



## **WOW! Wonders of Water with Healthy Habits Series**

**Grades 2-3**

## **Series Overview**

The focus of this series is for girls to learn to use their leadership skills and values to protect water. The sessions will also include a special focus on active, healthy living.

There are 8 1-hour sessions in this series and activities in each session are designed to be hands-on and fun. It is the fun that keeps the girls coming back to Girl Scouting! An important part of Girl Scouting is girl planning. Whenever possible, encourage girls to get involved in planning. This will give them ownership of their Girl Scout group, influence in directing of their Girl Scout program, and experience in planning and decision making.

Each session fulfills national leadership outcomes from the Girl Scout Leadership Experience, where girls Discover, Connect, and Take Action. Girls achieve these outcomes through the three Girl Scout processes: Girl Led, Learning by Doing, and Cooperative Learning. Throughout the series sessions, the outcomes met through the activities are noted under the appropriate activity. Another important piece of the activities is the reflection that you do with the girls at the end. Doing reflection in an enjoyable way helps girls process and retain what they have learned through their Girl Scout experience. One easy way to do reflection is to ask the girls: What?, So What?, and Now What?

## **Supplies Needed:**

### **Meetings 1-8**

- Large Paper
- Crayons
- Markers
- “WOW Wonders of Water” Girl Book and Adult Guide
- WOW Wonders of Water with Healthy Habits booklet
- Bucket
- Water
- Water absorbing balls
- Plastic water bottle, cut in half, per ach girl
- Gallon-size resealable storage bag, per each girl
- Pebbles
- Potting soil
- Seeds - grass, beans, or whatever you have available
- Copies of water drop sheet (page 51, Adult Guide)
- ChooseMyPlate model (available here [http://www.choosemyplate.gov/images/MyPlateImages/PDF/myplate\\_green.pdf](http://www.choosemyplate.gov/images/MyPlateImages/PDF/myplate_green.pdf))
- Paper plates
- White paper
- Scissors
- Glue
- Plastic cups
- Bundles (could be stack of paper, books, coats, etc.)
- Copies of “Love, Save, Share” story (page 72-73, Adult Guide)
- Vegetable oil
- Cocoa powder
- Aluminum roasting pans
- Paper towels
- Clean up materials such as: string, polyester batting or stockings, cotton balls, craft sticks, drinking straws, and plastic teaspoons
- Pencils
- Energy Balance Quiz questions & answers
- Cotton string
- 1 large plastic tub
- 2 plastic straws, per girl
- 1 cup dishwashing liquid
- ½ cup light colored corn syrup or glycerin
- Watercolor paints
- Paintbrushes
- Newspaper to cover tables
- Ball (any kind)
- Plastic water bottles or baby food jars
- Blue food coloring

- Glitter
- Plastic sea creatures
- Vegetable oil
- Masking tape
- Salt
- Bouncy ball

## Meeting One: Loving Water

### Goals:

Girls will be able...

1. To express what they love about water.
2. To understand and experience water's importance in the world.

### Group Leader Preparation:

1. Read and reread the outline for this week.
2. Make sure you have all the supplies listed below.

### Equipment/Supplies:

- Large Paper
- Crayons
- Markers
- WOW Wonders of Water Girl Book and Adult Guide
- Bucket with water
- Water absorbing balls

### Start-Up Activity: Favorite Water Activities (10 mins)

1. Gather the girls into a circle and ask the girls to introduce themselves by saying their name and their favorite water activity.
2. Say: *We're about to start a journey called WOW! Wonders of Water where we will learn about the power of water and how to protect it. Drinking water is part of keeping your Energy Balance. Energy Balance is the balance of two things: **Energy In**- the calories you get from eating and drinking, and **Energy Out**- the calories you burn from physical activities. Water is not only important to our world, it's important to our bodies. You need water to boost your immune system, which helps keep you healthy. It is also needed for good digestion and every cell in our body depends on water to function properly.*

### Activity 1: Starting a Team WOW Map (15 mins)

1. After all girls have shared their favorite water activities, invite them to draw them on their Team WOW Map. To add an Energy Balance focus, you can divide the large paper into two sections: Energy In and Energy Out activities.
2. Encourage the girls to spread their ideas around so that they can add things during future sessions if they have time.

### Activity 2: Protecting Water (10 mins)

*Connection to GSLE-*

- *Discover: Girls develop positive values by beginning to apply values inherent in the Girl Scout Promise and Law in various contexts.*
- *Discover: Girls develop positive values by being able to examine positive and negative effects of people's actions on others and the environment.*
- *Take Action: Girl advocate for themselves and others by gaining a better understanding of their rights and those of others.*
  1. Read to the girls, "The Blue Planet" section of the book (page 24). Then ask:

- a. Why do you think it's important to save water and keep it clean?
  - b. How might you save water and keep it clean in your life?
  - c. What are some ways you can make sure the right to water is respected and honored for everyone?
2. Then say: *If we all save water and keep it clean, we are using resources wisely.*
  3. Now read to the girls the "Loving Water" section of the book (page 29), which asks them to list ways they can help care for water, such as stopping dripping faucets and wasted water running down a drain.

**Activity 3: Water Fun (15 mins)**

1. Engage the girls in an Energy Out activity by playing Drip, Drip, Drop outside.
2. Sit the girls in a circle and choose one person to be "it." The girl who is "it", gets a water filled ball out of the water bucket.
3. She goes around the circle saying "drip, drip, drip...." while she drips water from the ball onto the other girls' heads. When she wants to say "drop", she squeezes the entire ball on the girl and runs around the circle while the wet girl chases her back to the spot. Then the wet girl is "it."

**Closing: (10 mins)**

1. Have all the girls participate in clean up.
2. Bring the girls back into a Friendship Circle and do a friendship squeeze.
  - a. Put right arm over left. Hold hands. One person gently squeezes her neighbor's hand and the squeeze gets passed around the circle.
3. Dismiss the circle.

## Meeting Two: States of Water

### Goals:

Girls will be able...

1. To learn about the water cycle.
2. To think about the promise they'll make to protect water.

### Group Leader Preparation:

1. Read and reread the outline for this week.
2. Make sure you have all the supplies listed below.

### Equipment/Supplies:

- "WOW Wonders of Water" Girl Book and Adult Guide
- Plastic water bottle, cut in half
- Gallon-size resealable storage bag
- Pebbles
- Potting soil
- Seeds - grass, beans, or whatever you have available
- Water
- Copies of water drop sheet (page 51, Adult Guide)
- Crayons
- Team WOW Map

### Start-Up Activity: Opening (10 mins)

1. Gather girls into a circle
2. Recite the Girl Scout Promise.
3. Ask each girl to describe a place where she would collect water and what she likes about that water source. Ask each girl: *Is it freshwater or saltwater? Is it clean enough to drink?*
4. Then add an Energy Balance by asking:
  - a. What do you drink every day?
  - b. What do you drink with your meals?
  - c. What do you drink when you're thirsty?
5. Say: *It's good to vary your beverages and just like with foods, drinking a variety of different fluids helps keep you in balance and hydrated.*

### Activity 1: States of Water: Biome (20 mins)

1. During this activity, girls will create their own biome to understand the water cycle. Before beginning, show them page 15 of the girl book which outlines the water cycle.
2. Then give each girl the bottom half of a plastic bottle and lead the girls step by step through the following directions.
  - a. First, pour pebbles into the bottom half of the plastic bottle. The pebbles should be about a half an inch deep.
  - b. Then, pour some potting soil over the pebbles. Your biome should have about twice as much soil as pebbles.
  - c. Now, to plant the seeds. Make a trench down the center of the soil that's as deep as your fingernails.

- d. Then sprinkle a pinch of seeds in the trench.
  - e. Cover it up with the soil.
  - f. Water the soil just until you see the water collect at the bottom of the pebbles.
  - g. Put the biome in a plastic bag and seal it.
3. Say: *Now, you've created an environment for your plants. You won't need to water your seeds again because the water will recycle itself. The roots of the plant absorb the water and the water travels up the stem to all the parts of the plant. When the water gets to the leaves, some of it evaporates. Some water also evaporates from the soil. The evaporated water forms drops on the bag. This is called condensation. The condensation then falls back down to the ground, like rain. This is called precipitation. This is the water cycle-evaporation, condensation, and precipitation. Put your biome in a sunny place and in about three to four days your plants should start growing. The cool thing about a biome in a baggie is that everything your plants need is there. It's got water, nutrients from the soil, air from the bag, and it makes food from the sun.*

### **Activity 2: My Water Promise (15 mins)**

#### *Connection to GSLE-*

- *Connect: Girls feel connected to their communities, locally and globally by recognizing the important of being part of a larger community.*
  1. Invite the girls to create a “water promise” they would like to keep. Give each girl a “water drop” sheet and ask them to use the water drop to “capture” their water promise.
  2. Add an Energy Balance by saying: *Keeping a promise makes us feel proud of ourselves. How we feel about ourselves is called self-esteem. When we feel good about ourselves, we tend to make healthier choices.*
  3. Now give the girls the following statements and ask them to draw their answer around their water drop:
    - a. I am really good at...
    - b. My favorite thing to do is...
    - c. I have lots of...
    - d. My family says I'm...

### **Activity 3: Team WOW Map (5 mins)**

1. Give girls time to add to their Team WOW Map. They can add the special water places that they talked about at the beginning.

### **Closing: (10 mins)**

1. Have all the girls participate in clean up.
2. Bring the girls back into a Friendship Circle. Ask the girls to join hands and walk slowly in one direction, then stop and walk slowly in the other direction. Remind them that this is what the water cycle does.
3. Then teach girls this short chant about water:
 

Water, water, here and there  
We are Brownies and we care  
Liquid flows and vapor rises  
Snowflakes drift, ice disguises  
Water changes round and round  
Brownies watch the rain fall down.
4. Do a friendship squeeze.



- a. Put right arm over left. Hold hands. One person gently squeezes her neighbor's hand and the squeeze gets passed around the circle.
5. Dismiss the circle.

## Meeting Three: Water for All

### Goals:

Girls will be able...

1. To understand why it's so important that people's right to water is respected and honored around the world.

### Group Leader Preparation:

1. Read and reread the outline for this week.
2. Make sure you have all the supplies listed below.

### Equipment/Supplies:

- "WOW Wonders of Water" Girl Book and Adult Guide
- ChooseMyPlate model (available here [http://www.choosemyplate.gov/images/MyPlateImages/PDF/myplate\\_green.pdf](http://www.choosemyplate.gov/images/MyPlateImages/PDF/myplate_green.pdf))
- Paper plates
- Crayons
- White paper
- Scissors
- Glue
- Plastic cups
- Water
- Bundles (could be stack of paper, books, coats, etc.)

### Start Up Activity: What's On Your Plate? (10 mins)

1. Show girls a copy of the colorful ChooseMyPlate and explain that eating a variety of foods will protect their bodies, give them the energy to do all the things they want to do, and help them grow up strong and healthy.
2. Give each girl a paper plate and create four color sections: grains, proteins, fruits, and vegetables. For dairy, they can cut out a separate circle as a cup and attach it next to their plate. Tell girls to draw foods they think go in each section, or offer them help by saying: **oatmeal, pasta, and whole wheat bread are grains. Chicken, hamburger, and nuts are protein. Yogurt, cheese, and milk are dairy.**

### Activity 1: Gathering Water Activity (15 mins)

1. Explain to the girls that in poor countries' it is often a girl's job to fetch water throughout the day. Explain that the cups they use today symbolize the large containers or buckets that some girls need to carry.
2. Break the girls into teams and give each team a bundle to carry which represents their younger sibling who they need to care for and carry with them. Then give each team a plastic cup filled with water and ask the girls to walk from one side to the other, without spilling a drop. Continue until each girl has had a chance.
3. Then ask: *What did you need in order to keep the water from spilling as you walked? (balance) How did you stay balanced?*

### Activity 2: Story Time: Part 1 (15 mins)

1. Now read to the girls Part 1 of the book: One Sparkly Drop. While you are reading, pause to answer any questions girls have or ask them questions about what you have read.

### **Activity 3: Rationing Water (15 mins)**

#### *Connection to GSLE-*

- *Take Action: Girls are resourceful problem solvers as they are better able to develop a basic plan to reach a goal or a solution to a problem.*
  1. Open a discussion about all the daily activities that require water. Say: *Begin in the morning. Do you take a shower? Brush your teeth? Now think about how much water you and your family might need throughout a whole day.*
  2. Next, ask the girls to imagine dividing up the small amount of water brought home in their “bucket” to do all the jobs they’ve just named. Ask: *Would there be enough water? Why or why not? How could you make the water last longer?*
  3. Let the girls know that they will now work together to decide how to use one bucket of water to complete four tasks: cooking oatmeal, washing dishes, bathing a baby, and doing laundry. Ask: *Which task will need the most water? Which the least?*
  4. Ask the girls to decide the order in which they should do the tasks. Say: *Consider which tasks need clean water and which tasks could use the same water. How about water for drinking? Is there enough?*
  5. Close the activity by guiding girls to understand that water is so scarce in some places that each day millions of women and children have to make the kind of choices they just did. Say: *That’s why it’s so important for you to learn to protect Earth’s water and advocate for everyone to have the right to enough clean water.*

#### **Closing: (5 mins)**

1. Have all the girls participate in clean up.
2. Bring the girls back into a Friendship Circle and sing Make New Friends.  
Make new friends, but keep the old, one is silver and the other gold.  
A circle’s round, it has no end, that’s how long I want to be your friend.
3. Sing the song once and then ask girls to repeat each line after you say it.
4. Then sing the whole song as a group.
5. Dismiss the circle.

## Meeting Four: Teaming Up as Advocates to SAVE Water

### Goals:

Girls will be able...

1. To understand the effects of an oil spill on water.
2. To create a plan for their Save Project.

### Group Leader Preparation:

1. Read and reread the outline for this week.
2. Make sure you have all the supplies listed below.

### Equipment/Supplies:

- “WOW Wonders of Water” Girl Book and Adult Guide
- Copies of “Love, Save, Share” story (page 72-73, Adult Guide)
- Vegetable oil
- Cocoa powder
- Clear plastic cups
- Water
- Aluminum roasting pans
- Scissors
- Paper towels
- Clean up materials such as: string, polyester batting or stockings, cotton balls, craft sticks, drinking straws, and plastic teaspoons
- Chart paper
- Markers

### Start Up Activity: Heroines of Water (10 mins)

*Connection to GSLE-*

- *Take Action: Girls educate and inspire others to act as they learn to communicate their reasons for engaging in community service and action.*
  1. Read some examples from the book of girls and women who are loving and saving Earth’s water.  
*Ask: Do you have a favorite? Who is it? Why?*
  2. Remind the girls that they have something in common with these heroines: they’re acting to SAVE water, too!
  3. Add an Energy Balance focus by asking girls if they know of any water athletes. For example, a woman who swam across an ocean? Or won a swimming race? Remind the girls that these are all Energy Out activities.

### Activity 1: Love, Save, Share (10 mins)

*Connection to GSLE-*

- *Connect: Girls feel connected to their communities, locally and globally as they recognize the importance of being part of a community.*
  1. Give the girls copies of the “Love, Save, Share” story on page 72-73 of the adult guide. Have the girls read the story together or even act it out.
  2. Compare what is happening in the story to the way water travels from a small stream to a river and, eventually, to the ocean.

3. Then add an Energy Balance focus by asking the girls to act out ways they can: love their bodies or save their bodies. If they need help with ideas, refer to the pictures they drew of things they are good at or their favorite things to do.

### **Activity 2: Science Time: Oil Spill (20 mins)**

1. Say: *Your team will work to find the best system to contain and clean up an oil spill, using a variety of materials to simulate real methods.*
2. Give each team paper and pencil to record their observations during the activity. Then give them the following directions:
  - a. *First, mix 1 cup oil with 2 teaspoons cocoa powder in a plastic cup to make "crude oil."*
  - b. *Fill one of your pans ½ full with water.*
  - c. *Dump the crude oil into the pan-that's your spill! Record your estimate of how much water is covered with oil.*
  - d. *With your team, decide how to use the available materials to clean up the spill.*
  - e. *When I give you the signal, begin your cleanup. You'll have ten minutes.*
  - f. *Use your chosen materials and techniques to remove as much oil as possible. (Put used materials and removed oil in your other pan.)*
  - g. *Record each step so you can compare results with your fellow environmental scientists!*

### **Activity 3: Choosing a SAVE Project (15 mins)**

#### **Connection to GSLE-**

- *Connect: Girls promote cooperation and team building as they gain a better understanding of cooperative and teambuilding skills.*
- *Take Action: Girls are resourceful problem solvers as they learn to develop a basic plan to reach a goal or a solution to a problem.*
  1. Say to the girls: *Now we are going to begin working on our SAVE project to show our friends, family, and community tips they can use for helping to protect water.*
  2. Begin a brainstorm with the girls about what they could include as part of their project which will be to create a booklet containing tips for protecting Earth's water.
  3. Tell the girls that at their next meeting, they will each create their own booklet to take and share with their friends, family, and community.

#### **Closing: (5 mins)**

1. Have all the girls participate in clean up.
2. Bring the girls back into a Friendship Circle and do a friendship squeeze.
3. Dismiss the circle.

## Meeting Five: Advocates Communicate!

### Goals:

Girls will be able...

1. To create their SAVE Project booklet.
2. To learn about animal behavior in water.

### Group Leader Preparation:

1. Read and reread the outline for this week.
2. Make sure you have all the supplies listed below.

### Equipment/Supplies:

- “WOW Wonders of Water” Girl Book and Adult Guide
- White paper
- Crayons
- Markers
- Pencils

### Start Up Activity: Brownies Around the World (5 mins)

1. Gather the girls in a circle.
2. Add an Energy Balance by asking: *When do you feel powerful? Where do you get your power? Is it from getting a good night's sleep? Eating a good breakfast? What do you think gives you the fuel to do the things you love to do? Can you think of a food you eat that makes you feel energetic? How about an activity that makes you feel powerful?*

### Activity 1: Water and Animals (15 mins)

1. Say: *Let's play a game of charades about animals. All animals need water to survive and they often use it in different ways. Think for a few minutes about an animal you know and how it uses water. Perhaps this animal drinks in a special way. Or perhaps it uses water to help it find food. Don't tell anyone what animal you picked. Each of you will act out how your animal uses water and the rest of us will try to guess your animal.*
2. Then invite the girls to go around the circle, taking turns imitating their animal.
3. If time allows, add an Energy Balance by asking girls to act out an animal using energy. Get girls talking about the different types of energy. There is high energy (such as a horse galloping), moderate (a duck waddling along a path), or low energy (a cow grazing in a field).

### Activity 2: SAVE Project (35 mins)

*Connection to GSLE-*

- *Discover: Girls seek challenges in the world as they are more open to learning or doing new and challenging things.*
  - *Discover: Girls seek challenges in the world as they recognize that one can learn from mistakes.*
  - *Take Action: Girls feel empowered to make a difference as they exhibit increased determination to create change for themselves and others.*
1. Get to it! Engage the girls in carrying out their plan. Before starting be sure to recap what they brainstormed last time then let their creativity take over for creating their individual booklets.

**Closing: (5 mins)**

1. Have all the girls participate in clean up.
2. Bring the girls back into a Friendship Circle and do a friendship squeeze.
3. Ask each girl to complete the following statement: *Our SAVE Project is important because....*
4. Dismiss the circle.

## Meeting Six: Energy Experts

### Goals:

Girls will be able...

1. To understand that energy is an ongoing cycle just like water.
2. To review what they have learned about Energy Balance.

### Group Leader Preparation:

1. Read and reread the outline for this week.
2. Make sure you have all the supplies listed below.

### Equipment/Supplies:

- “WOW Wonders of Water” Girl Book & Adult Guide
- Energy Balance Quiz questions & answers

### Start Up Activity: Get Your Energy Out (25mins)

1. Gather girls into a circle and talk about how water’s journey never ends.
2. Tell girls that water is an ongoing cycle, and so is energy. Say: *The sun fuels the energy for plants, animals and all living things. Vitamin D is called “the sunshine vitamin” because our bodies make it after we get sunshine. Vitamin D also helps our bodies absorb calcium, which keeps our bones strong.*
3. Now take the girls outside to play outdoor games of their choice such as Red Light, Green Light, Tag, etc.

### Activity 1: Story Time: Part 2 (15 mins)

1. Read Part 2 of the book, “A ride through the wetlands.” While you are reading ask some discussion questions to connect what you are reading to some of the activities the girls have been doing.

### Activity 2: Test Your Energy Balance (15 mins)

1. Invite the girls to play an Energy Balance quiz show. Divide the girls into two teams. Whichever team raises their hand first gets to answer. If they get it wrong, the second team can answer.
2. Prepare some energy questions to read aloud. Questions could include:
  - a. Name two foods that have calcium. (cheese, milk, yogurt, or any dairy product)
  - b. Name two Energy Out activities. (running, jumping, playing sports)
  - c. How do you get Energy In? (by eating and drinking)
  - d. What vitamin does the sun provide? (Vitamin D)

### Closing: (5 mins)

1. Have all the girls participate in clean up.
2. Bring the girls back into a Friendship Circle and do a friendship squeeze.
3. Dismiss the circle.



## Meeting Seven: Water Everywhere

### Goals:

Girls will be able...

1. To create an Energy Balance Pledge.
2. To express themselves through water art.

### Group Leader Preparation:

1. Read and reread the outline for this week.
2. Make sure you have all the supplies listed below.

### Equipment/Supplies:

- “WOW Wonders of Water” Girl Book & Adult Guide
- Cotton string
- A large plastic tub
- 2 plastic straws, per girl
- 1 cup dishwashing liquid
- 4 cups water
- ½ cup light colored corn syrup or glycerin
- White paper
- Cups of water
- Watercolor paints
- Paintbrushes
- Newspaper to cover tables
- Baby wipes or paper towels

### Start Up Activity: Pass It On (5mins)

1. Gather girls into a circle.
2. Recite the Girl Scout Promise.
3. Then add an Energy Balance by asking girls to think of ways they can share their journey with others. Who will they share their booklet with?

### Activity 1: Story Time: Part 3 (15 mins)

1. Read Part 3 of the book, “Underwater World.”
2. While you are reading, pause to answer any questions girls may have or to gather their thoughts.

### Activity 2: Bubble Fun (15 mins)

1. During this activity, girls will make their own bubble blower. Give girls the following steps:
  - a. *Cut a long piece of string and thread it through two straws. Tie the ends of the string together, and then slide the knot into the middle of one of the straws. You can adjust the blower size by making the length of the string shorter or longer before tying the ends. Pour the liquids into the tub and mix. Dip your blower into the tub. Holding the straws, slowly spin around. With some practice, you should create huge bubbles!*

### Activity 3: A Watery World of Watercolors (15 mins)

1. Say: *Water plays a role in many arts and crafts, from painting to paper-mache. Now you are going to paint your favorite place to do water activities: the beach, a lake, a water park, the pool, or a river. Then if you have time, on a different piece of paper, paint some of your favorite healthful foods, which give you energy to do the things you love.*

**Closing: (10 mins)**

1. Have all the girls participate in clean up.
2. Bring the girls back into a Friendship Circle and do a friendship squeeze.
3. Dismiss the circle.

## **Meeting Eight: WOW!**

### **Goals:**

Girls will be able...

1. To create an Ocean in a Bottle.
2. To learn about the relationship between salt and water.

### **Group Leader Preparation:**

1. Read and reread the outline for this week.
2. Make sure you have all the supplies listed below.

### **Equipment/Supplies:**

- “WOW Wonders of Water” Girl Book & Adult Guide
- Ball (any kind)
- Plastic water bottles or baby food jars
- Water
- Blue food coloring
- Glitter
- Plastic sea creatures
- Vegetable oil
- Masking tape
- Bucket of water
- Water balls
- Bowl of water
- Salt
- Pebble
- Pencil
- Bouncy ball

### **Start Up Activity: Story Time: Part 4 (15mins)**

1. Gather girls into a Daisy circle.
2. Recite the Girl Scout Promise.
3. Then read Part 4.
4. After you finish reading, invite the girls to join you as you take the Energy Balance ball on a road trip.
5. Give the girls the ball and ask them to toss it from one girl to the other. When each girl catches the ball, she will say one Energy In or Energy Out activity/thing she learned on this journey.

### **Activity 1: Ocean in a Bottle (15 mins)**

1. Fill bottle halfway with tap water. Add a few drops of blue food coloring and swirl around to mix. Add a little glitter. Add sea creatures.
2. Fill the bottle the rest of the way with vegetable oil. Make sure the rim and cap are dry, then apply white craft glue around the rim. Seal cap.
3. Help each girl add a piece of masking tape around the cap to prevent leaking.
4. Then girls can turn the bottle on its side and gently rock the bottle to create your very own waves!

**Activity 2: Drip, Drip, Drop (15 mins)**

1. Engage the girls in an Energy Out activity by playing Drip, Drip, Drop outside.
2. Sit the girls in a circle and choose one person to be "it." The girl who is "it", gets a water filled ball out of the water bucket.
3. She goes around the circle saying "drip, drip, drip...." while she drips water from the ball onto the other girls' heads. When she says "drop", she squeezes the entire ball on the girl and runs around the circle while the wet girl chases her back to the spot. Then te wet girl is it.

**Activity 3: Salt, Water, and You (10 mins)**

1. Put some warm water into a bowl and see what will float in it and what won't. Try some things that won't be hurt by the water- a pebble, pencil, bouncy ball.
2. Ask the girls: *What floats? What sinks?*
3. Add a tablespoon of salt to the water and mix it well. Now see what floats and what sinks. Did the girls see anything new?
4. Add another tablespoon of salt, and mix it well. See if anything new happens. Keep adding salt until something that sank before floats. How much salt did you have to add before more things would float?

**Closing: (5 mins)**

1. Have all the girls participate in clean up.
2. Bring the girls back into a Friendship Circle and do a friendship squeeze.
3. Be sure to thank the girls for their great participation in the program and for all the fun you had with them!
4. Dismiss the circle.