

“My Freshwater Diary” lesson plan

Duration: 15-30 minutes

Objectives:

- Students will assess uses of water at home, at school, and in the community, and suggest ways to use water responsibly
- Students will demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being
- Students will demonstrate the ability to make connections that relate to health and well-being, how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being

Background:

It is important for children to understand the uses and abuses of freshwater that has impacts for humans, animals, fish, and other aquatic species. Clean drinking water is essential for everyone and research suggests children should consume 6-8 eight ounce cups of water a day. However, limited access to clean drinking water is a major concern for some communities even within Canada. This activity will help students assess their personal uses of water, reflect on their actions, and propose ways to use freshwater more responsibly.

Materials:

- One “My Freshwater Diary” handout per student
- One writing utensil per student (pencil recommended)

Procedure:

1. How much water do you use every day? As a class, discuss the common ways students use water at home, at school, and in the community. Then explain how some people living in Canada have limited access to clean drinking water despite having the same basic needs.
2. What can we do to limit our use of water and help conserve freshwater resources for humans, animals, fish, and other aquatic species? Upon reflection, encourage students to brainstorm simple actions they can take to use water more responsibly and save freshwater. For example, turning the tap off while brushing their teeth or taking shorter showers.
3. Give each student a “My Freshwater Diary” handout. Have students complete the table and reflect on how much water they use in their daily activities (Hint: students can use the pictures around the table for ideas). Then ask students to write about what they can do to use less freshwater.