

Water-wise with our rivers

Water-wys met ons riviere

Activity Book for the Free State Grade 1-3
Foundation Phase Learners
Aktiwiteitsboekie vir die Vrystaat se Graad 1-3
Grondslagfase Leerlinge



DEPARTMENT: WATER AFFAIRS AND FORESTRY



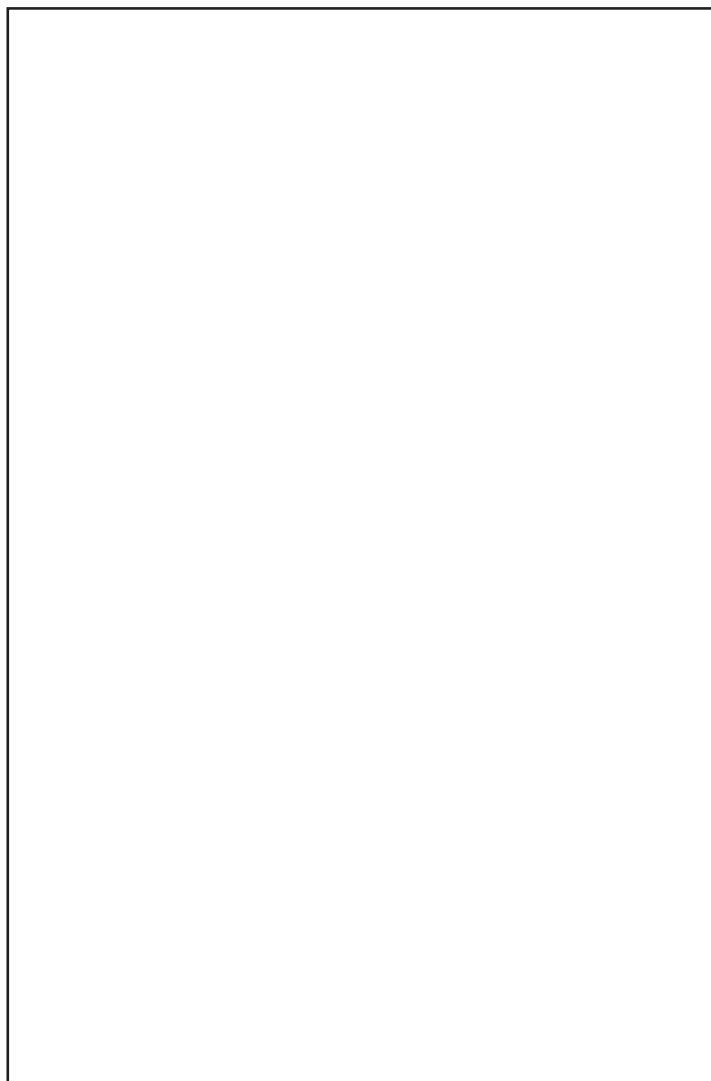
Draw a picture of yourself / Teken 'n prentjie van jouself

Tick the pictures of what you have / Merk die tekeninge van wat jy het.

Love
Liefde



This is me!
Hierdie is ek!



Home
Huis



Education
Opvoeding



Food
Kos



Medical
Medies



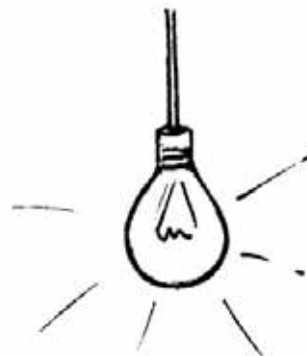
Water
Water



Water
(drinking)
Water
(drink)



Fire
Vuur



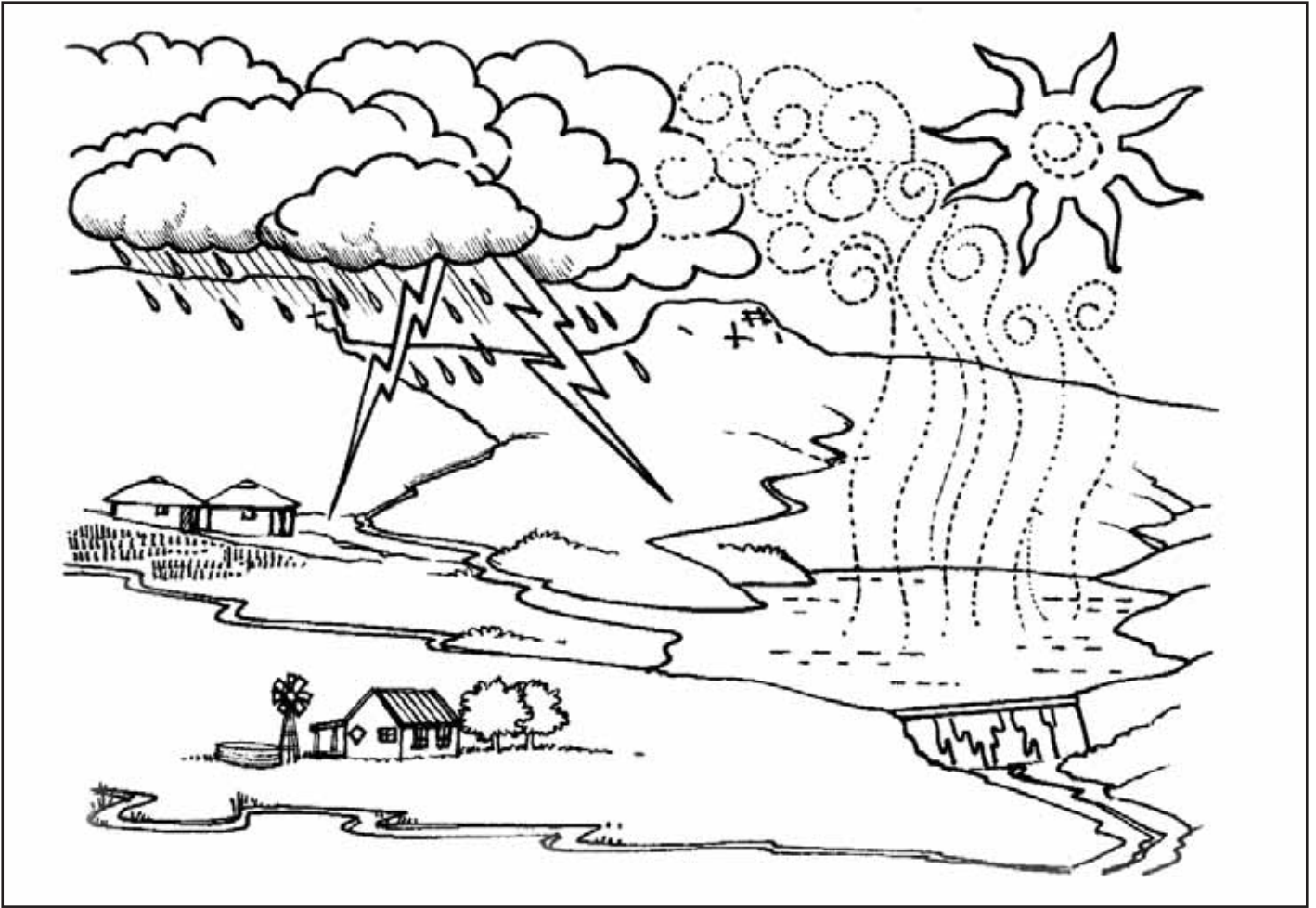
Electricity
Elektrisiteit



Sanitation
Sanitasie

Where does water come from? / Waar kom water vandaan?

Trace the route water takes with your finger. Then draw arrows to show the route water takes.
Volg die roete wat die water neem met jou vinger. Dui dan die roete wat water volg met pyle aan.



Mpho is trying to make sure that she is not hurt by lightning. Which is the best place to chose to be safe?

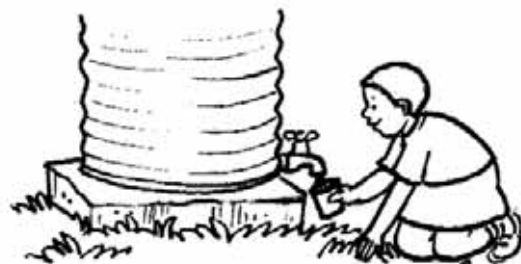
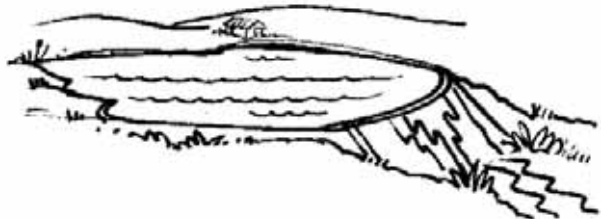
Mpho probeer keer dat die weerlig haar tref. Waar is sy die veiligste?



Sipho and Jabu do not want to get wet. Which one stayed dry? / Sipho en Jabu wil nie nat word nie. Wie het die droogste gebly?

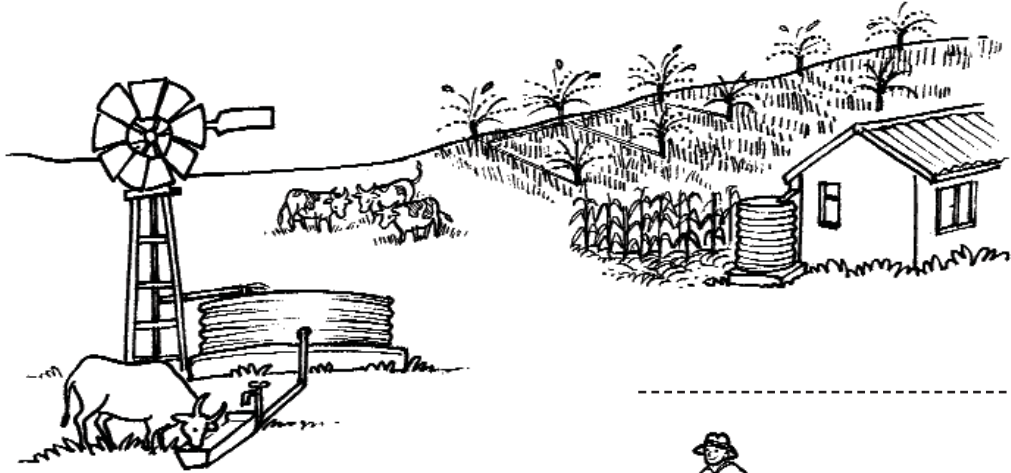


Colour the picture that shows how you get your water.
Kleur die prentjie in wat wys hoe jy jou water kry.

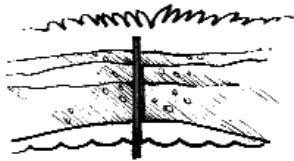


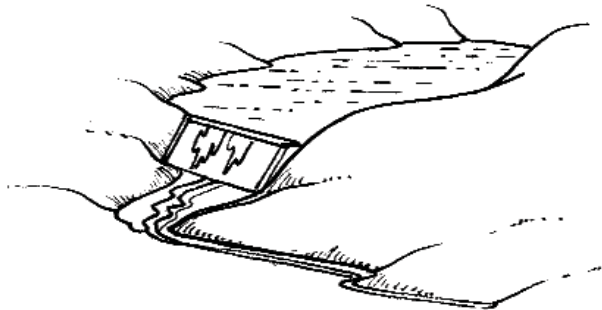
Rain provides the necessities of life for people, animals and plants *Reën voorsien in die behoefte van mense, diere en plante*

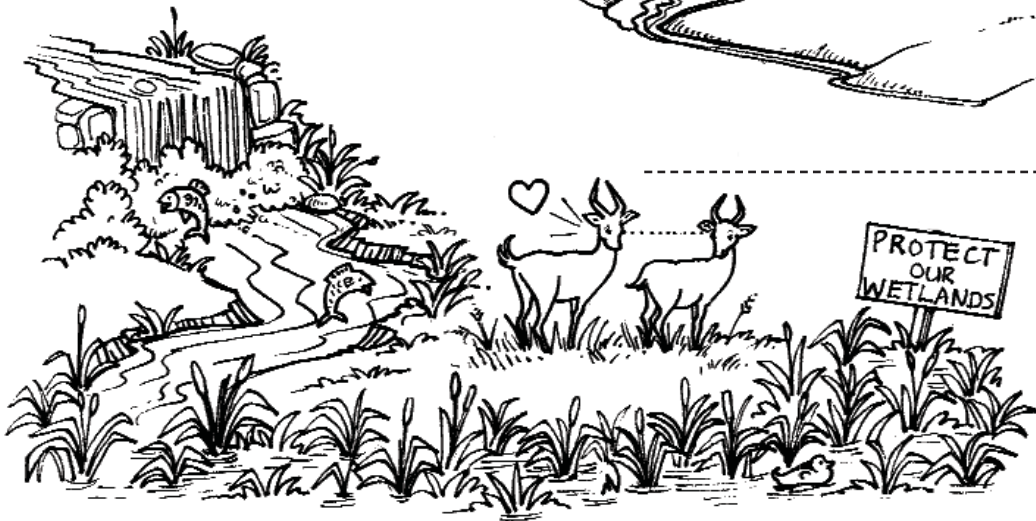
Write down what rain helps to provide in for each picture.
Skryf neer wat die reën help om te voorsien in elke prentjie.









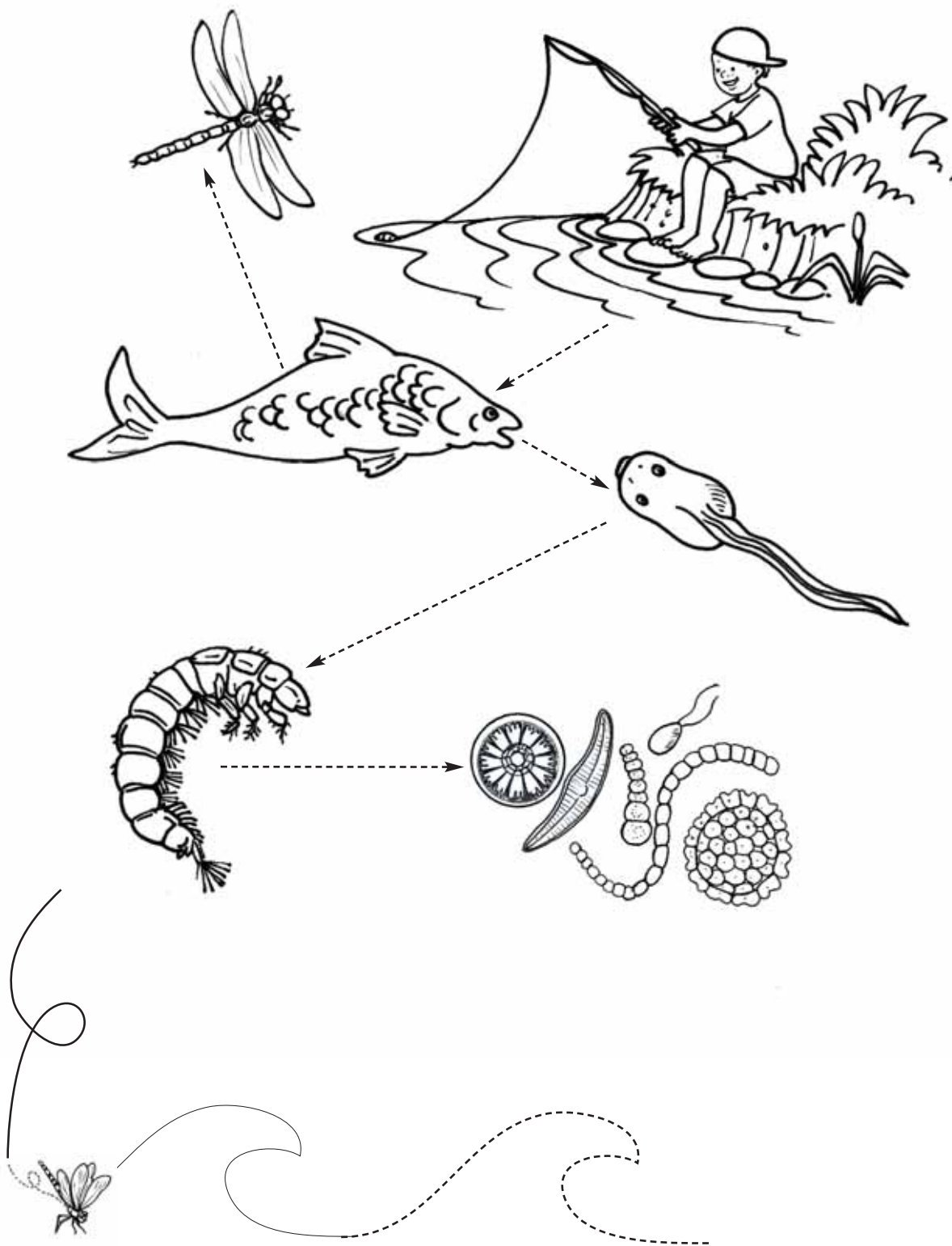




o o o o
o o o o

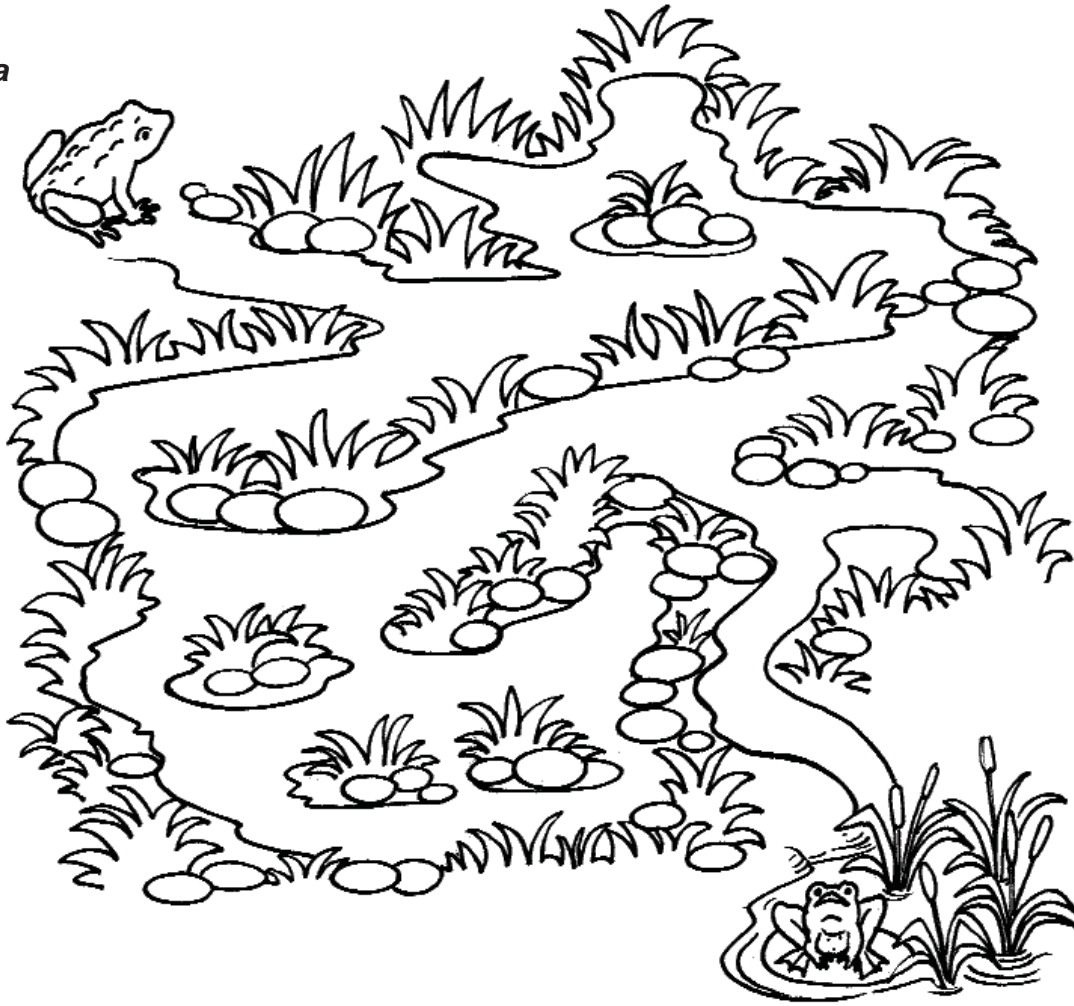
Who eats what? / Wie eet wat?

Follow the arrows with your finger to show who eats what. Do you know what a foodchain is?
Volg die pyltjies met jou vinger om te wys wie eet wat. Weet jy wat 'n voedselketting is?



Help the Frog find the wetland.
Help die padda om die vleiland te vind.

Frog
Padda



Wetland
Vleiland

Wordsearch game: Circle the words
Woordsoek speletjie: Omkring die woorde

H	A	N	D	E	W	S	U	N	E
X	E	R	Y	B	A	D	F	R	N
N	O	I	T	A	T	E	G	E	V
C	H	V	X	F	E	E	E	C	I
S	R	E	I	N	R	R	D	I	R
T	R	R	D	S	B	O	O	T	O
E	A	D	O	N	V	S	G	O	N
K	I	N	R	M	O	A	U	X	M
C	D	O	S	K	M	S	N	E	E
U	E	H	O	U	S	E	E	G	N
B	T	O	I	L	E	T	L	G	T

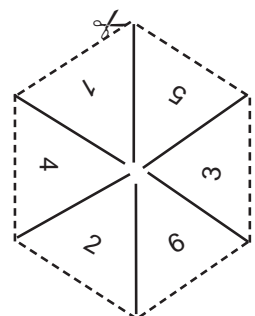
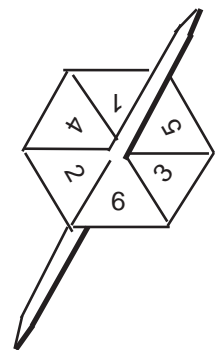
English:

EXOTIC
 ENVIRONMENT
 VEGETATION
 FROG
 REEDS
 RIVER
 TOILET
 DIARRHOEA
 SUN
 HOUSE
 DOG
 WATER
 BUCKETS

Afrikaans:

TYD
 KOS
 EEND
 BOOT
 REEN
 GESONDE
 BAD
 ROMMEL
 VISVANG
 SON
 HOND
 HANDE

Spinner for games
Spinner vir speletjies

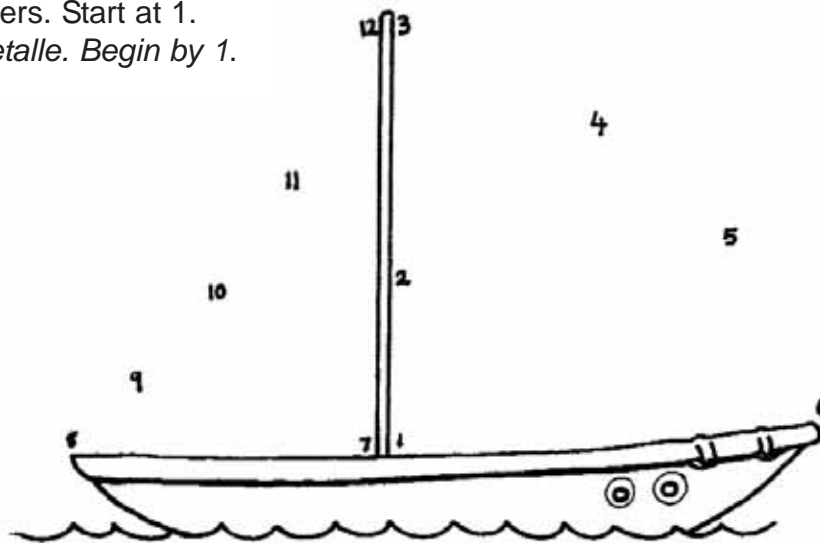


Have fun with water. *Pret met water.*

Jaco is fishing. Join the dots.
Jaco vang vis. Verbind die kolletjies.



Join the numbers. Start at 1.
Verbind die getalle. Begin by 1.

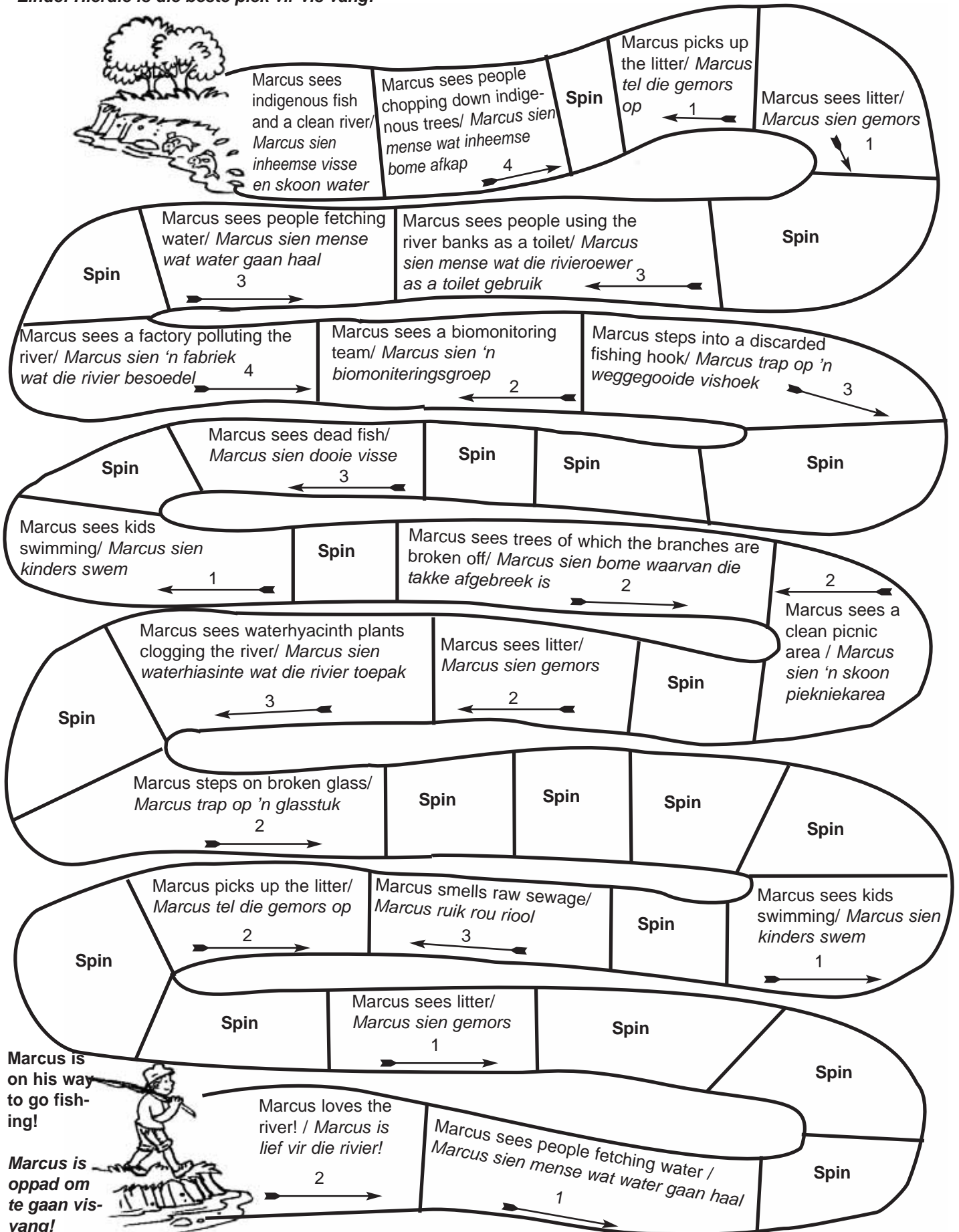


Mercia is swimming. Join the letters.
Mercia swem. Volg die letters.



River Bank Game Rivierwal speletjie

Finish! This is the best spot for fishing!
Einde! Hierdie is die beste plek vir vis vang!



Johnny and Emily are playing. They need to be careful. Where must they be careful so as to make sure they do not drown?

Johnny en Emily speel. Hulle moet versigtig wees. Waar moet hulle versigtig wees om nie te verdrink nie?



Be safe close to water / Wees versigtig naby water

Who needs what to stay safe? Draw a line to link an item with an activity.

Wie benodig wat om veilig te wees? Trek 'n lyn om 'n item met 'n aktiwiteit te verbind.



Hat
Hoed



Lifejacket
Lewensreddingsbaadjie



Learn to swim
Leer om te swem



Adult supervision
Volwasse toesig



Sunscreen
Sonskerm room



Teacher's guide

Dear Educator

We hope that you find this booklet useful and that your learners enjoy learning about water and rivers. Please read this guide carefully, as it provides you with important information.

Learning Outcomes in the Foundation Phase

This book can be used across all three Foundation Phase grades. Each teacher must adapt it (and facilitate it) to suit particular learner needs. The book can be used to meet the following learning outcomes:

Languages: LO 3 Reading and Viewing LO 4 Writing LO 5 Thinking and Reasoning.

Mathematics: LO 2 Patterns, Functions and Algebra.

Natural Science: LO 3 Science, Society and the Environment.

Social Science: Geography LO 3 Exploring Issues.

Life Orientation: LO 1 Health Promotion.

A guide to each activity

The degree of teacher assistance will vary depending on the age and capacity of your learners, as well as, the task. You will have to use the activities and judge the level of facilitation necessary for yourself.

Page 1: Use the activity to highlight basic needs (such as food and water) and social needs (such as education). Remind learners that no one can live without water for very long. If learners can tick all the pictures, this is ideal. However, there will be those who cannot and such cases need to be handled in a sensitive manner. Schools should take the opportunity to intervene where possible in order to rectify the situation, for example, a learner might not have enough food.

Page 2: Talk your learners through the water cycle (evaporation, condensation and precipitation). Highlight the dangers of lightning and discuss what to do in order to protect oneself from lightning. The best place to be is inside a vehicle. Second best is a house or building, but stay away from the windows and doors. If you cannot get home, then crouch down, making yourself as flat as possible. Never shelter under a tree (especially not a big tree), never stay standing and do not stay at a high (elevated) point.

Page 3: Discuss protective clothing. Raingear such as umbrellas and raincoats can help keep a person dry.

Page 4: People can access water from various sources, from boreholes to community taps. However, learners must avoid collecting drinking water from troughs used by animals and from dirty (polluted) rivers.

Page 5: Rain provides water for animals to drink and for farmers to plant crops. Rain helps plants to grow. Rain gives rivers and wetlands water, which allows fish, insects and birds to live.

Page 6: This is a simple food chain. The small green plants (algae) form the basis of the food chain. They are eaten by worms. Worms are eaten by tadpoles and dragonflies. Fish eat tadpoles and dragonflies. Humans eat fish.

Page 7: A fun activity designed to teach problem solving skills. Use it, also, to discuss frogs and wetlands.

Page 8: An activity designed to promote competence in numerical and symbol patterns.

Page 9: By the end of the game, learners should recognise that pollution (litter and raw sewage) set us back. The same is true for alien plants like water hyacinth. We move forward (make progress) when we look after our rivers, by picking up litter, monitoring the river and protecting indigenous species.

Page 10: Water is both the giver of life and the agent of death. We must be careful in all situations involving water, especially when we are caring for small children. It is very easy for babies to drown in buckets. If you are near a river, dam or swimming pool make sure that you can swim. Children should also be careful near pit toilets, sewers and wells. Although not shown here, boiling water from stoves and kettles is also very dangerous and children must take care around them. Adults must always supervise boiling water (or oil).

Page 11: Wear a life jacket when you are in a boat, especially if you cannot swim or do not swim well. Put on sunscreen if you sunbathe. Wear a hat to protect your head and face from the sun. If you see someone struggling in the water and you are a good swimmer, you should swim out and rescue them. Do not enter the water, however, if you also cannot swim. Rather then call for help. Always watch young children around water.

Page 14: Water from a clean, healthy river can be used for many purposes. But in South Africa, very few of our rivers are that clean. It is wise to purify river water before using it.

Page 15: This is a very dangerous river. The water is badly polluted and should not be used by humans. It is possible that the water could be used to wash floors and vehicles, but it is not recommended.

Page 16: Drinking polluted water can make you very sick. You can get a "running stomach" and can vomit as well. Both will make the body lose water. If not treated, such a person, especially children, can die of dehydration. Always drink clean water. Water can be cleaned with Jik ($\frac{1}{2}$ teaspoon to 25litres of water) or be boiled. If you are sick, drink a saline solution of 8 teaspoons of sugar, $\frac{1}{2}$ teaspoon of salt to 1 litre of clean water to help you recover. Always take a sick person (especially a baby or a child) to a clinic or doctor if they do not get better quickly.

Page 17: It is NOT wise to use a river as a toilet, NOT wise to wash clothes directly in a river, NOT wise to leave litter lying around and NOT wise to drink from a polluted river.

Page 18 & 19: Schools should try NOT to resemble the one on page 18. School toilets should always be in a good condition. Waste should be recycled or composted. Vegetable gardens can provide food for hungry learners. Buildings should be well maintained and looked after. Everyone at the school should help. Everyone should feel proud of their school.

Page 20: Hopefully learners recognise that they can play either a positive or negative role in managing our environment. Picking up litter is positive action, where as making a mess is negative. Encourage your learners to take positive actions.

Page 21: Raise awareness with your learners about alien trees. These are trees introduced to South Africa and now use up a lot of our water. Learners should be encouraged to look at trees and identify them as indigenous or alien.

Page 22: Doing nothing to help or using the river as a toilet does not help rivers. Keeping our homes and schools clean, removing alien trees and not wasting water will help our rivers.

Page 23: Learners should be able to use what they have learnt in this booklet to draw a healthy unpolluted river, free of faeces, alien trees and litter.

Page 24: This game is played the same way as normal snakes and ladders.

**What can we use this river water for?
Waarvoor kan ons hierdie rivierwater gebruik?**

Tick what we can use a healthy river for.
Merk af waarvoor ons 'n gesonde rivier kan gebruik.



Can you use the water from this river? *Kan ons die water van hierdie rivier gebruik?*

Tick what we can use an unhealthy river for.
Merk af waarvoor ons 'n ongesonde rivier kan gebruik.



Edward can get sick from drinking dirty water from rivers or dams

Number the pictures below so that they are in the correct order

Edward kan siek word as hy vuil water van riviere of damme drink

Nommer die prentjies hieronder sodat hulle in die regte volgorde is



Water Water	Sugar Suiker	Salt Sout

Recipe for sugar/salt solution
Resep vir suiker/sout oplossing

Drink plenty of fluids such as a sugar / salt solution if you have a runny tummy. If you do not get better soon, visit a doctor.



Drink baie vloeistowwe soos 'n suiker/sout oplossing as jy 'n loopmagie het. As jy nie beter word nie, besoek jou dokter.

Recipe for Clean Water / Resep vir skoon water

At least two hours /
Tenminste twee ure

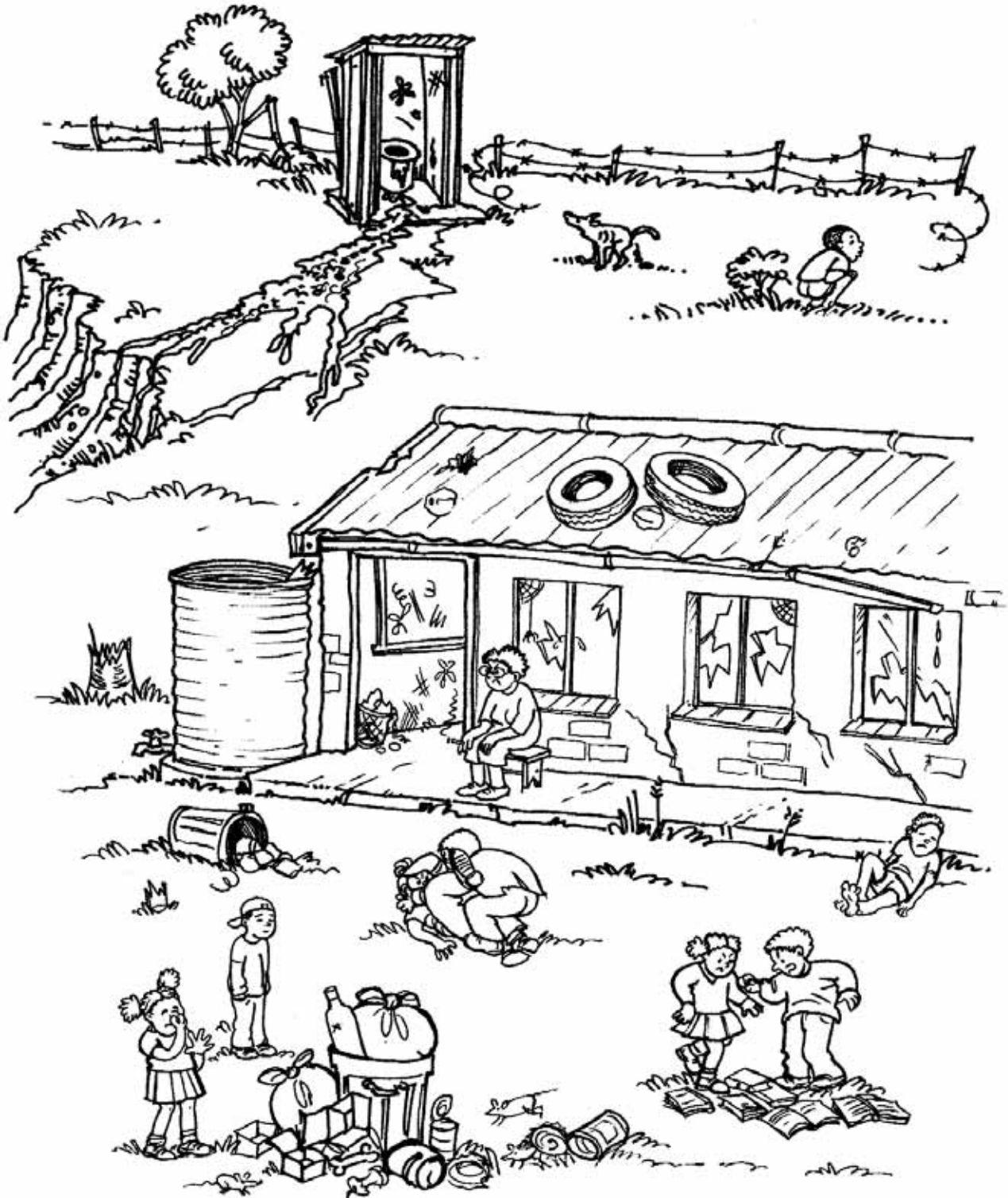
	+		+		=	
--	---	--	---	--	---	--

Tick the wise actions.
Merk die slim optrede.



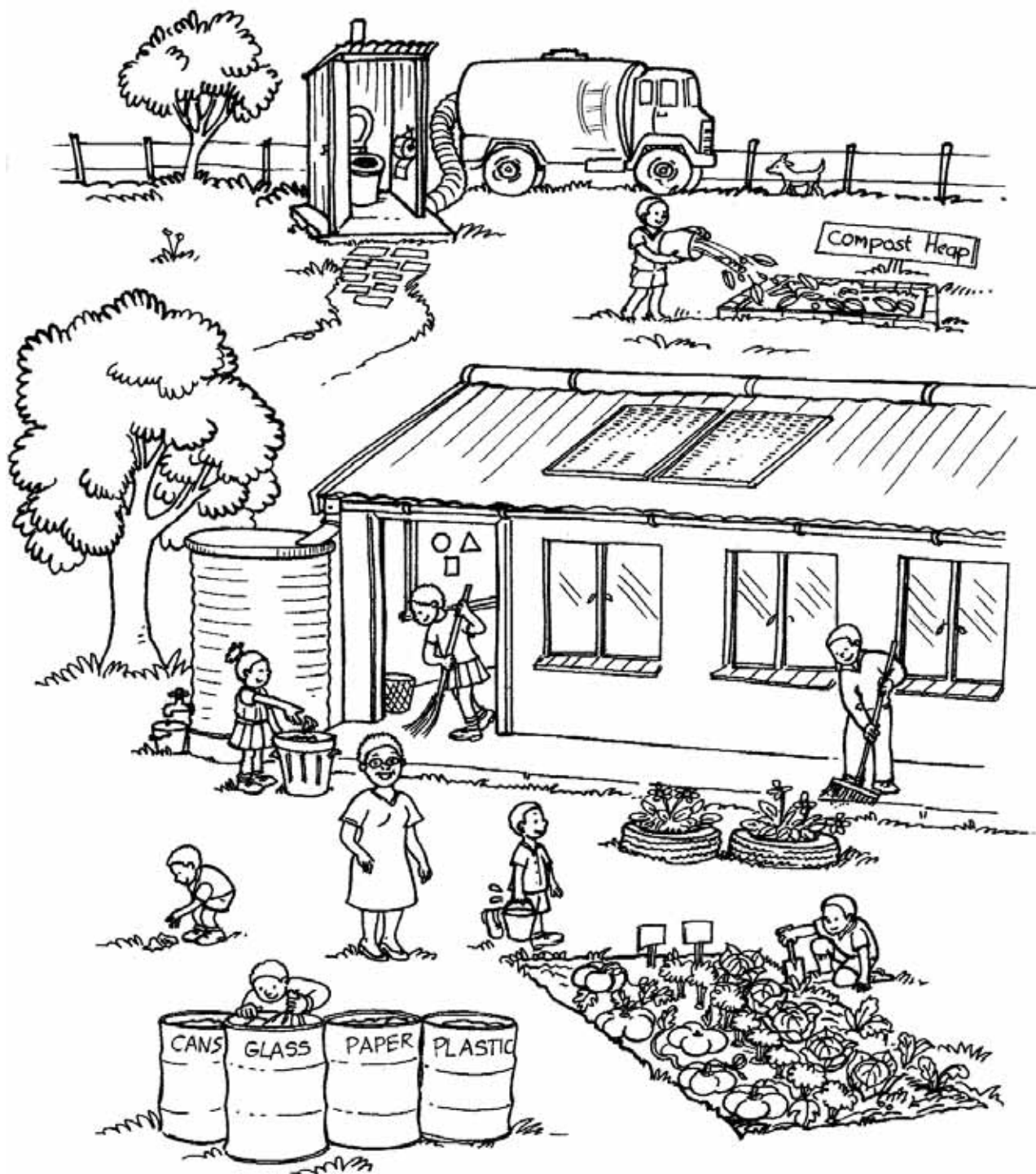
Put a cross next to all the things you do not like about this school. / *Maak 'n kruisie langs al die dinge waarvan jy nie hou in hierdie skool nie.*

Count your crosses / *Tel jou kruisies*



Put a tick next to all the things you like about this school.
Maak 'n regmerkjie langs al die dinge waarvan jy hou in hierdie skool.

Count your ticks / Tel jou regmekies



Which one is me? Watter een is ek?

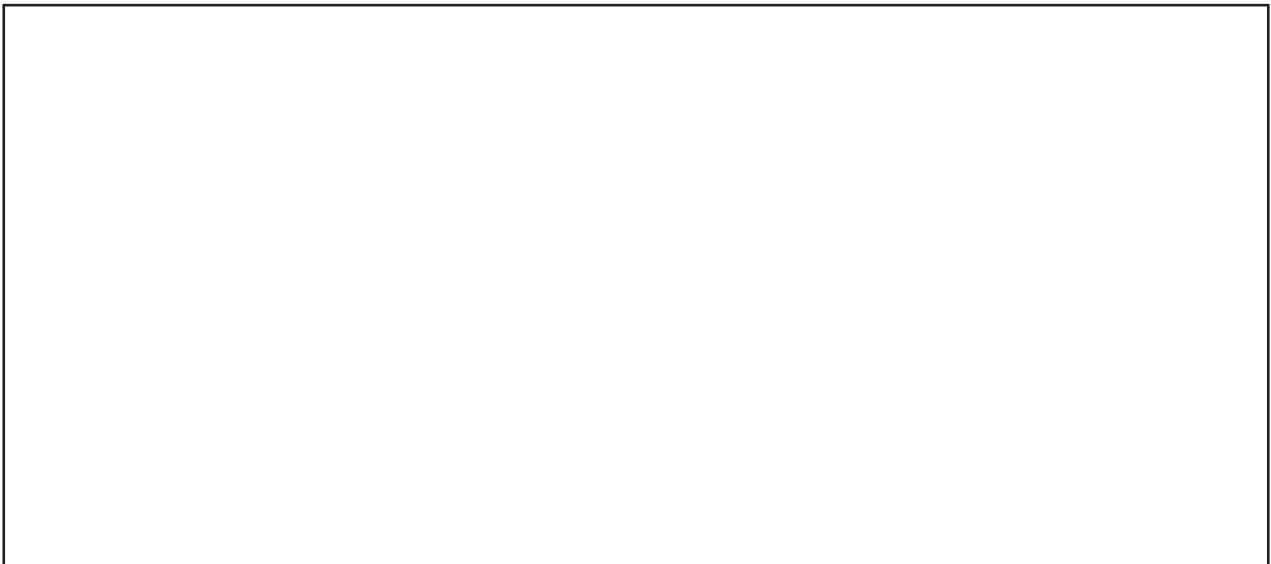
Don't Care
Gee nie om nie



Care
Gee om



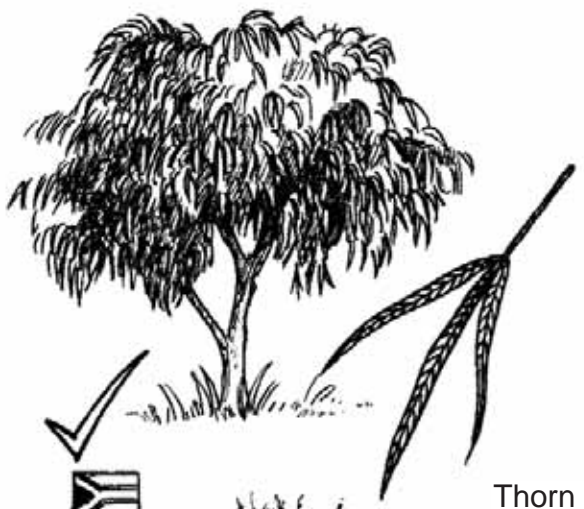
Draw yourself helping the environment
Teken jouself waar jy die omgewing help



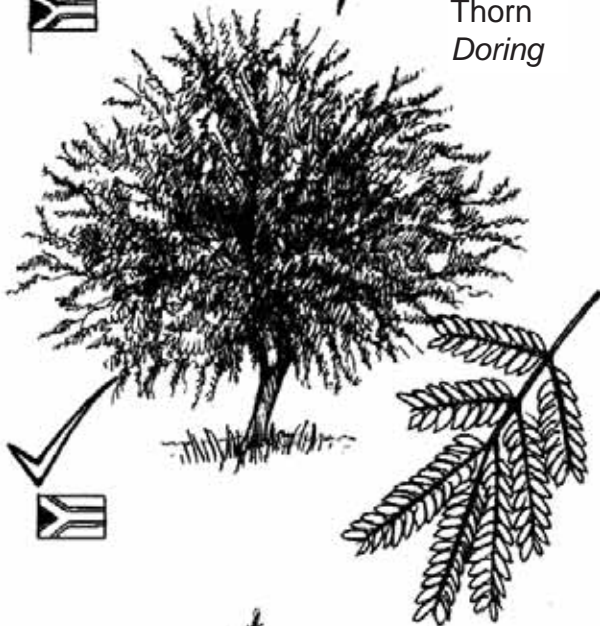
Pick a leaf from a tree at your school or street and paste it in the space below. / Pluk 'n blaar vanaf 'n boom by jou skool of in jou straat en plak dit in die spasie hieronder.

Circle the leaf that looks the most like yours. / Omsirkel die blaar wat die meeste soos joune lyk.

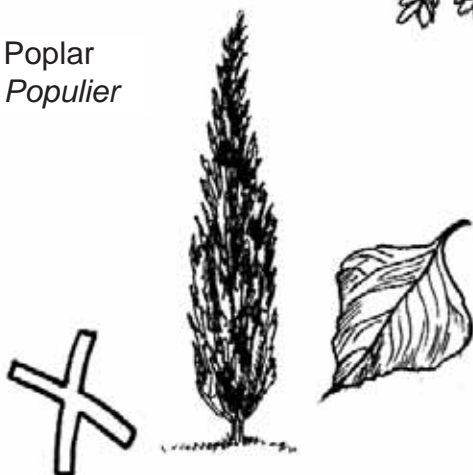
Karee
Karee



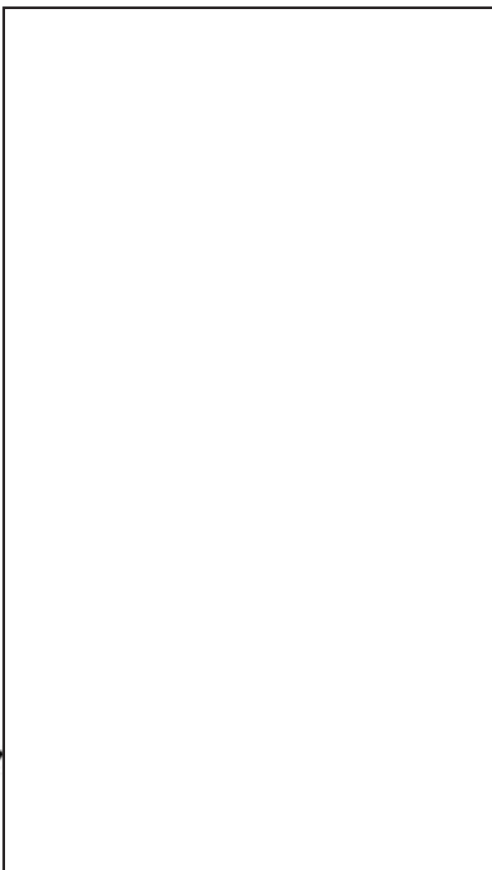
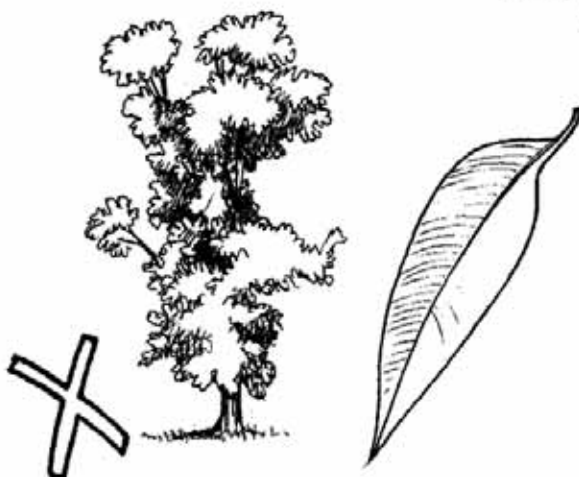
Thorn
Doring



Poplar
Populier



Blue gum
Bloekom



What can we do to help our rivers? *Wat kan ons doen om ons riviere te help?*

Cross the wrong action / Teken 'n kruis oor die verkeerde aksie



Classroom cleanup
Klaskamer skoonmaak



Pollute River
Maak rivier vuil



Remove Aliens
Verwyder uitheemse plante



Bathroom cleanup
Badkamer skoonmaak



Fix leaking pipes & taps
Maak lekkende pype en krane reg



Do not care
Gee nie om nie


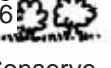



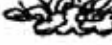

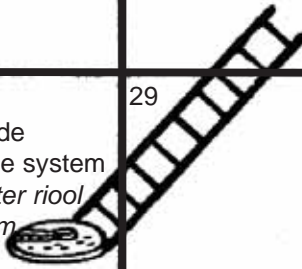





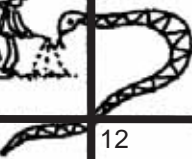
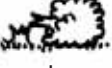



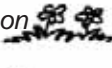

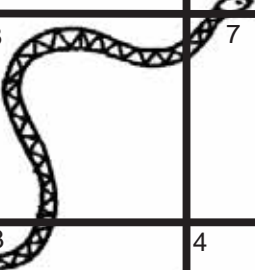
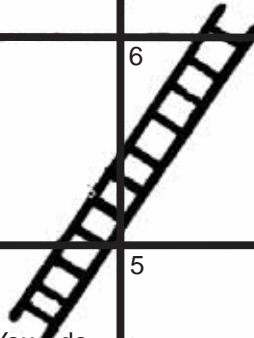






Wetland cleanup
Vleiland skoonmaak

Draw a healthy river
Teken 'n gesonde rivier

Snake and Ladder game

Slangetjies en Leertjies speletjie

40 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">Finish!! Einde!!</div>	39  Pollute river! <i>Besoedel rivier!</i>	38	37	36  Conserve indigenous trees <i>Bewaar inheemse plante</i>
31	32  Clean river <i>Skoon rivier</i>	33 Fish die! <i>Visse gaan dood!</i> 	34 Make fire with alien plants <i>Maak vuur met uitheemse plant</i> 	35  Water hyacinth <i>Water hiasinte</i>
30 Upgrade sewage system <i>Verbeter riool sisteem</i> 	29 	28 Healthy community <i>Gesonde gemeenskap</i> 	27 Deplete oxygen <i>Gebruik suurstof op</i> 	26
21	22 Care for our rivers / Gee om vir ons riviere 	23 	24	25
20 Pesticide spraying <i>Spuit gifstof</i> 	19 	18	17  Chop down indigenous trees <i>Kap inheemse bome af</i>	16
11 Pollute rivers! <i>Besoedel riviere!</i>	12 Conserve indigenous flora <i>Bewaar inheemse plante</i> 	13 Cause erosion <i>Veroorsaak erosie</i> 	14 Waste water <i>Mors water</i> 	15 A clean river <i>'n Skoon rivier</i> 
10	9  Remove alien plants <i>Haal uitheemse plante uit</i>	8 	7	6 
1 Start  <i>Begin</i>	2 Dry environment <i>Droë omgewing</i> 	3 	4  You do not litter <i>Jy mors nie</i>	5

