

What is Walking with Water?



From taking a sip of it to having a bath in it, water is a constant in all of our lives. But did you know that the ways you use water at home can have a direct impact on the beautiful landscape surrounding you now?

Water is part of an ongoing cycle which goes from running rivers to your running tap and back again. It's incredibly precious and something we can all help protect through simple daily changes.

Curious to learn more? Well dig in and turn over this activity booklet for tons of water facts, tips on how to help the environment right from your home, as well as a fun guide on all the amazing things to look out for on your 'Walking with Water' adventure.

Did you know?



There are many ways you can help with water saving through your every day routine, even at home.

Check out our top tips below on how you can help save water and your lovely environment.

- Water covers 70% of the Earth's surface.
- Parts of England are set to face water shortages by 2050, unless we all reduce our personal water use by 42 litres per day.
- Remember to turn off the tap while brushing your teeth – a running tap wastes approximately 6 litres per minute.
- Try adding a washing up bowl or plug into your sink to catch excess. This can reduce water wastage by 50%.



Scan the QR code and check out CCW's 'Walking with Water' webpage to discover pictures from the travels of fellow adventurers and more walking routes near you.

walkingwithwater.org.uk

CCW

In partnership with



the River Restoration Centre
Working to restore and enhance our rivers

 Walking
With
Water

FREE!

Activity Booklet



You will need:

- pen or pencil
- camera (optional)
- a thirst for knowledge
- imagination



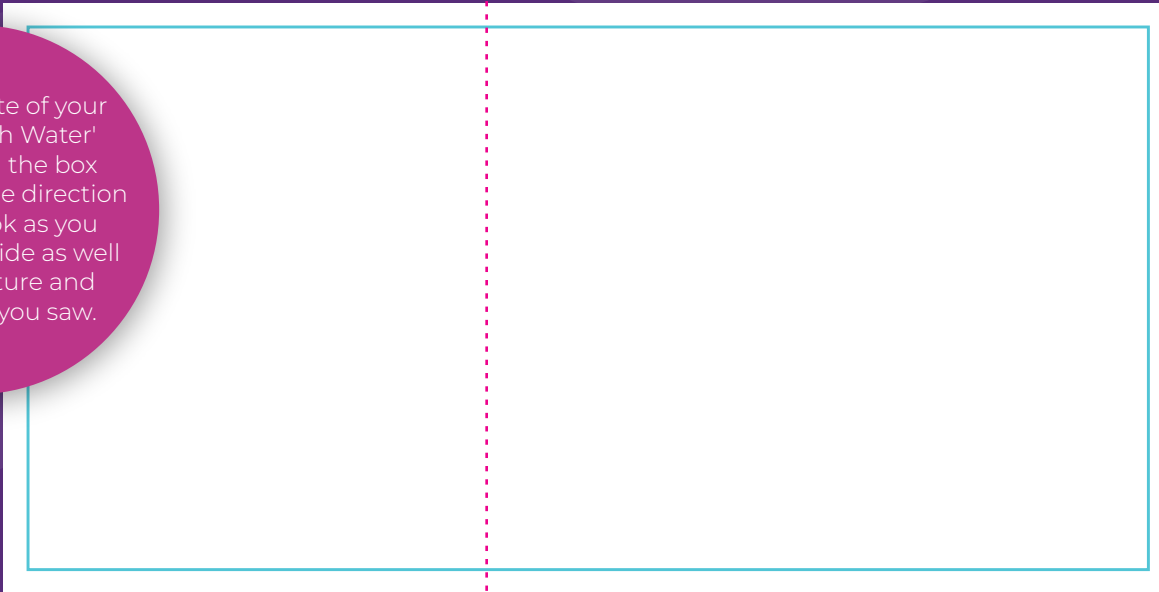
Did you know?

Rivers are full of fish and wildlife - see how many you can spot exploring today and check this activity booklet for a list of what to be looking out for.

learn more about water at
walkingwithwater.org.uk

Go with the Flow

Draw the route of your 'Walking with Water' adventure in the box below. Show the direction that river took as you walked alongside as well as all the nature and wildlife that you saw.




The Pledge

Water is precious and we don't want to waste it.

Take these tips home with you today and tick them off as you complete them.

Every single one is a great help, but see if you can cross them all off to make a real difference.

- Turn off the tap while brushing your teeth.
- Use any spare water, like from the washing up bowl or the kettle after it has cooled, to water your thirsty plants.
- Be on the search for any leaky taps and shut them off.
- If you have a paddling pool, cover it overnight and reuse the water the next day.
- Save lots of water by having quick showers or little baths.
- Don't flush anything down the toilet that isn't poo, pee or paper as this can cause blockages.

Up for even more adventure? Scan the QR code to discover further walking routes near you: walkingwithwater.org.uk



Splash!

There is so much to discover on your 'Walking with Water' adventure that we couldn't possibly contain it all here. Down below are just some ideas of the exciting things to keep an eye out for as you're exploring but there's so much more.

What will you unearth?



Who will be the first in your group to complete the above bingo square?

Tick off everything you see whilst on your walk and try to be the first with one line, or even better a full house!

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