

# A MILLION HANDS

## Water sanitation and hygiene resource pack

In partnership with



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#SkillsForLife



# Water sanitation and hygiene resource pack

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# A Million Hands Big Moment

For the first time in history, nine out of ten people have access to safe water. However, 663 million people around the world still lack basic access to clean water, while 2.4 billion – that’s one in three people – have nowhere adequate to go to the toilet. As a result, 900 children die from diarrhoea every single day.

It doesn’t have to be this way. In our lifetime, we can end this crisis, and Scouts can help to make this happen.

## Walk for water

A Walk for water is a sponsored walk to increase awareness of water and sanitation issues. These walks raise money to support Scouts in Madagascar who are working with their communities, local organisations and the government to help improve access to clean water and sanitation across their country, where over half of the population has no choice but to drink water so dirty it could kill them.

How you do the walk is up to you, but here’s some inspiration:

- You can create a walk that challenges your Cub Scouts, giving them the opportunity to reflect both on the global crisis and how Scouts and WaterAid are working on water and sanitation issues.
- You could dress up in water related costumes and walk through busier areas to raise awareness of what you are doing.
- Cubs could carry water or other objects on their water walk to get a sense of the burden of having to carry water over long distances. In some developing countries, many women and children have to walk long distances carrying water in containers as heavy as 20kg – that’s the same weight as the average airline luggage allowance.
- The walk could be the same distance or take the same amount of time that a young person who doesn’t have easy access to clean water would have to do. Women and young girls in these areas walk an average of half an hour to collect water, sometimes up to four times a day.
- You could plan your walk so you pass by a local water feature important to the history of water and sanitation provision in your town, or take a journey along a local canal or riverside.

## Calendar

September 2018 <b>Understand the issue</b>	October 2018 Global Handwashing Day	November 2018 <b>Plan action</b> World Toilet Day	December 2018	January 2019	February 2019
March 2019 <b>Take action</b>	April 2019 <b>Take action</b>	May 2019 <b>Learn and do more</b>	June 2019 <b>Tell the world</b>	July 2019	August 2019

# Understand the issue

## Water race

**Overview:** An activity for Cubs to discover how young people transport water in countries without easy access to clean water.

**Outcome:** Cub Scouts will understand the practical difficulties associated with the water crisis and empathise through experience.

**Time:** 30 minutes

**Equipment:** Buckets, bottles, containers, and jugs of various sizes.

**Linked badges:**



## Activity instructions:

- 1 Ask the Cubs where they get water from. Explain that, in some countries, children their age have to bring home water for their families, walking long distances to collect dirty water, sometimes up to four times every day. If you have access to a tablet or laptop, you could show [Grace's film](#).
- 2 Ask the Cubs if they think they could carry a lot of water. Show them a 500ml bottle of water. How many of these do they think they could carry? Explain that you are going to give them a challenge to transport water.
- 3 Ask the Cubs what they use water for every day (make a long list). Explain that we use around 160l of water every day – that's a lot of buckets and a lot of trips!
- 4 Organise the group into two teams for a relay race and give them the challenge of transporting water from one container to another some distance away, using the various containers you have provided (this is best done outside so it's not too slippery).
- 5 Once the relay race is finished, explain that the winner isn't the team who finished first but actually the team with the most water transported. Why do you think this is?
- 6 Ask the winners which was the best container for transporting water in. Why?
- 7 Which were the more difficult containers to transport water in? Why?
- 8 After this, talk to Cubs about the fact that most people in the UK can go to a tap and have access to clean water, however, many young people their age all over the world have to travel long distances to get water

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for their families. Often it's women and children that have to collect water, which means many children can't go to school. On top of that, the water they travel miles to collect is often dirty.

9 How does this make them feel?

10 Explain that you are all going to take action to make sure that everyone has access to clean water.

# Plan action

## Creative community mapping

**Overview:** Plan your Walk for water by getting creative and mapping out your local area, locating local services, lakes, rivers, canals, and useful places to walk past (town centre, town hall, etc.). You can then plan the route you will walk.

**Outcome:** Cub Scouts will have helped to plan their walk, identifying people who can help and places they can pass by. Cubs will know the reason for the route they are taking.

**Time:** 45 minutes

**Equipment:** Printed maps, colouring pens or pencils, and photographs of local water features/the local area (optional).

**Linked badges:**



## Activity instructions:

### Introductory game

- 1 Explain that they are going to be planning a walk around the local area, looking at places they might visit and water features that are part of our everyday lives.
- 2 Ask Cubs questions about places they know in their local area:  
Who visits their sports centre regularly? Who knows a doctor or nurse? Who has been to a place of worship? Who knows someone who works in a shop? Who has been to a local museum or gallery? Who knows the name of a river or canal near here? Who knows the location of the public toilets?
- 3 If the answer to the first question is 'yes', ask them to complete an action (for example, touch their nose).
- 4 Ask each of the questions in turn with different actions attached to them (stand on one leg, cross their arms, etc).
- 5 Once you have asked all of the different questions, ask them if they feel busy and tired (they should all be in knots/wobbling around by now).
- 6 Emphasise that this activity is all about finding a route for your walk and thinking about people you might meet while you're on it and who could help you. You may need to adapt the questions to your local area.

### Planning your Walk for water

Explain that the last activity shows that they live within a network of people and places. Tell them they are going to create a map of their local area. This will help them to identify the water and sanitation features they might visit on their walk. They will also think about the network of people who will be able to help with sponsorship of their walk and those who will help them share messages about the water issue in an effective and powerful way.

Explain that being prepared is not only about carrying the right equipment. This activity will help you to plan the most effective route possible for your Walk for water.

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- 1 Print a simple map of the local area, and hand one to each young person or one between two.
- 2 Draw on the map all of the places where people go in your local area (shops, town hall, library, school, etc.).
- 3 Draw pictures of people in your community that can help spread your message (teachers, politicians, councillors, parents, local celebrities, business owners, etc.).
- 4 Stick or draw stars on the top three places that you think would be good to walk past.
- 5 Stick or draw stars on the top three people that would help you to raise awareness and money for your walk.
- 6 A key part of this activity is to tell the world about your walk and why it's so important for us to tackle the global water and sanitation crisis. Contact your District or County press team to support you, and email WaterAid's press team at [pressoffice@wateraid.org](mailto:pressoffice@wateraid.org) for press release advice on spreading the word.



# Take action

## Walk for water

**Overview:** This activity gets young people out on their feet, experiencing first-hand some of the issues people face accessing water.

**Outcome:** Cubs will have developed empathy for people that have to walk long distances to get water and raised awareness of water issues in their local community.

**Time:** Dependent on length of hike

**Equipment:** Water carriers (for young people to experience carrying water long distances), a route map, a compass, water to drink and snacks, costumes, banners, and information to give to people along the way.

**Linked badges:**



## Activity instructions:

You are going to **Walk for water** to raise awareness and money around the water crisis.

- 1 Before you head out and as you walk remind Cubs of some of the issues people face to access water every day – how far do they have to walk? How much do they have to carry? Where do they get their water from? This will be helpful to tell people you meet along the way to learn a little more about the water crisis.
- 2 If the Cub Scouts are going to carry water, consider how this might be divided between people if it's very heavy. This might help you to think about how much water some people have to carry every day.
- 3 Whilst on the walk, consider how you might find water if you didn't have bottled water with you. Have you seen any streams/ponds/puddles? Would this water be safe to drink? How might you collect the water?
- 4 Look out for the water features along the way (interesting manhole covers, animal drinking troughs, fire hydrants, etc.).
- 5 Remember to speak to people along the way to raise awareness of what you are doing and why you are doing it (ensure you follow the [Yellow Card](#) at all times).
- 6 At the end of the walk consider:
  - how difficult the weight of the water made it for you to walk
  - and how doing the walk made you feel about what some people have to do every day to access water.

Take photos of the walk (with permission). Share them on social media and send them directly to your local media or via your Scout District or County press team. Also share them as soon as possible with WaterAid at [scouts@wateraid.org](mailto:scouts@wateraid.org), so we can share an overview of all the activities that happen nationally.

# Learn and do more

**Overview:** This activity brings together the learning from the walk and the learning about the issue, and explores methods to deepen this knowledge with the help of accessible expertise.

**Outcome:** Cubs will have learned where they can get additional information and will have increased their knowledge, so that they can continue to share messages around the issue of water, sanitation and hygiene.

**Time:** 1 hour

**Equipment:** Internet access to find information about local water companies and to access the WaterAid Speaker Network.

**Linked badges:**



## Activity instructions:

- 1 Book a [WaterAid speaker](#) to visit your section. Let us know that you took part in the Walk for water and our speaker will present a certificate of participation before you hand over your cheque. Alternatively, contact us to make other arrangements for payment at [scouts@wateraid.org](mailto:scouts@wateraid.org).
- 2 Ask Cubs to tell the WaterAid speaker about their Walk for water, considering these questions:
  - Where did they walk for their Walk for water?
  - Did they carry water with them? Was it hard?
  - Who did they speak to along the way? How did they raise awareness about water issues?
  - How does it make them feel knowing not everyone has access to clean water?
- 3 Cubs could show the WaterAid speaker the maps they created for the walk, their costumes, banners or photos of the walk.
- 4 The WaterAid speaker could then talk to the Cubs a bit more about WASH (Water, Sanitation and Hygiene) issues and specifically about how their fundraising money is going to help people in other countries have access to clean water.
- 5 If you haven't done so already, remember to send the story of your walk to your Scout District or County press team and also to [pressoffice@wateraid.org](mailto:pressoffice@wateraid.org). You can build this into your programme through the Tell the world activity.

# Tell the world

**Overview:** This activity will help Cubs to celebrate the brilliant work they did planning their Walk for water and raising money to help more people access clean water.

**Outcome:** Young people will feel confident in sharing their experience and new knowledge with a wider group of people in order to help raise awareness of this issue.

**Time:** 30 minutes

**Equipment:** Community maps from previous activity, coloured pens, paper, and craft materials.

**Linked badges:**



## Activity instructions:

- 1 Remind Cubs that it's really important to spread the word to lots of people about how vital it is that everybody has access to clean water.
- 2 Look at your community maps and ask Cubs to think about where is the busiest place in your community (this could be the shops, school, etc.).
- 3 Who are the most important people in your community (this could be your MP, a local famous person, teachers, etc.)?
- 4 In small groups or pairs, choose a location or a person to focus on.
- 5 Explain that you are going to create something to tell these people about what you did, including at least three facts about water, sanitation and hygiene.
- 6 Ask Cubs to think of interesting ways to engage people about these issues. It is important that the messages they want to share are shared in a way that suits the people or place. Remember to follow the [Yellow Card](#) at all times, especially when contacting individuals by email or social media. The [Cub Stay Safe](#) resource is also very useful.
- 7 They could make a poster to put up in a busy place, or send photos of their Walk for water and facts to an MP. You could even consider making something to display in a central location to get people's attention:
  - an eye-catching model of a toilet to tell people about the sanitation crisis
  - posters to put up in local public toilets where people are accessing clean water
  - leaflets to display in local shops for when people buy a bottle of water