## **PICK 'N' MIX**

HELPING-HAND 2023 CLEAN WATER salvationarmy.org.uk/helpinghand2023

This resource is intended to provide a selection of ideas which can be used in different corps/family ministries settings. These activities can be used to adapt the Connect session for different groups and/or to highlight the Helping-Hand Appeal with the same group of people on more than one occasion.

Further activities and ideas will be added to this resource throughout 2023.

#### **PLEASE NOTE:**

The focus of this year's Helping-Hand Appeal is Clean Water. The theme highlights that more than 1.5 billion people around the world do not have access to clean water, and a lack of water impacts people's health and limits their opportunities.

Many of the following ideas use water to help illustrate a point, and they highlight the versality and value of water. However, we don't want to encourage waste – water is a precious resource and should not be taken for granted. Therefore, please try to use water that is either already reused or to be kept and reused after the activity. Some ideas for reusing water include:

- Collect the water that would otherwise drain away when you're waiting for it to get to desired temperature (e.g. by putting a jug in the kitchen sink, or a bucket in the shower)
- Used water could:
  - Water the plants (most household soap is harmless but be sure not to use water that contains bleach or harmful chemicals)
  - Flush the toilet
  - Wash fruit and vegetables etc (as long as it's clean)



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## ICEBREAKER GAME: THIRSTY STRAWS (For younger groups)

Have two teams of four or five people, standing in two separate lines. Give each person a plastic cup full of water with a straw. 'Thirsty Straws' is a relay race to see which team can finish all their water first. On the 'go' signal the first person in each team drinks their water through the straw as quickly as possible. When their cup is empty the next person in the team can begin drinking, and so on until one team finishes all their water... they are the winners!

## WHERE IS THE WATER?

Print or write out Genesis chapter 1 on a large sheet of paper. Using coloured pens and highlighters, annotate the text where they see references to water.

Discuss: What instructions does God give to humans about taking care of the world he has created?

### **FANCY DRESS**

Why not get everyone to come along wearing something associated with water, such as goggles, swimming hats, armbands or even flippers and a snorkel? You could give a prize for the best costume!

## **TODDLER SONGS**

#### (Tune: 'If you're happy and you know it')

There's water in my cup, in my cup! There's water in my cup, in my cup! There's water in my cup – let's drink it all right up, There's water in my cup, in my cup!

There's water for a wash, for a wash! There's water for a wash, for a wash! There's water for a wash – when I play it makes a splosh, There's water for a wash, for a wash!

There's water everywhere, everywhere! There's water everywhere, everywhere! There's water everywhere – enough for us to share, There's water everywhere, everywhere!









(Tune: 'Little Snowflake')

Raindrop, raindrop, little raindrop Little raindrop, falling from the sky

Raindrop, raindrop, little raindrop Little raindrop, falling from the sky Falling on my head

Repeat with falling on my nose/ hand/ ground etc.

## MORE TODDLER SONG SUGGESTIONS

Other songs could include:

- Row, row, row your boat
- Five little ducks
- It's raining, it's pouring
- A sailor went to sea, sea, sea
- Five little speckled frogs

# TODDLER STORY TIME

One or more of these water-related stories could be read as part of a structured group story time.

- Splosh by Mick Inkpen
- Pig in the Pond by Martin Waddell
- Raindrop Bill by Ann Bryant
- Splish Splash Splosh by Mick Manning
- Mr Archimedes's Bath by Pamela Allen

# PRAYER

Dear Father God,

Thank you for our wonderful world. Thank you for making water. We think water is great because we can play with it in the bath, because it helps plants to grow and because it is wonderful for us to drink and it helps keep us alive. Thank you for giving us water. Help us to do all we can to make sure everyone around the world has clean, safe water to enjoy just as we do.

Amen







## **TOILET QUIZ**

- 1. Which of these is not a slang term for a toilet?
  - Bog
  - Can
  - Quid

2. At current rates, in 2030, how many people will lack safely managed sanitation?

- 1.4 billion
- 2.8 billion
- 3.2 billion

#### 3. Which British monarch died falling off a toilet?

- King George II
- Queen Victoria
- King Henry III
- 4. When is 'World Toilet Day'?
  - 17 June
  - 28 September
  - 19 November

5. Which key do most toilets flush in?

- A sharp
- E flat
- C

## SUGGESTED SONGS

- 'Our God is a Great Big God' Nigel and Jo Hemmingway, God Loves Me CD 2006
- 'Praise Him, you Heavens' Russell Frager 1998
- 'He's got the Whole World in his Hands'
- SASB 355 'Beautiful Lord, wonderful Saviour'
- SASB 571 'As the deer pants for the water'
- SASB 601 'Lord, I come to you'
- SASB 453 'Amazing grace! how sweet the sound'





### **BIBLE STUDY**

Read: Isaiah 41:17-20

Discussion questions:

- What stands out to you in this passage?
- What does it highlight about the value of water at the time?
- Do you think about water, and how it impacts in your life?
- How important is it that we remember people who are experiencing drought, high waterscarcity, or are living without access to clean water?

Water is often used symbolically in the Bible. As a nation, Israel was born in the desert after it escaped Egypt as told in Exodus. Water became very important, often provided by God. This story of seeking water became intertwined with the story of Israel's religion and relationship with God. As people spoke about water in Israel's history it began to take on an extra meaning which it still has today within Christianity. We sing songs about rain and rivers which talk about our relationship with God and where we are in our faith.

Discussion questions:

- Is your faith ever in a dry place? (Don't force people to answer; let them consider the question).
- How/why can our relationship with God become dry?
- How can you refresh this relationship? (People may respond with "praying" and "reading the Bible". These are good answers, but encourage your group to talk about what really excites them about church and how they engage with God. Help them to think specifically about how social action fits into this and how this can help develop their faith and deepen their relationship with God.)

The following passage talks about how vital social action is as an act of worship.

Read: Isaiah 58:5-10

Discussion questions:

- According to this passage, what is Church?
- What is really important about it? Hopefully they'll pick out that Church is about more than just what happens in our meetings and services. The Church should be there to help people and promote justice.

In light of this passage, challenge the group to think about what they can do to help make the world a more just place, particularly considering the people who don't have access to clean and safe water.

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#### **CRAFT ACTIVITIES**

### **Bubble Painting**

You will need:

- A small cup or container
- Bubble mixture
- Paint
- Straws

Instructions:

- 1. Quarter-fill a container with bubble mixture.
- 2. Add a couple of drops of paint and then mix with a straw.
- 3. Place the container on top of the paper and then get the kids to blow bubbles through the straw.
- 4. The bubbles will flow out of the container and on to the paper to make a bubble painting.

## Water Painting

You will need:

- Water
- Paintbrushes

Instructions:

1. 'Paint' with water outside on pavements, walls, fences, anywhere you can, and see what difference the water makes to these surfaces. You could also do this inside with a big sheet of coloured paper!

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## Ocean in a bottle

You will need:

- Small Plastic drinks bottle with lid
- Some baby oil
- Water
- Blue food colouring

Instructions:

- 1. Add blue colour to water and fill the bottle to half way.
- 2. Fill the rest of the bottle with the oil.
- 3. Put the lid on the bottle and fasten tightly seal with tape.





- 4. Hold the bottle on its side and begin to rock it up and down.
- 5. Enjoy watching your ocean in a bottle.

Do NOT drink the water afterwards

## **EXPERIMENTS**

## Make a Rain Gauge (From the Met Office)

You will need:

- An empty plastic bottle (2 litre fizzy drink bottle would be ideal)
- Scissors
- Jelly (3 or 4 cubes made up as directed)
- Sticky tape
- Ruler
- Paper
- Pencil

#### Instructions

- 1. Cut around the plastic bottle about two thirds of the way up.
- 2. Your bottle needs a flat bottom to be able to measure the rainfall properly. Pour a few centimetres of jelly into the bottle to create a flat bottom.
- 3. Turn the top part of the bottle upside down and place it inside the bottom part fix it in place using the tape.
- 4. Make a scale in centimetres on a piece of tape, using a ruler, and fix it to the side of your bottle.
- 5. Find a place outside to put your rain gauge. It must be open and away from trees.
- 6. Dig a hole and bury your rain gauge so that the top is sticking out of the ground. This will stop the rain gauge from blowing down on windy days.
- 7. Check the rain gauge every day at the same time, measure the amount of rain collected, and empty the bottle.
- 8. Write down the amount of rain collected

## Water makes a difference

You will need:

- Paper
- Pens
- Drinking glass
- Water



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Having faith in the family

Instructions:

1.Draw three arrows pointing left on a piece of paper.

2.Place the paper behind a clear drinking glass.

3.Fill the drinking glass with water.

What happens to the arrows?

## Chromatography

You will need:

- Coffee filter papers or blotting paper
- Black felt tipped pen
- A saucer of water

Instructions:

- Draw and thick line on the paper in black felt tipped pen.
- Dip the edge of the paper in some water allowing the paper to soak it up.

What happens to the black line when the water reaches it?

## Sink or Swim

You will need:

- Clear bowl
- Water
- Various objects that can be immersed in water

## Instructions:

- 1. Fill a big clear bowl with water.
- 2. Ask the children whether the item will sink or "swim" (float) before they drop it in.
- 3. Let the children take it in turns to drop different objects into the bowl and look to see if the item sinks or swims



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