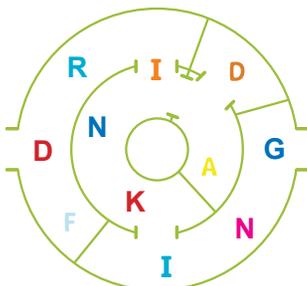


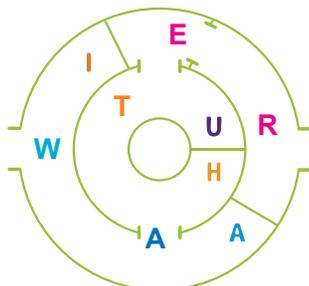
**5 Drinking water**, also known as **potable water**, is water that is safe to drink or use in cooking. Our tap water is safe to drink because it has been treated to remove dangerous bacteria and contaminants that could make us sick. Even if water looks clear and clean, don't drink it unless it has been treated. Untreated water can make you sick.



- Solve the maze to find the words.



□ □ □ □ □ □ □ □



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**Extended Learning** Want to do more activities or learn more about water? Here are a few suggestions.

- Keep a chart to see how many glasses of water you drink a day.
- Draw a picture of you outdoors where you experienced water.
- Visit this website for more ideas: <https://wateruseitwisely.com/six-activities-to-teach-kids-about-water/>

## WHOLE EARTH HEROES

As a child, **Rachel Carson** (1907–1964) wanted to be a writer. She loved reading and also spent time exploring the land surrounded her family's Pennsylvania farm. In college she studied English until she took a class in biology. That class reawakened her love of nature, and she changed her major to zoology. She eventually earned a master's degree and went to work as an aquatic biologist. She combined her love of writing with biology and wrote articles and books about life both on the edge of and in the ocean, including the award-winning *The Sea Around Us*. Today, Carson is best remembered for sounding the alarm about the dangers of DDT, a pesticide that was devastating to birds and wildlife. She considered it to be her most important work. At first she was met with ferocious opposition, but her work was shown to be correct and helped to inspire the environmental movement.



Photo © USFWS

To learn more visit: <https://www.youtube.com/watch?v=Lv7gavowt78>

# Whole Earth Kids

## ACTIVITY BOOKLET

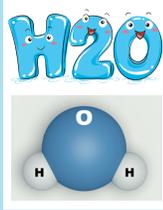
# WATER



Our Whole Earth Kids program is a fun way to introduce kids to some of the building blocks of the natural world and our Whole Earth Heroes, who through their work help to make our world greener. The program is for children 12 and under. When your child has completed the Activity Booklet, bring it by your nearest Whole Earth store, take it to the register, and your child will receive a \$5 coupon that can be used in the store.

FOR STORE USE

**WATER** All living things, humans, animals, all organisms, need water to live. Every cell in our body must have water to do its work. More than half of our body weight is made up of water, and we can't survive more than a few days without it. Water covers almost 75% of the Earth's surface, so perhaps our planet could have been named Water or Ocean. Water flows from springs and small streams into rivers and eventually reaches the ocean. The power of flowing water can be harnessed to produce electricity. But what is water? At the atomic level, water combines two hydrogen atoms with one oxygen atom.



**1 The Water Cycle** The heat of the Sun causes water on Earth to transform from a liquid into a vapor in a process called evaporation. The water vapor then rises to the sky and gathers together in the form of clouds. As the vapor cools down, it turns back into water, a process called condensation. When the water falls back to Earth as precipitation, it takes many forms: rain, hail, sleet or snow. When the water reaches the ground and is warmed by the Sun, the Water Cycle begins again.



**2 Dehydration** You can become dehydrated and feel very ill if you don't drink extra water when you are sick, have been exercising or been out in the heat. When your body needs water, you'll feel thirsty. If you're dehydrated, you may feel thirsty, tired and have a headache. Drink sips of water and rest until you feel better.

- Fill in the blanks of the fun water facts.

- You should drink \_\_\_\_\_ glasses of water a day.
- Water boils at about \_\_\_\_\_.
- Water freezes at about \_\_\_\_\_.
- A dripping faucet can waste \_\_\_\_\_ of water a day.
- \_\_\_\_\_ light is effective in destroying 99.99% of harmful water-borne microorganisms.
- A full bathtub takes 70 gallons of water, while taking a five-minute \_\_\_\_\_ uses 10 to 25 gallons.

ultraviolet  
0°C  
34 gallons  
100°C  
shower  
8

**3** - Circle the words you find on the puzzle.

D	R	E	P	R	R	M	W	G	F
G	R	T	H	I	R	S	T	L	R
L	A	I	T	N	E	S	S	E	E
I	I	Z	N	W	F	N	W	W	E
E	N	D	A	K	A	V	I	I	Z
L	E	T	S	E	I	T	M	A	E
Q	E	T	C	N	N	N	I	O	B
R	B	O	I	L	I	N	G	I	C

- rain
- thirst
- boiling
- swim
- essential
- ocean
- freeze
- drinking
- water

**4** Do you like to play in water? Running through sprinklers, swimming in pools, lakes and the ocean, visiting water parks and exploring creeks are just a few of our favorite ways to play in water.

- Color the picture.

