solve this riddle?" Write the answers on the back of the paper.

#### Phrases

WHAT HER BEE HORN EEL NESS  
PER ROW TECH FULL NEAR APE HOLE CHILL DRONE  
CALL LEANED RINK KEY NEW OTTER  
PROP HERS SUN HEAT A SHUN  
WHAT HER STORY AGE CON TEN EARS  
DUH REAL LEAN DIP WHALES  
KHAN TAMMY NEIGH DEAD WET HAIR  
CALL LURE UH HAND EYE AIRY UH  
AND WAS SHEEN

#### Answers

waterborne illness  
protect vulnerable children  
clean drinking water  
proper sanitation  
water storage containers  
drilling deep wells  
contaminated water  
cholera and diarrhea  
handwashing

## LESSON: MIDDLE SCHOOL/JUNIOR HIGH

# WASHING UP WHILE WALKING 6K A DAY

Water is the most basic thing needed for life, yet it's still easy to take clean water for granted. With a turn of a faucet, water for drinking, cooking, and bathing flows. But around the world, 771 million people don't have access to clean water. That's 1 in 10 people around the world—or 100 million more people than TWICE the population of the United States. Basically, it's way more people than it should be.

The burden to find water falls primarily on women and girls like Firdaoussou (Fird-DO-so), age 12, who walk an average of 6 kilometers (3.73 miles) a day to haul 40 pounds of water to her home. This is just the way life is for many girls in Niger because only half the population has access to clean water.



What's more, clean water goes hand in hand with hygiene and sanitation, and handwashing plays a big part in stopping the spread of disease. But if you can only use the water you collect from dirty ponds to wash your hands, the water may actually give you a disease instead of help keep you healthy.

So what's one of the best ways to wash your hands when you do have clean water but no faucet in your house? The tippy tap!

### *The what!?*

A tippy tap is an improvised handwashing station you can use when you don't have a faucet at home. It's a clever contraption that conserves clean water while keeping people healthy. They're simple to build with easy-to-find materials. You use a rope handle or foot control so you don't have to touch the plastic bottle with dirty hands. When the bottle tips, water sprinkles out of a small hole on the side. Then you wet the soap and wash your hands. It's easy! And you only need a handful of water to wash.

Even better news? You can equip kids, families, and communities with abundant access to clean water when you do World Vision's Global 6K for Water!

## DISCUSSION QUESTIONS

- **Use a map app to find a familiar spot about four miles from your home (grocery store, restaurant, park, etc.). How would your life be different if you had to walk this far every day to get water?**
- **What activities would you have to give up if you spent so much time walking for water? Sports? School? How would that make you feel?**
- **Read Matthew 25:35. What is this passage about? Who are you helping when you equip someone with clean water? Bonus: Memorize the verse and share it with a friend!**



6 kilometers is 3.73 miles, or about 15 times around an average school track.



LESSON: MIDDLE SCHOOL/JUNIOR HIGH (cont.)

# WASHING UP WHILE WALKING 6K A DAY

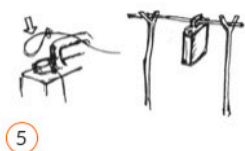


## ACTIVITY: Build a tippy tap

Create a tippy tap—a safe way to wash hands when you don't have a sink. Families make these in World Vision–supported communities around the world. Use the instructions below, or if you have a handy tree with a low-hanging branch, [watch this video for an even easier way to make a tippy tap.](#)

### Instructions:

- Gather two forked sticks of equal length, two straight sticks, tools to dig, a water container, two pieces of heavy-duty string, and a bar of soap.
- Dig two holes 2 feet apart and place the forked sticks in the holes. Make sure the sticks are secure and tightly packed into the holes.
- Place one of the straight sticks across the two supports.
- Make two holes in the water container: one about six inches below the opening, and the other in the cap of the container.
- Fill the container with clean water, thread a piece of string through the hole in the cap, and hang the container from the cross stick.
- Attach the other end of the string to the remaining stick, which will be at the foot level.
- Make a hole in the soap, thread in the remaining piece of string, and hang from the cross stick.
- Make a gravel basin between the support sticks to prevent the area from getting muddy. Now you can wash your hands!



## LESSON: HIGH SCHOOL

# WATER IS LIFE

Water is fundamental to life. Think about all the faucets in your home (bathroom, kitchen, outdoor spigot, etc.). How many ways can you access water? What if none of your faucets worked or your access was cut off? Imagine all the ways your daily routine would change.

The average person in the U.S. uses 60 to 100 gallons of water every day. Imagine how many times you'd have to go to the river or waterhole to get that much water—and it's dirty!

The risks are huge—every day more than 800 kids under age 5 die from diarrhea due to contaminated water, poor sanitation, and unsafe hygiene practices. But 771 million people—or 1 in 10 worldwide—have no choice but to drink dirty, dangerous water. What's a parent to do if they have no alternative for their household? How would life change for someone who went from traveling hours each day to a watering hole to having easy access to plentiful, clean water near their home?



In Niger, only about 50% of people have access to clean water. But World Vision is working to change this by drilling new boreholes and restoring water points. That's why **we need as many people as possible to join in World Vision's Global 6K for Water so we can raise money to reach even more families with clean water, like Mahana's.**

Mahana, age 9, goes to school—but she's the only child in her family who does. Her 12-year-old sister, Firdaoussou (Fird-DO-so), has never gone to class because her days are spent collecting water for the family. In the developing world, this burden often falls on women and girls like Firdaoussou, who walk an average of 6 kilometers (3.73 miles) a day to haul 40 pounds of water.

"The water is dirty, especially when things fall inside it—plastic bags, leaves, frogs," says Aissa, their mom. "It brings stomach pains, diarrhea, and skin rash."

"Clean water would help us keep clean and we would be healthier," Aissa adds. It would keep Mahana in school and open the door to more options for Firdaoussou. "If we get clean water, I will rest," says Firdaoussou—whose dream is to start her own business one day.

## DISCUSSION QUESTIONS

- **How does it make you feel that one sister gets to go to school, but the other doesn't?**
- **How would you feel as a parent if you had to give your children dirty water?**
- **Read Exodus 15:22–27. Do you think the bitterness of the water was just a flavor issue? What could've happened to the Israelites if they had drunk this water?**

## LESSON: HIGH SCHOOL (cont.)

# WATER IS LIFE

### ACTIVITY: Water filter

**Important! Do NOT drink the filtered water, as it may still contain contaminants. This activity is for illustrative purposes only.** Dirty water must go through several more steps of purification before it is safe to drink.

#### Supplies needed:

- Dirty water
- Charcoal (2–3 cups)
- Sand (1 cup)
- Coffee filter
- Hammer
- Glass jar
- 2-liter plastic bottle
- Scissors or knife



Thanks to the near-universal presence of water treatment plants in the developed world, most of us never have to worry about contaminants in our water. But millions of people in Niger and other parts of the world live with a different reality. The water is polluted with millions of contaminants, both visible and invisible.

This activity will demonstrate on a small scale what goes into filtering dirty water. To begin, collect some dirty water from outside. (If there is none nearby, you can add dirt to some tap water.)

1. Then make your homemade filter. Using the scissors or knife, carefully cut the bottom off your 2-liter plastic bottle and poke a small hole in the middle of the cap.
2. Turn the bottle upside-down so the cap is on the bottom. (You may need to set the bottle in a larger container to keep it upright.) Position the coffee filter in the bottom of the bottle.
3. Crush the charcoal into small pieces using the hammer and pour it into the coffee filter. Then carefully pour the sand on top of the charcoal.
4. Hold your homemade water filter over the glass jar and slowly pour the dirty water into the filter. When you've poured half of the water, stop. Take a moment to compare the water before and after filtration. Which would you rather drink?





World Vision®

# GLOBAL 6K FOR WATER®

Learn more or register today at [global6K.worldvision.org](https://global6K.worldvision.org)



[worldvision6k.org](https://worldvision6k.org)

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.

CAMP18664\_0423 © 2023 World Vision, Inc.