

The Value of WATER

Can you imagine a
day without water?

Kids

Water Activity Book



This Activity Book is
brought to you by the
City of Santa Ana,
Water Resources Division.

A Letter To You

Hey You! Yeah ...you

Hi, the name's WATER.

I am the fabric of everything that you are and yet, if you don't pay attention, you may not really see me.

But if you look closely, really look deep down inside—you'll see I'm there. Some people think I'm boring, bland...even tasteless. And yes, I might not be bubbly and sweet—but I'm always crystal clear. And I just have so much to offer!

When you wake up in the morning to take a shower and brush your teeth—I'm there. Enjoying that tasty plate of spaghetti? Guess who boiled the pasta? Who keeps your clothes shiny and clean? I do.

And have you ever enjoyed jumping into a pool on a really, really hot day? That's me! But I do so much more than that. I grow the food that everyone eats. I help make most of the products you use. I can even power the lights in your house!

Most importantly, I sustain the plants that clean the air that you breathe. All life of all shapes and sizes first began millions of years ago...in me!

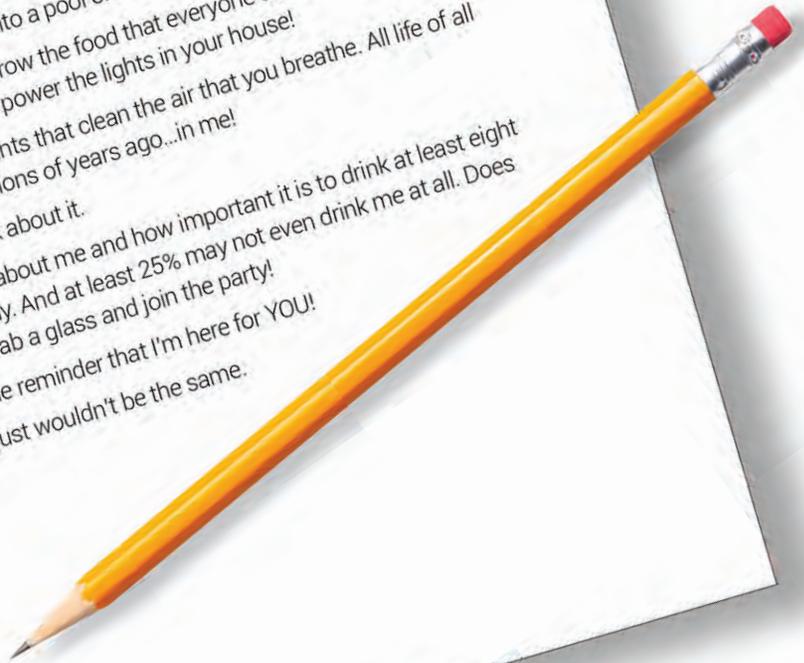
I'm pretty awesome, if you think about it.

Sadly, over 50% of kids forget about me and how important it is to drink at least eight glasses of me every single day. And at least 25% may not even drink me at all. Does that sound like you? If so, grab a glass and join the party!

So, this is just a friendly, little reminder that I'm here for YOU!
And that, without me, life just wouldn't be the same.

Your friend,

Water



Water & Your Body

What do you, the trees, and a hamster have in common? You all need water! All living things must have water to survive. In fact, did you know water makes up about 60% of your body weight?

Without water, your body would stop working properly. Why? Your body has lots of important jobs and it needs water to do many of them. For instance, your blood, which contains a lot of water, carries oxygen to all the cells of your body and keeps it working. Water helps keep your body temperature normal. You also need water to digest your food and get rid of waste.

Most fluids you drink contain water, but water and milk are the best choices. Lots of foods contain water too, like fruit and vegetables.

What is your favorite fruit?

Drinking water before, during, and after playing sports is especially important. When you don't drink enough water, your body becomes dehydrated, and that can make you sick. The amount of water you should drink each day depends on your age.

- **5 glasses for 5 to 8 year olds**
- **7 glasses for 9 to 12 year olds**
- **8 to 10 glasses for 13+ years**

Where ever you go, don't forget your water bottle so you always have water around when you're thirsty. Your body will be able to do all of its wonderful, water-ful jobs and you'll feel great!

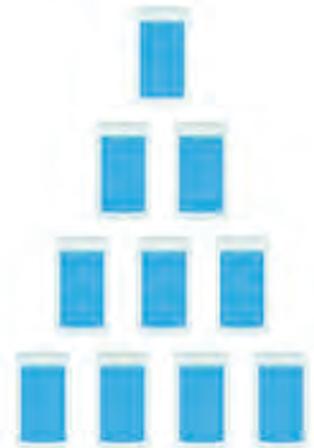
Water Is You!



You are made up of how much water?

(circle your answer)

50% 60% 70% 80%



How many glasses of water should you drink each day?

(circle the number of glasses)

..... BENEFITS OF DRINKING WATER



HELP YOUR EYES



GOOD MOOD



ENERGIZE MUSCLE

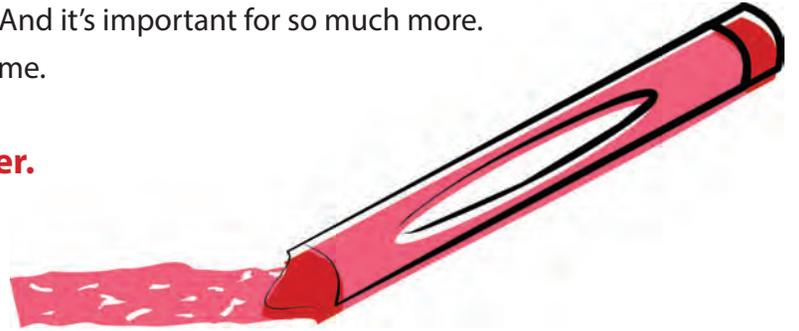


WEIGHT LOSS

Water & Your Home

Water is important for our bodies and our health. And it's important for so much more. Think about all the ways you use water in your home.

Color only the items below that use water.



Water is Important

Clean water is important for our health and day-to-day activities like brushing our teeth, taking showers, washing clothes, cleaning and cooking. There's many other ways water is important. Water is used to put out fires. It helps grow our gardens and the food we eat. It's even used to make lots of products like phones, computers and cars.

Match the picture with the way water is used by drawing a line.



Manufacturing

Recreation



Pets

Science



Crops



Firefighting



Swimming/Fun

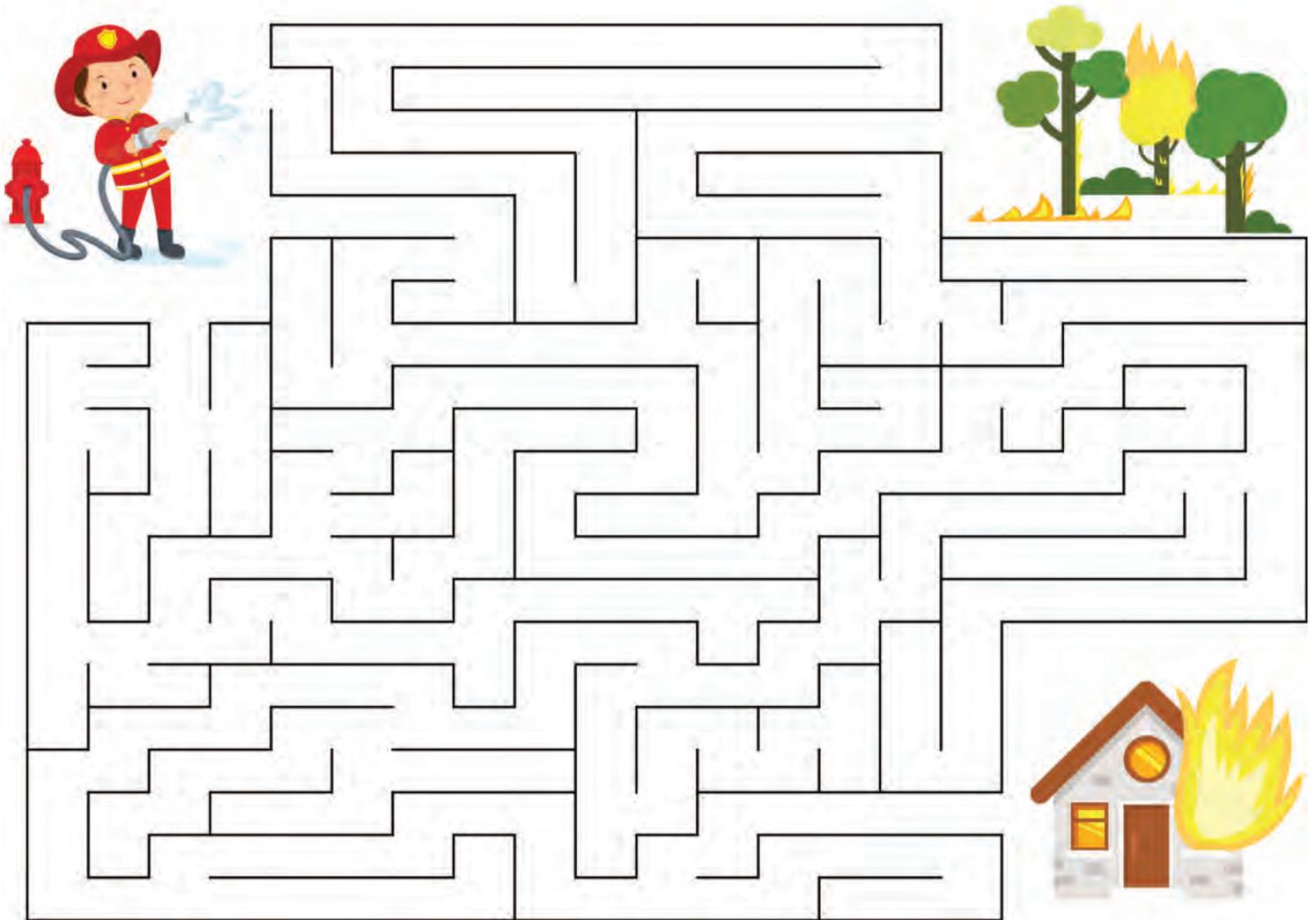


Water Saves Trees & Lives

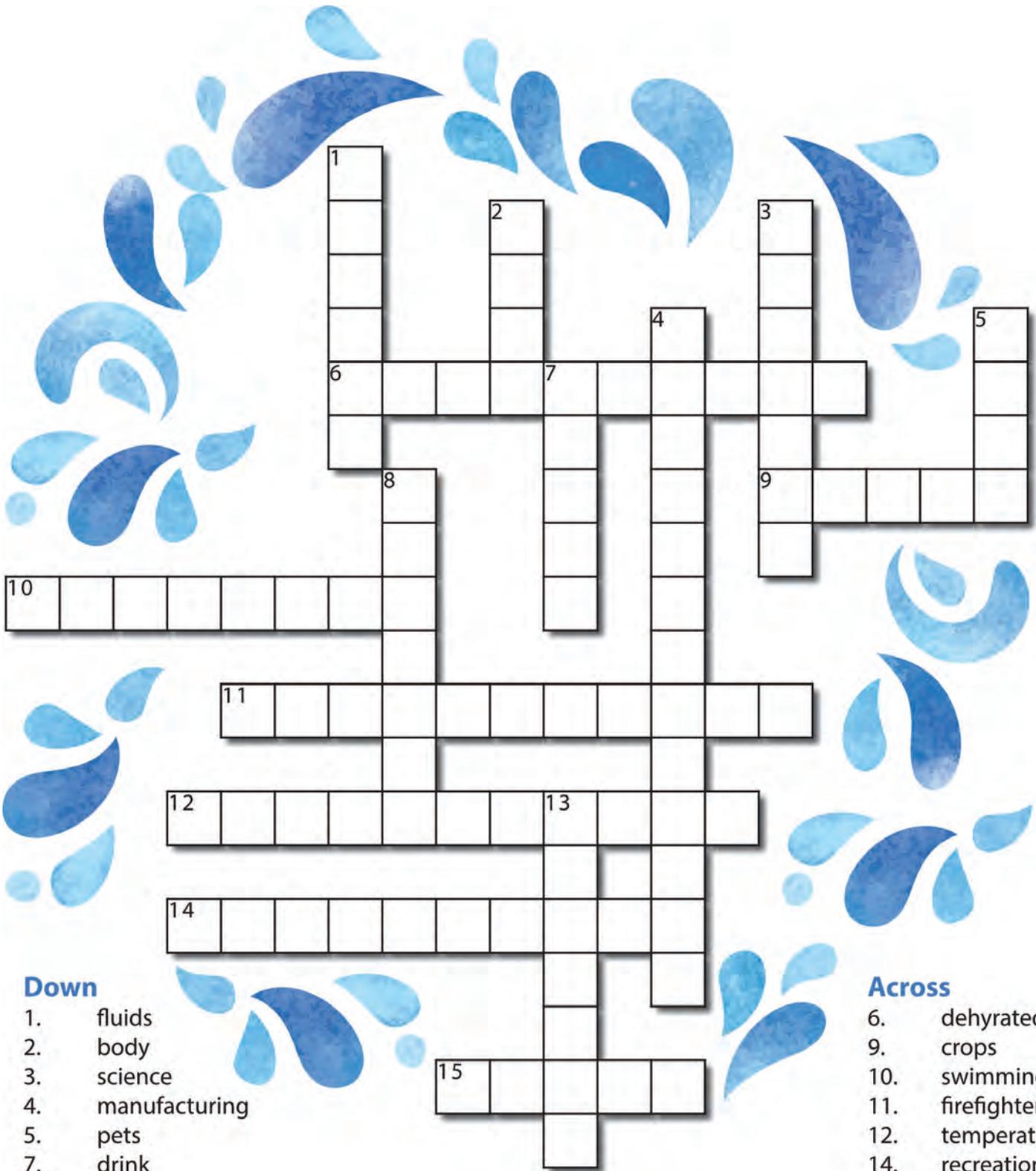
Imagine what would happen if there was no water to put out fires? Did you know there are more than 5,000 fire hydrants throughout Santa Ana? Fire hydrants supply water to our firefighters to keep your home and community safe.

The City of Santa Ana has a special crew of 10 people who service each and every fire hydrant regularly so they work properly. They make sure water flows with enough pressure needed to put out fires.

Help the fireman find the right way to the fires.



Water is Life Crossword



Down

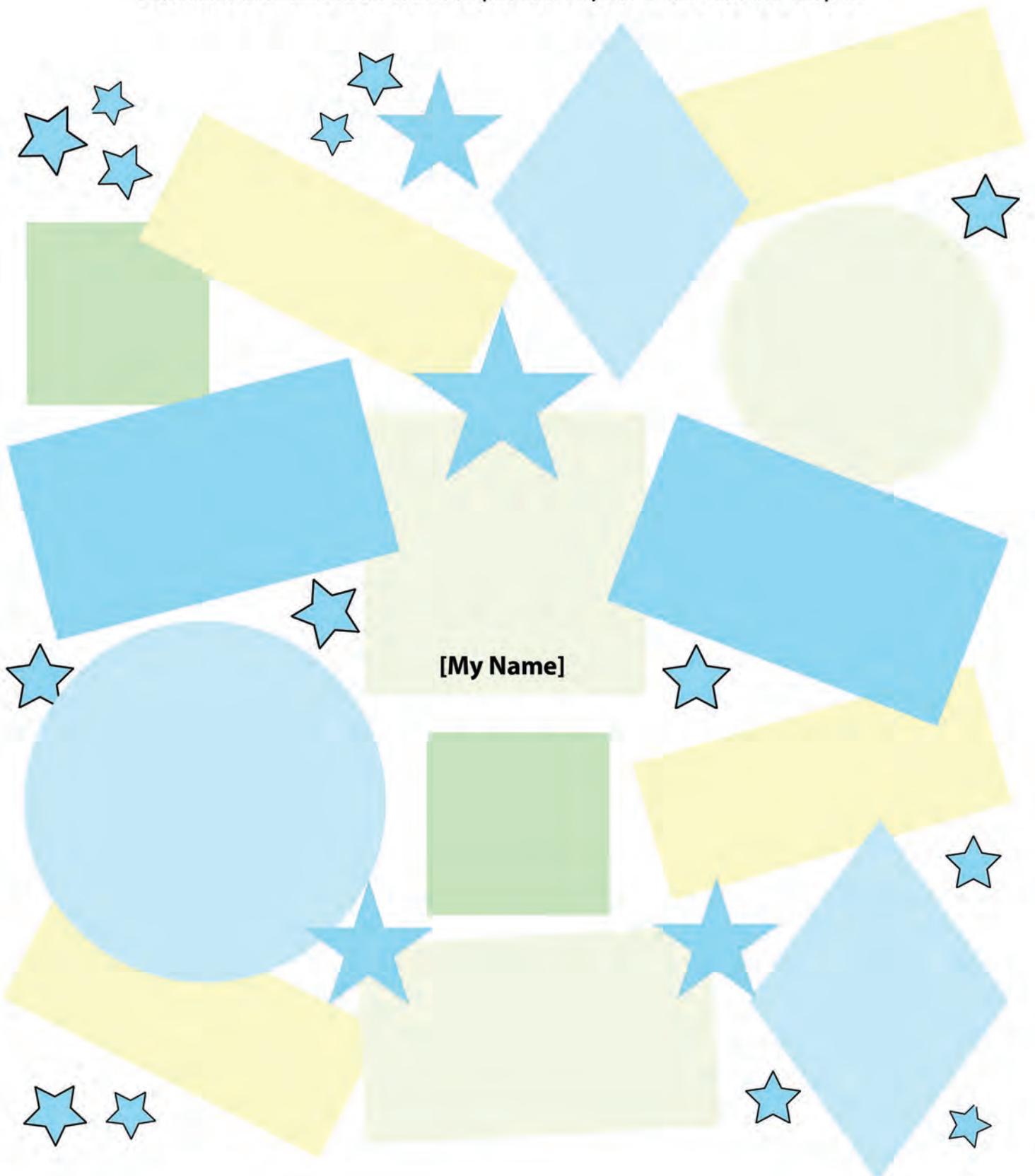
1. fluids
2. body
3. science
4. manufacturing
5. pets
7. drink
8. hygiene
13. thirsty

Across

6. dehydrated
9. crops
10. swimming
11. firefighter
12. temperature
14. recreation
15. water

Water is important to me because...

Think about what makes water important to you. Write it in the shapes!



[My Name]

Imagine A Day Without Water

You've learned how important water is in your daily life. Now imagine a day without water. How would your day be different? Could you take a shower or brush your teeth to get ready for school? Could you fill up your sports bottle with water or drink from the school water fountain? Toilets wouldn't flush. With no water to use in cooking, what would you be eating for dinner? In time, you wouldn't have clean clothes to wear and, with no more water to help produce electricity, there would be no electricity to power the lights, the refrigerator and all the other appliances in your home.

Draw a picture below showing how your day would be different without water.



Word Scramble: The Value of Water

Directions

Below are statements about the value of water. See if you can fill-in-the-blanks by unscrambling the words at the bottom of this page and placing them correctly in the sentences.

Messages

1. In the United States, water is largely taken for granted. When we turn on the _____ and water flows—to take a shower, _____ our thirst or cook, clean and wash our hands—we get our basic _____ met.
2. Access to _____, safe water keeps our _____ healthy, our cities running and our _____ growing as well as our way of life.
3. Water keeps _____ tools and equipment clean. It is used in _____ and medical research, and in _____ almost every product we use from mobile phones and _____ to cars.
4. Without access to a reliable water supply, our community would be at risk. It would disrupt all _____ and affect our _____, schools, _____ and fire stations.
5. Nearly every aspect of our lives is _____ to water. The high _____ way of life we enjoy would not be possible without clean water and the _____ and services that support it.

Scrambled Words

piltaohss _____

mocisonee _____

yuatilq _____

eycsarad _____

nseed _____

fntrcumgaanui _____

calen _____

speuomcrt _____

cednocent _____

neughc _____

isagculr _____

atefuc _____

efurrrntitscua _____

vriesesc _____

umtconieims _____

sifncictei _____

Word Scramble: Our Water Infrastructure

Directions

Below are messages with some words about our water infrastructure, why it's important to care for it and ways you show you value water. See if you can fill-in-the-blanks by unscrambling the words at the bottom of this page and placing them correctly in the sentences.

Messages

1. Santa Ana's Water Resources Division operates 20 city-owned _____, 8 _____ stations, 50 water quality monitoring stations, 8 storage reservoirs, and 480 miles of water _____. This system that keeps water flowing to you and the community is our water _____ and it is mostly invisible since it is _____.
2. It is easy to forget what goes into _____, _____, delivering and eventually, _____ water before sending it back to the natural environment.
3. The value of water is not just what it allows us to do. It is in recognizing that water is an essential resource for our _____ and _____.
4. We are united in our _____ on water and the infrastructure that _____, _____ and supports it. That's why it is important that we care for it.
5. You can do your part by not _____ water. You can also protect our _____ by not _____ and picking up after your _____, or volunteer to clean up a nearby creek, river or beach.

Scrambled Words

ewlls _____ mnrotgniio _____ tncsonce _____

pmpguni _____ nigatert _____ perosctt _____

ieniselpp _____ nreenivtomn _____ tsangwi _____

ecftsutnrriuar _____ ieaislfm _____ rotragnuwed _____

ruenogndurd _____ imucsnmotie _____ legtrtiin _____

ltigoccenl _____ edecnendp _____ epst _____

Word Search: The Value of Water

Directions

The words listed to the right of the puzzle are hidden in the word search. Please find each word* and then explain to your classmates how these words are related to the value of water.

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

CARS
EQUIPMENT
HEALTHY
MEDICAL
SCHOOLS

CLEAN
FAUCET
INFRASTRUCTURE
PHONES
STATIONS

COOK
FIRE
LIFE
QUENCH
THIRST

* Words are placed vertically, horizontally, diagonally, but only forward.

Word Search: Our Water Infrastructure

Directions

The words listed to the right of the puzzle are hidden in the word search. Please find each word* and then explain to your classmates how these words are related to our Water Infrastructure.

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

CLEAN
ESSENTIAL
MONITORING
RESOURCE
STORAGE

COMMUNITIES
FLOW
PROTECT
RIVER
UNDERGROUND

DELIVERING
INVISIBLE
RESERVOIRS
STATIONS
VOLUNTEER

* Words are placed vertically, horizontally, diagonally, but only forward.

Answer Key



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Word Scramble: The Value of Water

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Below are statements about the value of water. See if you can fill-in-the-blanks by unscrambling the words at the bottom of this page and placing them correctly in the sentences.

Messages

1. In the United States, water is largely taken for granted. When we turn on the **faucet** and water flows—to take a shower, **quench** our thirst or cook, clean and wash our hands—we get our basic **needs** met.
2. Access to **clean**, safe water keeps our **communities** healthy, our cities running and our **economies** growing as well as our way of life.
3. Water keeps **surgical** tools and equipment clean. It is used in **scientific** and medical research, and in **manufacturing** almost every product we use from mobile phones and **computers** to cars.
4. Without access to a reliable water supply, our community would be at risk. It would disrupt all **services** and affect our **hospitals**, schools, **daycares** and fire stations.
5. Nearly every aspect of our lives is **connected** to water. The high **quality** way of life we enjoy would not be possible without clean water and the **infrastructure** and services that support it.

Scrambled Words

piltaohss _____	hospitals _____	mocisonee _____	economies _____
yuatilq _____	quality _____	eycsarad _____	daycares _____
nseed _____	needs _____	fntrcumgaanui _____	manufacturing _____
calen _____	clean _____	speuomcrt _____	computers _____
cednocent _____	connected _____	neuqhc _____	quench _____
isagculr _____	surgical _____	atefuc _____	faucet _____
efurrntitscua _____	infrastructure _____	vriesesc _____	services _____
umtconieims _____	communities _____	sifncictei _____	scientific _____

Answer Key

Word Scramble: Our Water Infrastructure

Directions

Below are messages with some words about our water infrastructure, why it's important to care for it and ways you show you value water. See if you can fill-in-the-blanks by unscrambling the words at the bottom of this page and placing them correctly in the sentences.

Messages

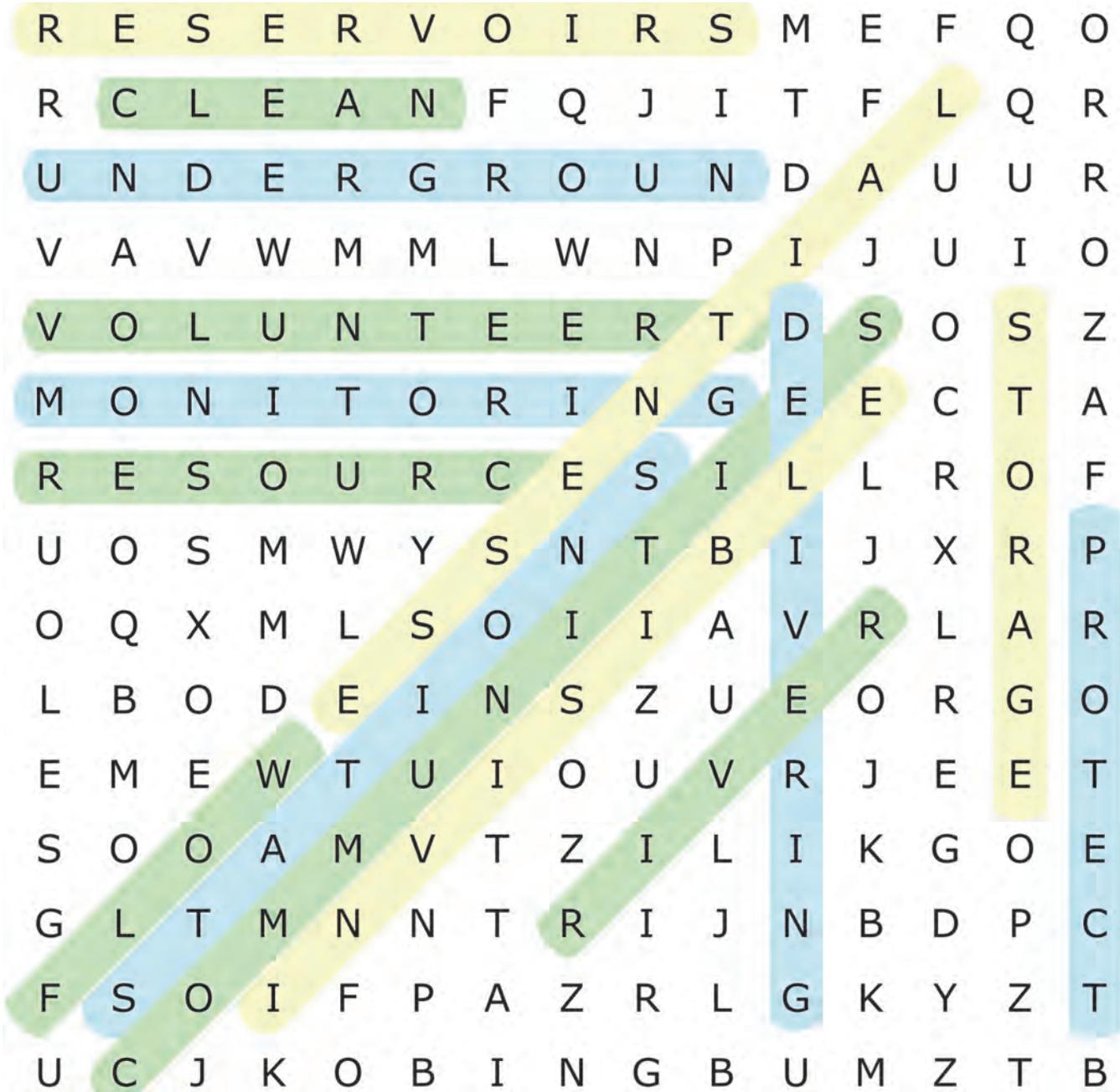
1. Santa Ana's Water Resources Division operates 20 city-owned **wells**, 8 **pumping** stations, 50 water quality monitoring stations, 8 storage reservoirs, and 480 miles of water **pipelines**. This system that keeps water flowing to you and the community is our water **infrastructure** and it is mostly invisible since it is **underground**.
2. It is easy to forget what goes into **collecting, monitoring**, delivering and eventually, **treating** water before sending it back to the natural **environment**.
3. The value of water is not just what it allows us to do. It is in recognizing that water is an essential resource for our **families** and **communities**.
4. We are united in our **dependence** on water and the infrastructure that **connects, protects** and supports it. That's why it is important that we care for it.
5. You can do your part by not **wasting** water. You can also protect our **groundwater** by not **littering** and picking up after your **pets**, or volunteer to clean up a nearby creek, river or beach.

Scrambled Words

ewlls _____	wells _____	mnrotgniio _____	monitoring _____	tncsonce _____	connects _____
pmgpuni _____	pumping _____	nigatert _____	treating _____	perosctt _____	protects _____
ieniselpp _____	pipelines _____	nreenivtomn _____	environment _____	tsangwi _____	wasting _____
ecftsutnrriuar _____	infrastructure _____	ieaislfm _____	families _____	rotragnuwed _____	groundwater _____
ruenogndurd _____	underground _____	imucsnmotie _____	communities _____	legtrtiin _____	littering _____
ltigoccenl _____	collecting _____	edeecnendp _____	dependence _____	epst _____	pets _____

Answer Key

Word Search: The Value of Water



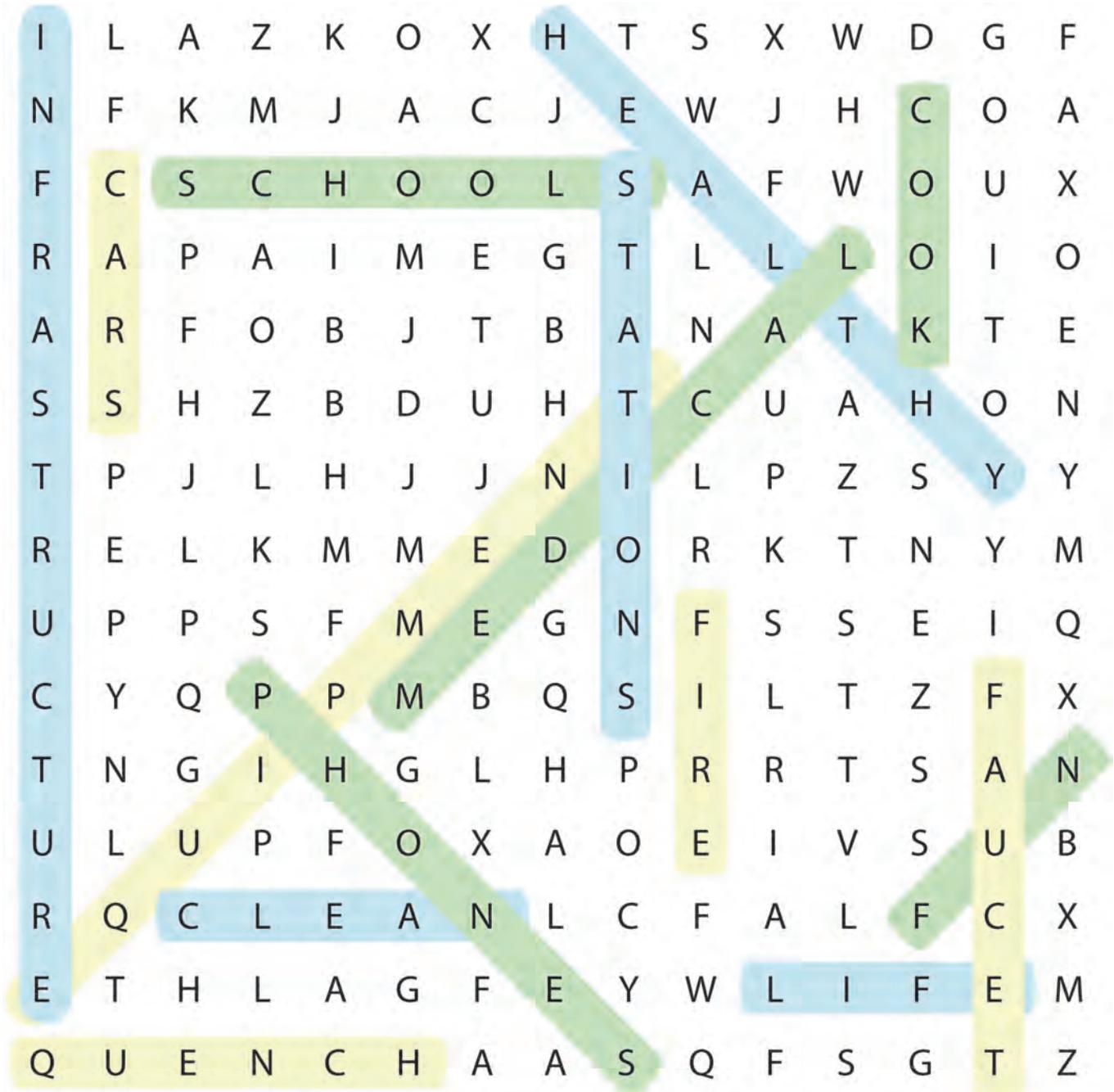
CLEAN
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Answer Key

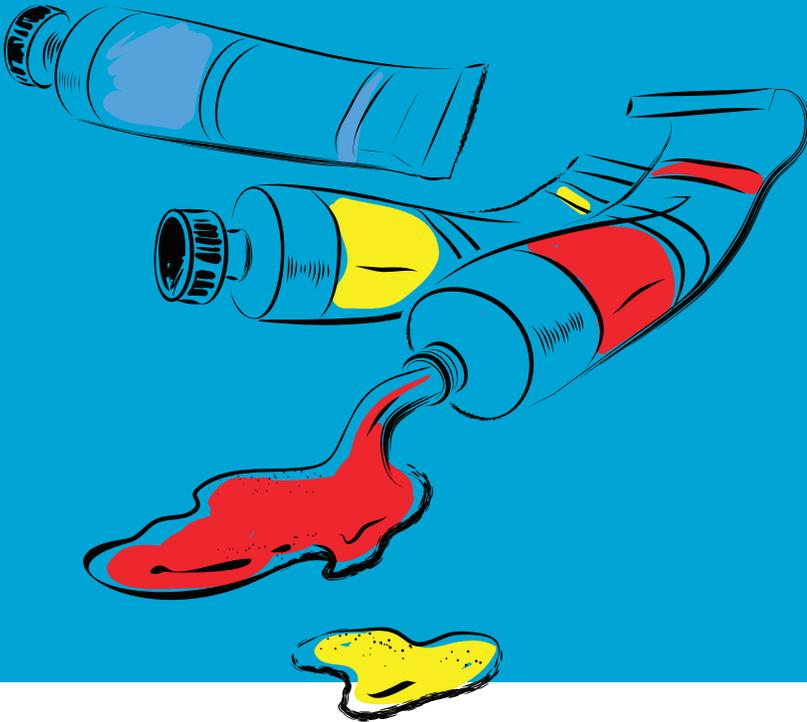
Word Search: Our Water Infrastructure



CARS
EQUIPMENT
HEALTHY
MEDICAL
SCHOOLS

CLEAN
FAUCET
INFRASTRUCTURE
PHONES
STATIONS

COOK
FIRE
LIFE
QUENCH
THIRST



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