

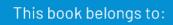




Coliban

Activity book

Have fun with the Choose Tap gang and learn how to be water smart!

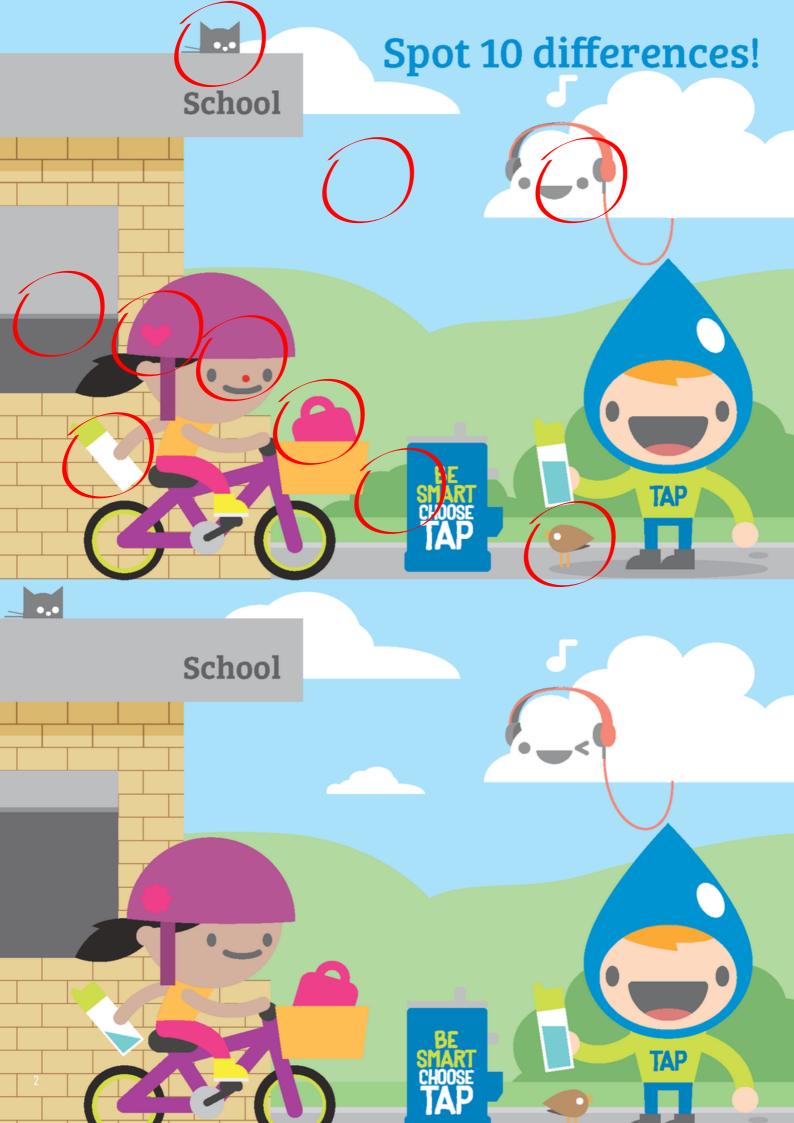






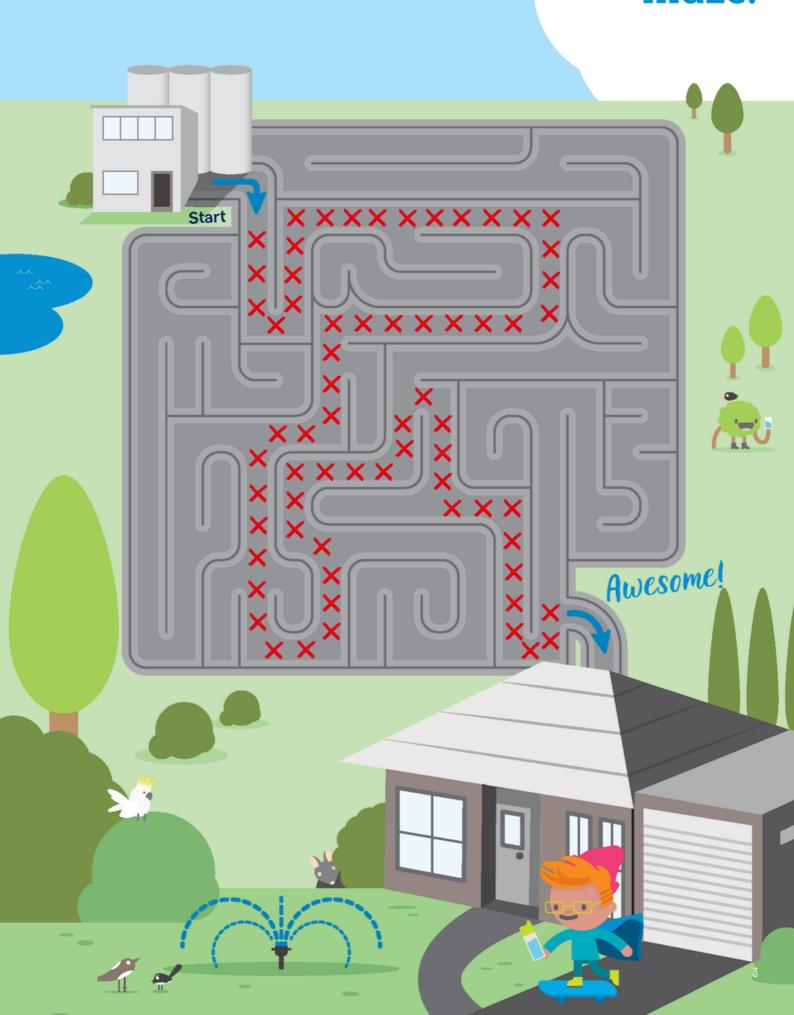


How does water get into my tap? Fill in the blanks using the words in the picture! Clouds River Water Reservoir **Treatment** Plant Rain falls from the: ouds Water flows into: (pick one) Groundwater reservo Clearwater The water is treated in a: Storage Tank water t r e a t me n t a n t Close to towns, water is stored in a: e a r water House torage tank The water then flows through pipes to my: house Visit coliban.com.au to find out



Water is transferred from our water treatment plant to your house through a network of pipes under the ground. Find the right pipes to take water to the house.

Pipe maze!



aration challende Choose Tap household

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The aim of the Choose Tap household hydration challenge is to see which household member drinks the healthiest drinks over one week.

Rules

- Write each household member's name down the left column.
- Household members get a tick if they only drink water each day.
- Household members get a cross if they drink one or more sugary drinks each day
- drink one or more sugary drinks each day.

 Adults are still allowed tea or coffee with milk, but try reducing the amount of sugar
- Juices, flavoured water, flavoured milk, cordial and sports drinks are all sugary drinks and result in a cross.

by a quarter of a teaspoon.

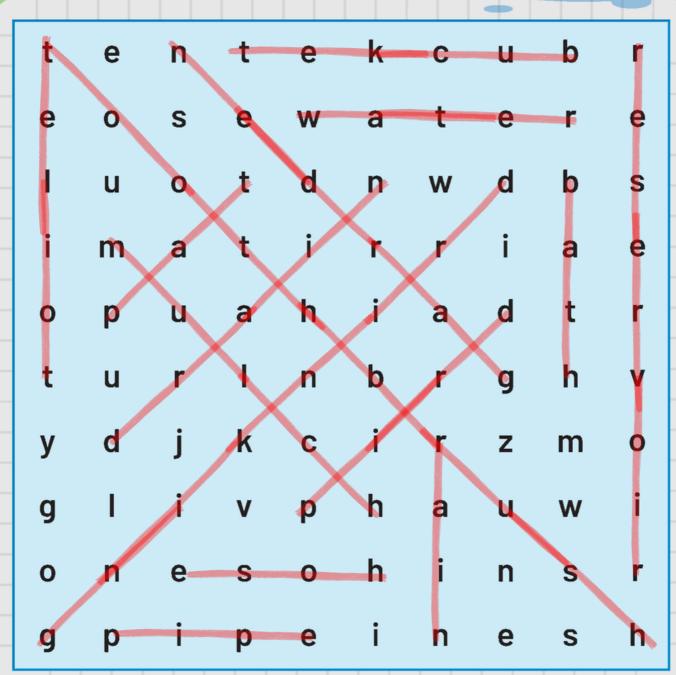
Diet drinks will also result in a cross as these contain ingredients that may be bad for our teeth and health.



Water word search!

Up, down, backwards and diagonal!





bath bucket drain drinking drip garden hose mulch pipe rain reservoir tap toilet toothbrush water





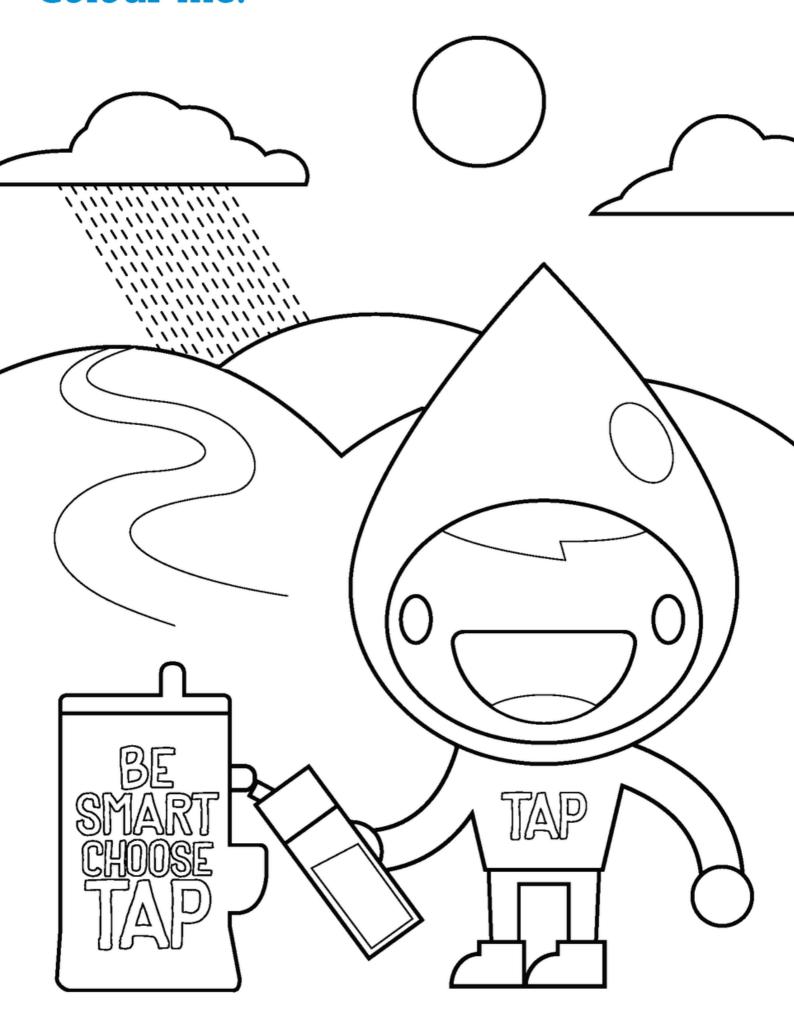
Wastewater is the water we have used and made dirty.

Where would you make wastewater in your house?

- 1 shower
- ²bath
- ³toilet
- 4bathroom sink
- ⁵ washing machine
- ⁶ laundry sink
- ⁷ kitchen sink
- ⁸ dishwasher



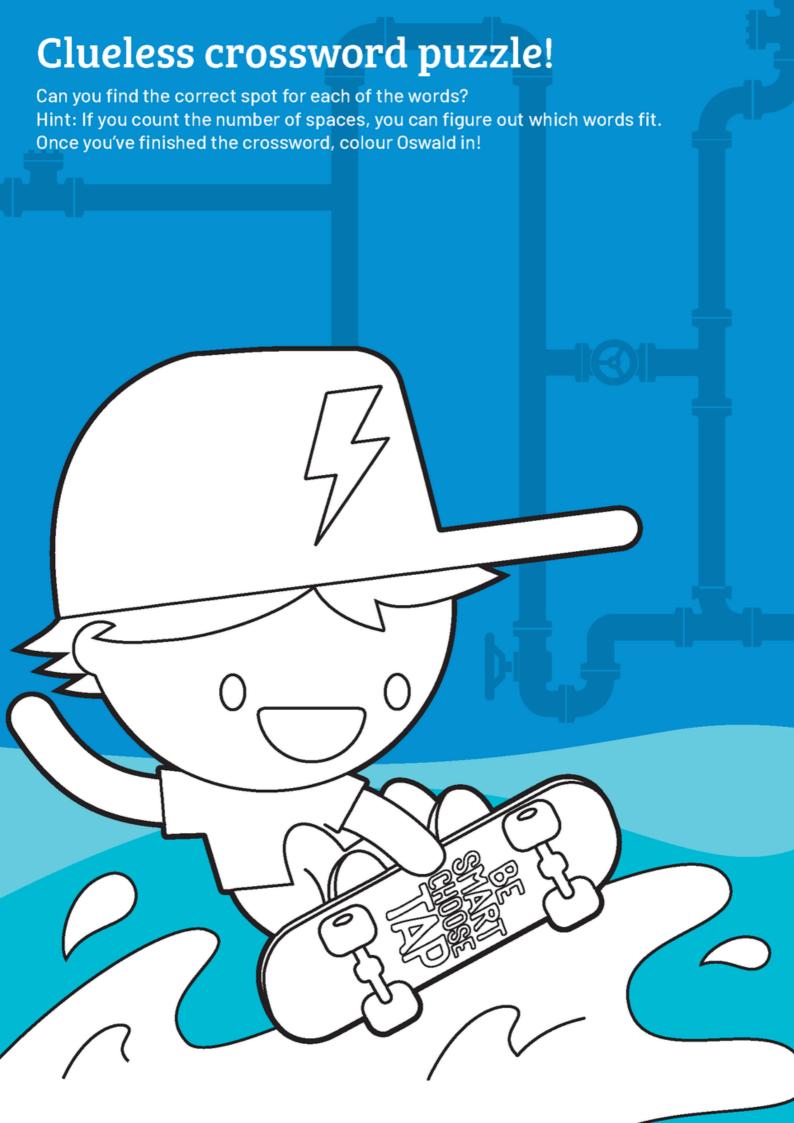
Colour me!

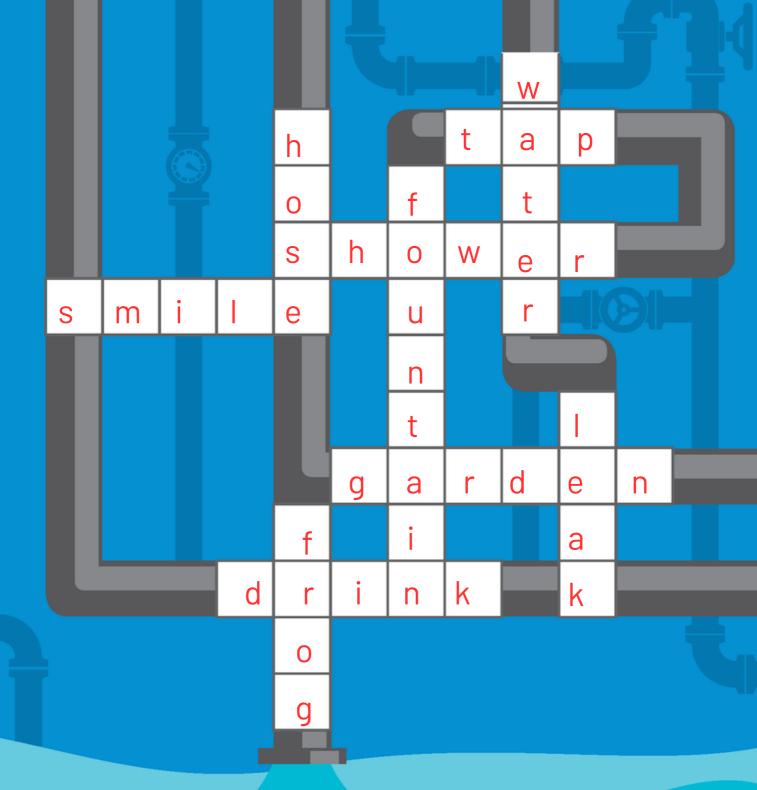


Be water smart!









Words

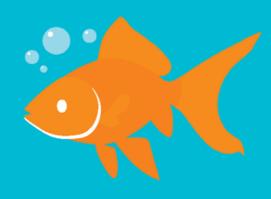
Across

tap (3 letters)
drink (5 letters)
smile (5 letters)
garden (6 letters)

shower (6 letters)

Down

frog (4 letters)
hose (4 letters)
leak (4 letters)
water (5 letters)
fountain (8 letters)

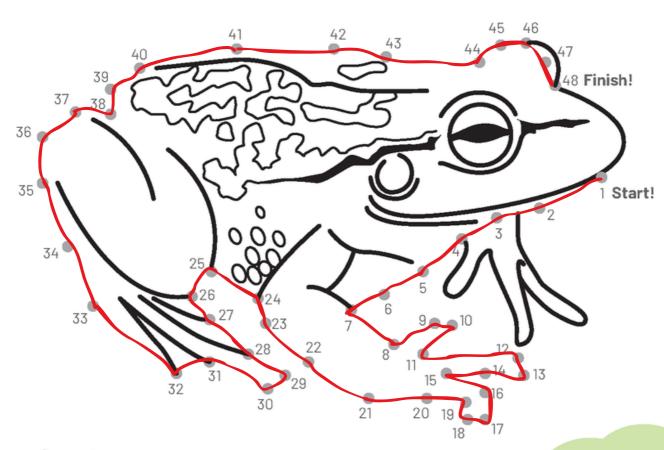






Dot to dot!

Join the dots and see what the picture is - then colour it in!

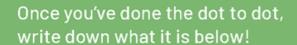


Fun fact!

Did you know the endangered **Growling Grass Frog** has been spotted at the Bendigo Water Reclamation Plant?

They like to hide under rocks for protection and then they come out to find food.

The green area is where the **Growling Grass Frog** lives in Victoria.



g r o w l i n g g r a s s f r o g

Battle of the cans!

What goes in the bin, and what goes in the toilet? Write the words in the correct columns.





cotton buds
wet wipes
tissues
paper towels

toilet paper pee



Words:

rubbish poo cotton buds

toilet paper wet wipes pee

tissues paper towels

Remember – only flush the 3 Ps!

The 3 Ps are **Pee**, **Poo** and toilet **Paper**. If you flush other things (like wet wipes) they get caught inside the pipes, causing blockages that are hard to remove!



Take the Water Hero pledge!



Be a Water Hero! Tick the pledges below.

I will remember to:

- Carry my own drink bottle with me, and refill it from the tap
- Choose tap water as my main drink
- Take shorter showers
- Use the half flush button on the toilet
- Turn off the tap when I brush my teeth
- Check the hose is turned off
- Only flush the 3Ps (pee, poo and toilet paper) down the toilet
- Show this book to an adult at my house and talk about how we can save water



Would you like your very own Water Hero cape?



Follow the link, add your details, and we'll send you one in the mail.



Cut out your bookmark!

Did you know our bodies are 60% water?

Connect with us







1300 363 200 37-45 Bridge Street, Bendigo VIC 3550

coliban.com.au





Want to check your answers? Follow the link to our education hub.







Have you had enough water to drink? Check your wee to see!





Well done, you're drinking enough water!





Good work, have a sip of water





Have a drink of water





Have a big drink of water..





You haven't had enough water today. Have a big drink of water now and more over the next hour



Please Note: This information is provided for education and informational purposes only. It is not substitute for professional medical advice and is not to be relied upon as constituting advice.

For more facts about how you can stay healthy and hydrated visit our website coliban.com.au



