



This game is fantastic for those sweltering days when being splashed with water is a welcome relief. It's a wonderful ice-breaker for new groups and, with all the laughs and camaraderie, it's great for team building. Being pitched against the element of water itself, rather than each other, allows everyone the freedom of being themselves and playing just for the sheer fun of it. If anyone does feel upset about any spills, this light-hearted game offers a safe space to explore self-regulation. And strength and coordination come into play as you try not to spill a drop of the precious water.

Get ready

Find somewhere to play, ideally near a water source for quick refills. Ensure the area is free from trip hazards and any plants that can sting or scratch. Fill up a spare bucket with water. Next, choose the order of the first two players, bearing in mind that they will need to be strong enough to lift the weight of a full bucket/container.



Get set

Players can now grab their own buckets and form a wide circle, stretching out both their arms to the players on either side of them so only their fingertips touch. Now fill up Player One's bucket with water.

LOCATION Any outdoor landscape, ideally with a clean, natural water source or running taps available on site

AGE GROUP 4 years +

NUMBER OF PLAYERS 5 +

LEARNING ABOUT ... ↓ Being active ↓ sensory experiences ↓ focus
 ↓ gross motor skills ↓ freedom ↓ communication
 ↓ team building ↓ self-regulation ↓ enthusiasm
 ↓ confidence

KIT → One bucket (or equivalent container) per player and one spare to carry water
 → If no water is available on site, bring a large container with enough water to fill at least three buckets for three rounds

OPTIONAL → Towels to dry off with, a change of clothes



Go!

The players now work as a team and their opponent is the water itself! Trying to make the bucket of water last as long as possible, Player One throws the water into the air toward Player Two, who is standing next in line around the circle. Player Two must try to catch as much of the

TRY THIS!

If the container of water is too heavy for younger players to carry, place them further away from the starting point, allowing for more spills to lighten the load before it's their turn.



water as they can in their own bucket or container, then throw the water toward Player Three. Keep going around the circle until all the water has gone, seeping into the ground or dripping from the players themselves!



Endings

There's sure to be lots of laughs and retellings of the highlights at the end of the game, such as who got the most soaked and who caught the most water! Allow time for this before asking if anyone wants to play again.

Some watery facts to share once you've finished your last game: does anyone know how much water is on our planet? Water covers 71 per cent of the Earth's surface, mostly in the form of salty oceans. Because of the oceans' great depths, we have only been able to explore roughly five per cent of this magical habitat. Imagine how many more species there are to discover.



Our bodies are mostly water too, averaging 60 per cent for adults, and it's essential we rehydrate by drinking fluids and eating foods that contain water. Can anyone think of any other species that drink water? How about trees, which suck up water into their branches and leaves through their roots - although we are still not absolutely clear how they achieve this incredible feat! The water is combined with carbon dioxide and sunlight to make sugars - the tree's very own food - in a process known as photosynthesis.

