



Water is life!

Nanteya Mamayio is a 13-year-old girl who lives in a rural area of Kenya. She wakes up each morning and makes tea, milks goats and then gets water for her family. That daily trip for water used to take her seven hours! She brings home 20 liters (5.3 gallons) of water. But then a sand dam was built with MCC support. Now her walk for water takes three hours, and she has time to go to school. "What I love most about school is reading and playing soccer. I think I would like to be a lawyer when I finish school," Nanteya said. "I like when water is close. I have time to do other things."

A video of Nanteya is at https://mcc.org/stories/access-water

A sand dam is made of stones and cement. It keeps water and sand from washing away. Water that would have flowed away now collects in the dam and can be used by those who need it.

## How much water do you use?

The average U.S. or Canadian citizen uses about 115 gallons (350 liters) of water each day. How does this compare with the amount of water Nanteya collects for her family?

### Here are some ways you use water:

Brushing your teeth: 1 gallon
Flushing the toilet: 3 gallons

Taking a shower: 2-5 gallons per minute

Taking a bath: around 36 gallons

List some ways you can save water.

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Imagine Nanteya collecting this amount of water for herself and her family.

How many jugs would she need to fill each day if her jug holds about 5 gallons?

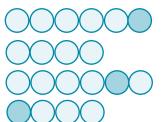
## Water word scramble

Unscramble the words then use the letters to spell a hidden word.

wnos
rehosw
emats
lewl

kucbte mupp

taceuf







Read a
Bible story
about
water

Water was not piped into houses during Bible times. Instead, everyone went to a dam or a well to collect water and take it home for drinking, cooking, bathing and other necessities. Each day people socialized as they gathered around wells and collected water. You can read an example of this in **Genesis 24:11**.

# Find your way to water

Carry the water jug through the maze to reach the water at the center.

# Can you do this?

In places where people walk a long way to get water, they often carry it on their heads. Can you carry water on your head?

- Go outside with a small bucket of water and a long towel.
- Twist the towel and then wrap the two ends together to form a loop.
- Set the loop on top of your head to create a flat surface.
- Then, place the small bucket on top of the towel.

How many steps can you take without the water spilling?













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