

**Included in this Aquabox Challenge and Badge Pack**  
are the following things for leaders to use:

1. Aquabox Challenge Details

## **2. Aquabox Challenge Games & Activities to have some fun !**

3. A presentation document about Aquabox in a pdf document

This presentation is where you will find some of the answers to the Aquabox Challenge

(Note: An Aquabox presentation can be requested as a Power Point)

# GAMES & ACTIVITIES

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**WORKING TOGETHER TO SAVE LIVES SONG** (Tune of The Banana Song)

*Actions*

**People of the World Unite**

*Raise arms world shape & clap hands*

Meet the People, meet meet the People  
Meet the People, meet meet the People

*Shake hands*

Work together, work work together  
Work together, work work together

*Dig hole*

Build the Aquabox, build build the Aquabox  
Build the Aquabox, build build the Aquabox

*One fist taps on the top  
of the other fist*

Send the Aquabox, send send the Aquabox  
Send the Aquabox, send send the Aquabox

*Arms out in flying motion*

Save the People, save save the People  
Save the People, save save the People

*Wave arms in the air - hurray!*

Go save li-ives, Go Go save li-ives  
Go save li-ives, Go Go save li-ives

*Raise alternate arms  
and run around*

**People of the World unite**

*Raise arms world shape & clap hands*

Find the Water, find find the Water  
Find the Water, find find the Water

*March on the spot  
and look hands eye level*

Carry the Water, carry-ing the Water  
Carry the Water, carry-ing the Water

*Hold a big tub water  
on top of your head*

Clean the Water, clean clean the Water  
Clean the Water, clean clean the Water

*Pump action – hand up & down*

Kill the Germs, kill kill the Germs  
Kill the Germs, kill kill the Germs

*Smack palm of hands together*

Drink the Water, drink drink the Water  
Drink the Water, drink drink the Water

*Drinking from cup or bottle*

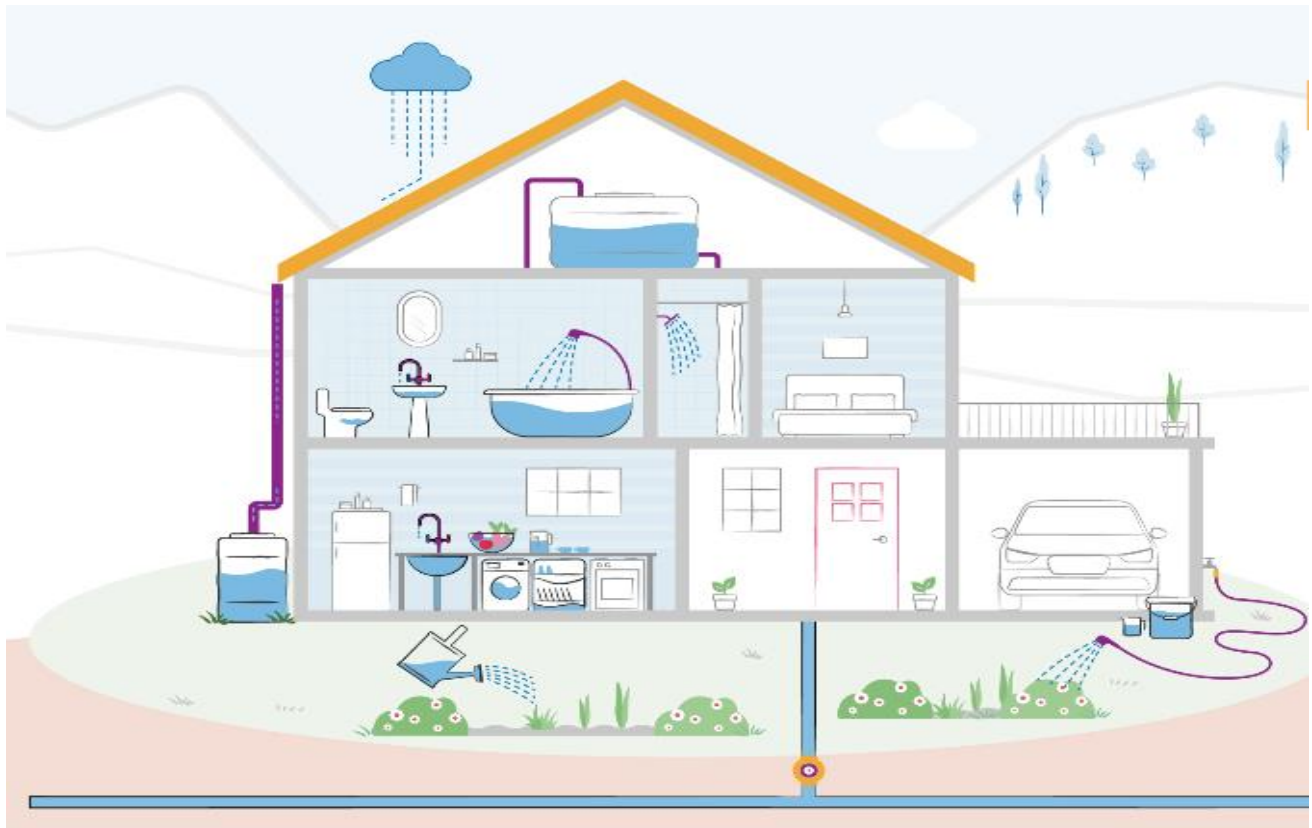
Save the People, save save the People  
Save the People, save save the People

*Wave arms in the air- hurray!*

Go save li-ives, Go Go save li-ives  
Go save li-ives, Go Go save li-ives

*Raise alternate arms  
and run around*

# WATER SAVING QUIZ Answer Yes or No



## **Rainbows and Brownies**

Have one side of the room as YES and the other side of the room as NO.  
Then the girls have to run to the side of the room they think is correct.  
Then have a general discussion on [Other Ways to Save water](#).

## **Guides and Rangers**

Could do this as a quiz and get points. Then have discussion on [Other Ways to Save water](#).

## **KITCHEN**

If you want a drink of cold water, is it best to fill up a jug and keep it chilled in the fridge rather than running the tap for long?

Yes = You can save 5 litres each time by using a jug instead of running the tap. Also if you live in a hard water area, chilling water in the fridge can remove the cloudiness and bubbles.

Can you save up to 12 litres by using a bowl to wash fruit and veg, instead of running the tap?

Yes = This water can then be used for house plants or in the garden.

Is it best to wash your clothes as and when you need them cleaned?

No = Washing on a full load will save you at least 10 litres each time, and if you use the Eco setting you'll save water, energy and money.

Is using a dishwasher more efficient than washing dishes under the tap?

Yes = Using a dishwasher when it's full can be more water efficient than washing up by hand. Use the Eco setting if you have one and save water, energy and money.

## **BATHROOM**

Can a leaky loo can waste up to £200 a year?

Yes = It may sometimes not even be visible, but a leaky loo can waste up to 600 litres day. Over a day, months and a year it can add up costing you more and you wouldn't let money flush away down the toilet!

Can a bath use more water than a shower?

Yes = A bath can you use up to 80 litres, but if you were in the shower for longer than 10 minutes then this would use more water than a bath! So it's ok to have a relaxing bath now and again, and filling it only 3/4 fill save 35 litres each time.

Turning the tap off when brushing your teeth will save more than 2 full buckets of water a day?

Yes = Running the tap for 2 minutes will use 12 litres each time so 24 litres in a day. That's a lot of water in a year! A running tap may not seem to use a lot of water but saving 2 buckets a day will go a long way. Only use what you need.

## **SHOWER**

If a family of 4 took 1 minute less in the shower, could this save them up to £120 in a year?

YES = Shorter showers will save you money on your water and energy bills - 25% of your energy bill is from heating water so shorter showers have double benefits, and if you have a power shower the savings will be even more

If one person spent 1 minute less in the shower they would be saving 8 litres of water each time - this equates to a lot of water over a year, and depending on what shower you had it can also reduce your energy bill too by heating less water.

## **GARDEN**

Can a hose pipe use at least 30 buckets of water to wash a car?

YES = Try using 5 or less buckets of water to wash your car. Using a hose pipe for 5 minutes will use more water than the average person uses in a day in our region.

Using a hosepipe for 15 minutes would waste up to 30 buckets of water! A trigger gun on your hose will also reduce waste or try a hand pump pressure washer.

Plants with silvery or waxy leaves don't need as much watering than other plants?

Yes = Check out drought resistant plants next time you're at the garden centre. Plants like herbs have waxy leaves, this helps keep the water in for longer and can adapt to hotter climates.

Using rainwater for the garden is free?

Yes = Collect the raindrops for your garden. A water butt can collect up to 5,000 litres a year! This rain can be diverted back to water your garden, clean your car and wash your windows.

Rainwater is free, but to turn it into safe, clean drinking water uses a lot of energy and money. So, it's best to use the free stuff than using tap water on your garden when you can.

Using a watering can is more efficient than using a hose pipe?

Yes = Using a watering can is more efficient than using a hose pipe? Using a watering can will water direct to the roots which is more efficient in the summer when plants need it most. Also watering in the early morning or evening will mean water will evaporate less.

## **OTHER WAYS TO SAVE WATER**

For an extra point, can you think of other ways to save or reuse water?

**How did you do? Are you a WATER SAVER?**

## SPIN THE BOTTLE

Sit around in a circle, spin the bottle, and whoever it lands on gets to do an action for example:-

Hop round circle and sit down

Can you do this action backwards

Do your best impression of an evil laugh

Make everyone laugh

The person before gives the next action/question and shouts it out before the bottle spins.....



## HOW TO PLAY WATER FLIP

Hold the bottle lightly near the cap with your thumb and fingertips, then flick your wrist up and away from you so the bottle flips upward.

Let go of the bottle when your wrist is as high as it can go and watch the bottle flip around. If it doesn't land on its bottom, keep practicing your technique until it does.



# FLIP AND SPIN

## Water bottle flipping, explained

We have no idea why Mike Senatore's bottle flip has become an internet sensation, but we can explain the physics of the stunt.



Senatore says he prefers a 16.9-ounce water bottle with an hourglass-like shape.

Bottle filled 1/3



1



Senatore holds the bottle from the top. The water and center of gravity rest in the base of the bottle.

Center of mass

Gravity

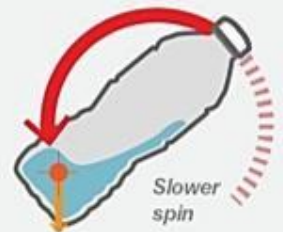
2



When the bottle is tossed, it rotates, but since the water is free to flow, the fluid does not all rotate with the bottle. Instead, it sloshes around.

3

As the light bottle spins, the angular momentum is transferred to the heavier water. The bottle's spin is slowed.



4



The now nearly unspinning bottle falls with gravity and lands straight upright on the table.

## TIPS

USE A DISPOSABLE WATER BOTTLE WITH A FLAT BOTTOM AND A FLAT BOTTLE LID

DO NOT USE A RIGID WATER BOTTLE

FILL WITH WATER ABOUT A THIRD

DO THE TIP TEST AND THE BOTTLE SHOULD NOT FALL OVER BUT GO BACK UPRIGHT




IF NOT ADD OR REMOVE WATER TILL IT DOES NOT FALL OVER WHEN TILTED

**KEEP TRYING IT TAKES PRACTICE !**




# FLIP TO WIN THE WATER GAME

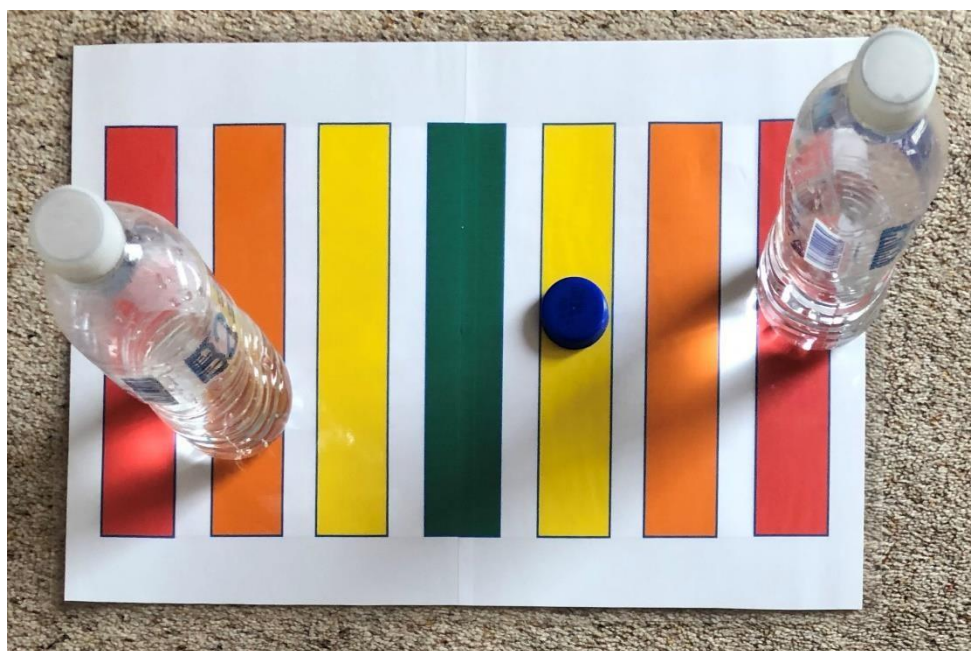
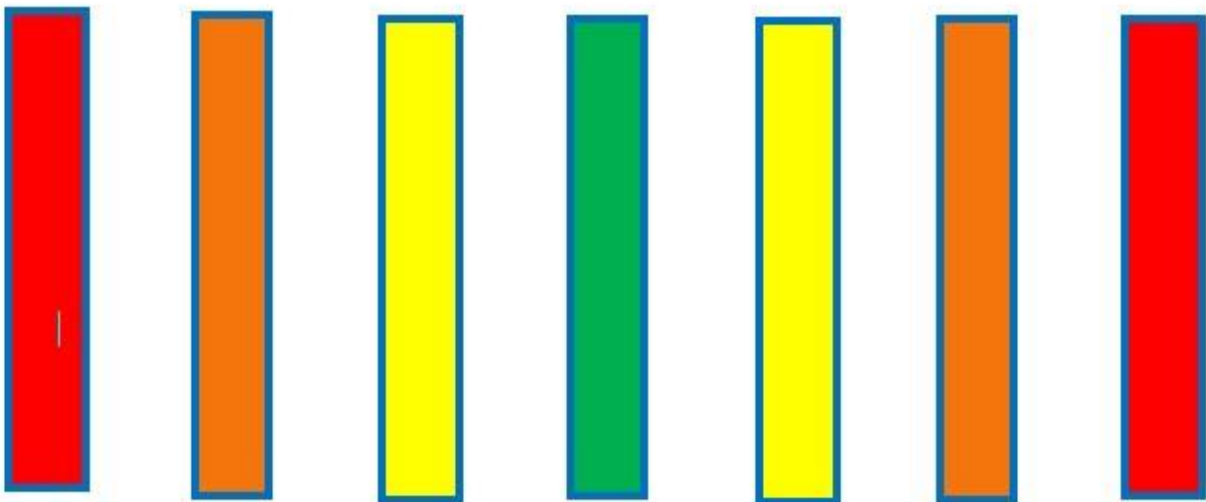
Place a counter / stone/ twig (or wrapped sweet) on the 

Game for two people (or two teams), each person stands either side of the 

Flip the bottle and if it lands and stays stood up move the item UP ONE SPACE

Flip the bottle and if it DOES NOT land and stays stood up GO BACK ONE SPACE

The first person to move off the colour  and exit the board WINS



# FLIP SPIN SLIDE

If you have got really good at the water bottle flipping try this !!!!

See if you can make your water bottle slide along the floor and knock over the skittles.

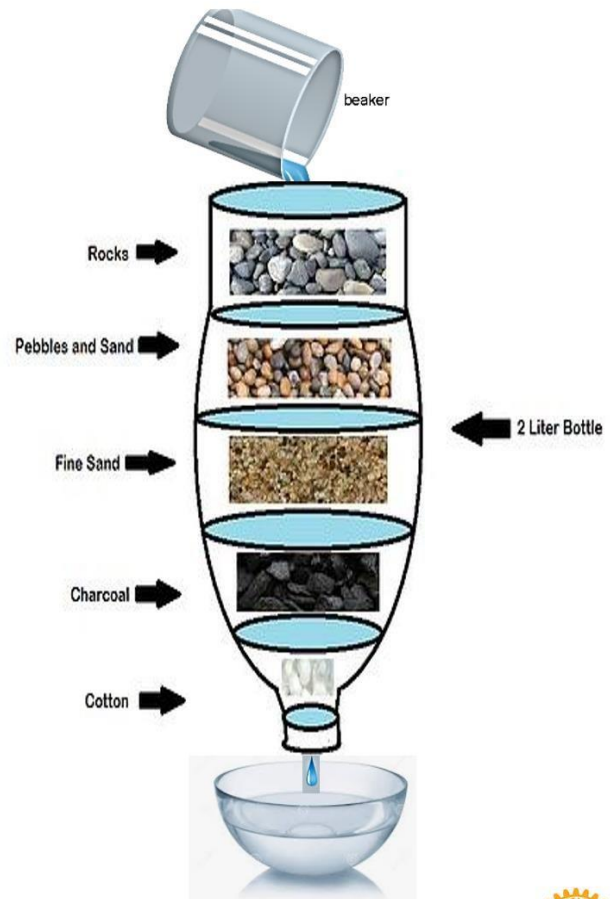
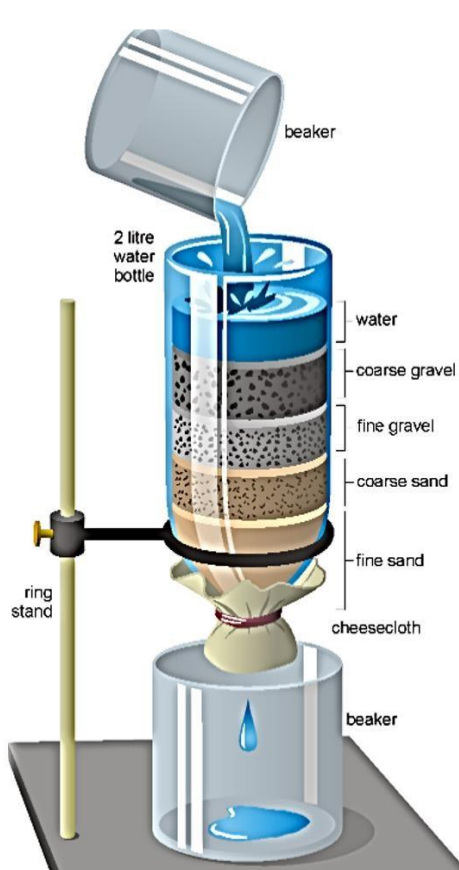
Later At home you can try and flip the bottle onto objects like a table ! Then when you can do that you can try something higher and then something that moves – like on to a skate board !



10 WAYS TO STOP YOUR KIDS FROM DRIVING YOU BONKERS



# RESEARCH AND MAKE YOUR OWN FILTER



# TIGHTS AND BALLS RACE

Fill water bottles about a third full.

Put a soft ball in each toe of the tights.

Place the water bottles in lines.

Using one of the following methods.

1) Put one leg of a pair of tights onto you head.

2) Tie the tights around your waist (two legs, one ball in each).

Race to knock them all down first, it's harder than it looks!



# SIMPLE RECYCLE GAME

# RECYCLING GAME

What can you recycle ?

Which item goes into which bin?



CLOTHES  
RECYCLING



FOOD  
WASTE



# RECYCLING RELAY

## **You Will Need:**

- 3 labelled boxes: 1 recycles, one reuse, and one trash
- Two boxes of clean trash

## **How To:**

1. This game would work well for age groups. Basically, you have to gather a pile of recyclable, reusable and landfill items. 20 would be enough.
2. Now place the three boxes at the end of the playing area. The Reuse box should be placed the closest; the Recycling Box should be placed midway, and the Landfill Box must be furthest away.
3. The playing teams have to figure out what they have to do with each item and then run to the bucket and place in the appropriate bin. They more items they reuse, the more items they can recycle. It also increases their chances of winning. Besides, it will reinforce the idea that reusing is cheaper and requires lesser resources than recycling. Recycling, on the other hand, uses fewer resources than land filling.
4. At the end of the game, you have to review each item in the bin. The team members have to explain how they would reuse an item in the reuse bin to confirm that the items put in the recycling bin are recyclable in the community.
5. You are even free to deduct the points if you feel the item put in any bin is incorrect.

# RECYCLING BIN RACE GAME

## **You Will Need:**

- Paper
- Pen or marker
- Scissors

## **How To:**

1. Now you have to call out the items one at a time. The children have to run and stand under the sign corresponding to the recycling bin they belong to.
2. Gather the child in the playing area. Tell them that they have to play the roles of the item that can be recycled and have to get to the correct recycling bin as quickly as they can.
3. Ask the kids to make FOUR signs- 'Plastic', 'Glass' 'Cardboard' and 'Paper'. Hang the signs in different parts of the meeting room.
4. Here's a list of the items for you to call out:

Milk carton	Pickle jar	Fruit trays
Magazines	Newspaper	Egg box
Junk mail	Meat trays	Jam jar
Cereal box	Plastic water bottle	Wine bottle
Ketchup bottle	Beer Bottle	Packing Boxes
5. Kids will have a thrilling time trying to get to the right bin as fast as they can.

# RECYCLE MODELS

Ask them to bring items that CAN BE RECYCLED to make a model of their choice or give them a theme.

A simple cornflake box could be lots of things with just a little imagination.

Robots, houses, money boxes, mobile phone, pencil tin, recycle picture or even a working water fountain!

You will need to supply the various extras needed like scissors, glue, cellotape etc. Discuss with them the previous week the model, to limit the number of extras you may need to provide.

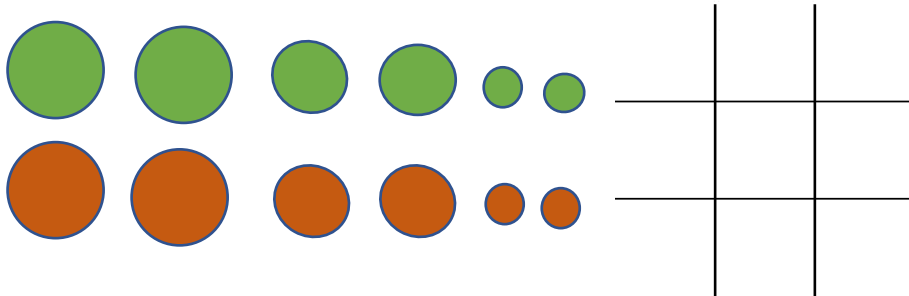


# RECYCLED GOBBLER GAME for 2 players (Noughts & Crosses)

You need two colours, for example 6 green pieces & 6 orange pieces

Three different sizes of that will fit over each other in the two different colours.

(For example use plastic tops. Milk bottle tops is good for the middle size)



Mark out a noughts & crosses board on card or cardboard, big enough for your largest plastic piece.

## Game Play

Each player chooses a colour. Then, in turn, you can **either**:

1. In turn put a new Gobbler piece on the board, on an empty space or over a smaller Gobbler.

**OR**

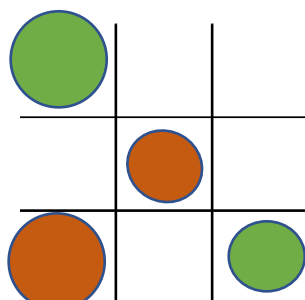
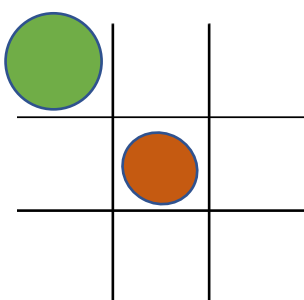
2. Move one of your Gobblers already on the board to an empty space or over a smaller Gobbler!  
Once you touch a Gobbler on the board, you must move it.

## End of the Game

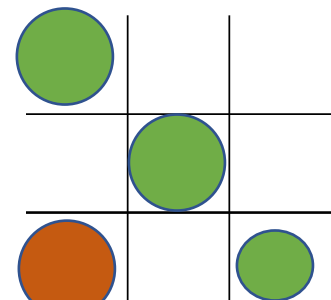
If you are the first player to get 3 pieces, of any size, in a row, you win!

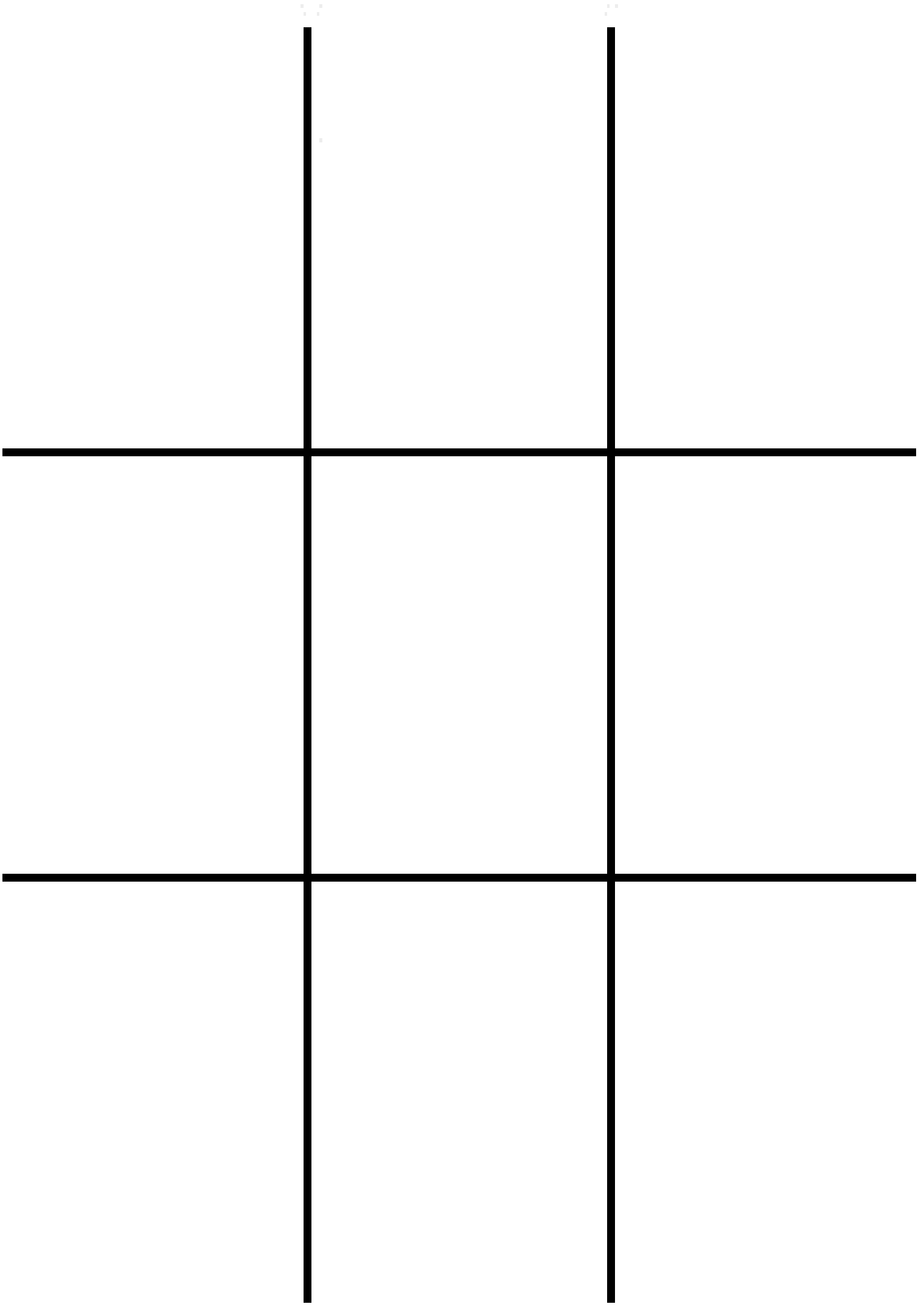
Tips to win!

- You don't have to start with your bigger pieces.
- Do not hesitate to gobble up your opponent's pieces.
- You can gobble up your own pieces.
- You can gobble up any smaller size Gobbler. It does not have to be the next size down.
- The first player to align 3 pieces in a row wins, so when you wish to move a piece try to remember what is under it.
- Always look at what your opponent is doing, think ahead and have fun.



The Green uses their biggest piece to cover the middle orange and wins the game







# USING LESS PLASTIC

Discuss the following pictures:

- You can reduce ocean plastic.
- Reasons to refuse single-use plastic.
- Travel with less plastic.

Discuss ways everyday items may have changed recently.

Can they name ten items that have changed. For example:

- recycle signage on packaging
- changing plastic straws to paper straws

**9 WAYS YOU CAN REDUCE OCEAN PLASTIC**

- 1**  **Boycott single-use plastic**
- 2**  **Join the reusable revolution**
- 3**  **Shop local & request plastic-free packaging**
- 4**  **Minimise bathroom & cleaning products**
- 5**  **Purchase second hand instead of buying new**
- 6**  **Buy fewer, high quality items made to last**
- 7**  **Choose products made from recycled materials**
- 8**  **Consider sharing or hiring instead of owning**
- 9**  **Lead by example to inspire others too**

**#BeTheChange #UseLessPlastic**

**LESS PLASTIC.**

[WWW.LESSPLASTIC.CO.UK](http://WWW.LESSPLASTIC.CO.UK)

# 9 REASONS TO REFUSE SINGLE-USE PLASTIC



1 Made from fossil fuels



2 Huge carbon footprint



3 Will still be here in hundreds of years



4 Only a tiny percentage is recycled



5 Leaches toxins into food & drink



6 Causes hormone disruption & cancers



7 Pollutes our oceans



8 Kills marine animals and birds



9 Enters our food chain

# 9 WAYS TO TRAVEL WITH LESS PLASTIC



1 Reusable drinks bottles\*



2 Bamboo travel cutlery



3 Bring your own snacks



4 Look up how to say "no straw please"



5 Choose ice creams in cones not cups



6 Beverages in glass bottles, cans or on-tap



7 Collapsible food pots for snacks and take-outs



8 Soap & shampoo bars and plastic-free deodorant



9 Reusable shopping bags

# DISCUSS, HIDE AND SEEK RECYCLING GAME

Print all the pictures and then cut out the bins and then the smaller pictures.

Laminating them is a useful way to save them for reuse - optional.

First use the bin pictures to have a general discussion of what goes in each of them and ask them lots of questions about why.

Then hide the bin pictures around the room.

Give out the small pictures and ask them to go and put them in the correct bins.


Discuss their choices, were they correct, is there more than one answer?

## Keep Recyclables:



- 1. EMPTY**  
NO FOOD OR MINIMAL FOOD RESIDUE.
- 2. DRY**  
NO LIQUIDS REMAINING.
- 3. LOOSE**  
DO NOT BAG RECYCLABLES.

## What To Do with Household Batteries



Alkaline Batteries	Rechargeable Batteries	Button Batteries
Dispose in the rubbish	Take to a local disposal point	Take to a local disposal point

GLASS



ALUMINUM & TIN



CARDBOARD



PLASTIC CONTAINERS



PAPER & PLASTIC CUPS



STYROFOAM



TANGLERS

(HOSE, WIRE, ROPE)



NO FOOD LEFT  
IN CONTAINERS



PLASTIC BAGS  
& WRAP



Newspaper



Magazines



Office Paper

**SHOES**



**CLOTHES**



**WATER**



**WASTE FOOD**



**ELECTRICAL ITEMS**



**GARDEN WASTE**



**GRASS**



**ALKALINE BATTERIES**



**OLD PAINT TINS**



**NAPPIES & PADS**

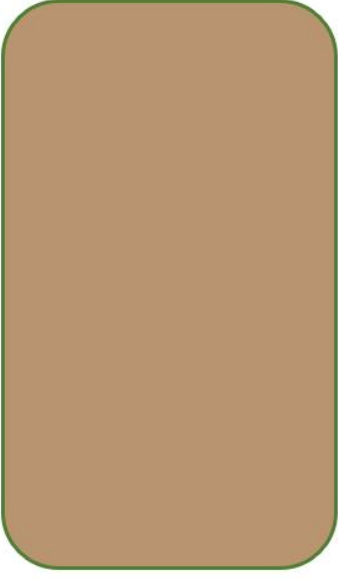


**PICNIC WASTE**

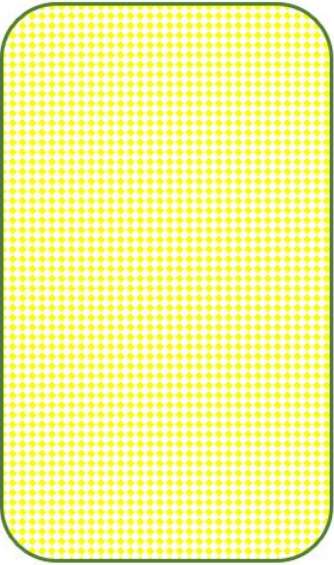


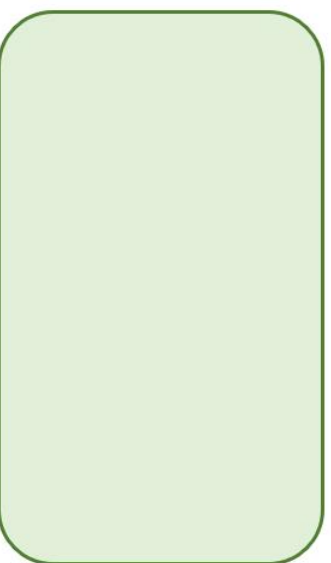
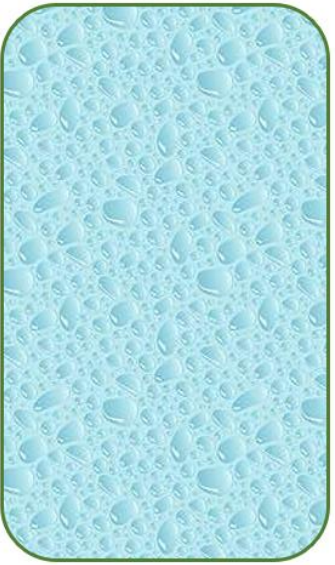
**STORAGE TUBES**

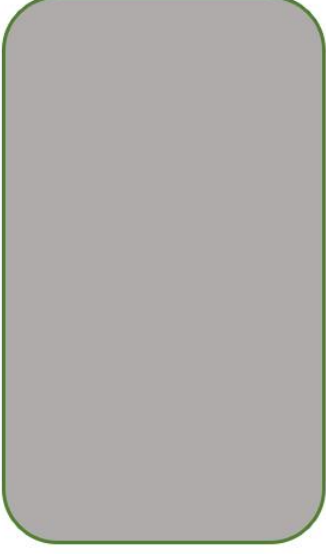




**CARDBOARD**







**?**  
**BIN OR TAKE HOME**





