

Do You Know?

Of all the water in the world, only 3% is fresh. Less than one third of 1% of this fresh water is available for human use. The rest is frozen in glaciers or polar ice caps, or is deep within the earth, beyond our reach.

To put it another way, if 100 litres represents the world's water, about half a tablespoon of it is fresh water available for our use.

The UK has less available water per person than most other European countries. London is drier than Istanbul, and the South East of England has less water available per person than the Sudan and Syria. Surprised? As our population grows, more and more people are sharing this limited resource. Also, the more water consumed the less there is available for the environment, so it is important that we use water wisely.

The Benefits of Saving Water

Reducing the amount of water that goes to waste at home helps protect the wildlife that lives in rivers and wetlands, while cutting the energy needed for treating and pumping water for domestic use.

Better still, saving water by installing a meter may reduce your household water bill as well.

In times of drought, it is particularly important to know how to save water at home.

Everyone uses water each day, whether it be at home, school or work. There are LOTS of really small changes that you could make which all add up to make a BIG difference – especially to your pocket and the environment!

How Do We Use Water?

Everyone uses water everyday for drinking, bathing, having fun, swimming and paddling. Farmers use it to water their crops so that we can get food, it is the home for fish, and water can even be used to turn the lights on in your house? Yes, it's true.

Water can even be used to make electricity!

The more you learn about water, the more you will see that it affects just about everything we do and that is why water should not be wasted.

10 Easy Ways To Save Water

1. Turn off the tap when you brush your teeth – this can save 6 litres of water per minute.
2. Place a cistern displacement device in your toilet cistern to reduce the volume of water used in each flush.
3. Take a shorter shower. Shower can use anything between 6 and 45 litres per minute.
4. Always use full loads in your washing machine and dishwasher
5. Fix a dripping tap. A dripping tap can waste 15 litres of water per day, or 5,500 litres of water per year.
6. Install a water butt to your drainpipe and use the water collected to water your plants, clean your car and wash your windows.
7. Water your garden with a watering can rather than a hosepipe. A hosepipe uses 1,000 litres of water an hour.
8. Fill a jug with tap water and place this in your fridge. This will mean you do not have to leave the cold tap running for the water to run cold before you fill your glass.
9. Install a water meter. When you're paying your utility provider for exactly how much water you use, laid out in an itemised bill, there's an incentive to waste less of the stuff.
10. Invest in water-efficient goods when you need to replace household products.

MUD-PIT MAKING

There is evidence suggesting that mud play is a basic biological need, and this type of play has many physical, psychological and emotional benefits for children.

MUD PLAY BUILDS CREATIVITY – The open-ended nature of mud play is perfect for the developing brain. There is no end to the creations, ideas and games children will invent. During this type of unstructured, outdoor play, children are not only exercising but are building their ability to form ideas, problem solve, and think critically, as well being innovative and inventive.

KEY MILESTONE DEVELOPMENT ACHIEVED THROUGH MUD PLAY— As children grow through their formative years, mud play will help them achieve many key developmental milestones, such as fine and gross motor skills, sensory awareness, balance and coordination. Mud play will also create opportunities to practice social skills and help children to make sense of the world.

Resources Required

- Soil
- Heavy duty tarpaulin
- Washing up bowls
- Large tubs
- Old plant pots
- Pots and pans
- Cups

Activity

Make sure the soil you use or buy has no additives, like fertilisers. Children have the uncanny ability to eat dirt, even when they are not trying.

Positioning— Somewhere with shade is highly recommended as kids can play for hours in these pits. Also somewhere where there is a lot of moisture is good.

Lay a heavy duty tarp somewhere appropriate and place your soil on top. The tarp will reduce the spread of mess. Make sure your tarp is large enough to extend at least 1 metre diameter beyond your mud pile. This will more likely contain the mud and make removing the soil easy once play time is over (which can also be spread in your garden somewhere).



0—2 SUGGESTIONS

Encourage the use of water play, both indoors and outdoors, using bubbles, water wall, pots and pans. Lay a ground sheet outside for babies and young children to sit or lie on, providing experiential and sensorial opportunities. Use empty containers during water play.