

Water Challenge



Be one with water!

1. Reflect on your relationship with water
2. Make water art
3. Learn about water issues
4. Explore water solutions
5. Educate and inspire
6. Share @gsnnj

Learn more about water and reflect on the role that water plays in your life and around the world. Share with us @gsnnj

Supplies:

- Paper
- Pen or pencil
- Water color paint
- Paint brushes
- Cup of water
- Paper towel or towel

Since we are all inside, let's listen to the sounds of water on YouTube or another platform of your choice.

- Create a poem or short story incorporating water.
- Look up traditions and ceremonies that involve water.
- Put together a river system out of materials you have at home.
- Paint or draw a water scene that represents your water experience.



Water Challenge Explained

Listen to the sound of water and write a poem or short story incorporating water in some way. <https://www.youtube.com/watch?v=1BzYbc9C8xk>

Watch a Paddle Out Ceremony and explore what other cultures and religions do with water. <https://www.youtube.com/watch?v=nCBOb20McMo>

Before a big competition or gathering of surfers, everyone paddles out to the water and creates a circle to pay their respects to someone who deserves their honor. It can be someone deceased or alive, and they throw flowers into the center of the circle, and say what they honor about that person.

Do you use water in ceremonies in your culture or religion? If so, what are they?



Paint or draw a scene with water.



Create a river system out of materials in your home.

OLD WATER

by April Halprin Wayland

I am having a soak in the tub.
Mom is giving my neck a stong scrub.

Water sloshes against the side.
H2O's seeping into my eyes.

The wet stuff running down my face?
She says it came from outer space!

The water washing between my toes
was born a billion years ago.