



GET
ADVENTUROUS

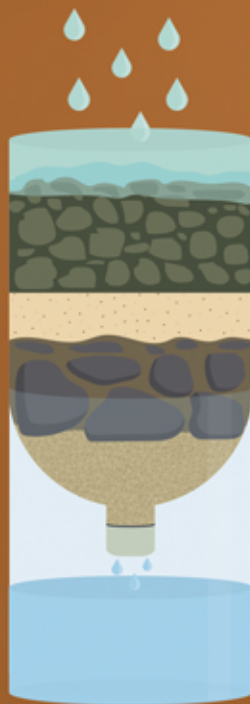


30 MINUTES



PREPARATION
NEEDED

SURVIVAL SKILLS: FILTERING WATER



AIM

Water is one of the most important items needed for people to stay alive in survival situations. But what if you couldn't find clean water? Would you have the skills needed to filter dirty water to help make it drinkable?

WHAT YOU'LL NEED

- > Plastic Bottles
- > Containers
- > Scissors
- > Gravel
- > Sand
- > Cotton Wool
- > Dish Cloth
- > Dirty Water

GET ADVENTUROUS: SURVIVAL SKILLS: FILTERING WATER

THEME: MY SURVIVAL SKILLS



LEADER PREPARATION

A leader will need to gather a selection of the materials required. They will also need to make some 'dirty water' by mixing soil, mud, leaves, grass etc together in a bottle, until the water looks dirty.



GETTING INTO THE ACTIVITY

- 1 Share some of the 'Did You Know' facts with the group, to explain the importance of water and how it is crucial to allow us to survive in any survival situation.
- 2 There may be some survival situations where you are able to find water, but it is dirty. Drinking dirty water can often do more harm than good, so in order to survive you will need to filter the water and then boil it, to reduce the harm.

Water Filtering Challenge

- 1 Split into small groups and task each group with taking some dirty water and creating a filter to make the water cleaner.
- 2 You could provide no instructions on how to do this and allow groups to use their initiative. Alternatively, you could provide some of the steps below or give hints and clues.
- 3 **Bottle Water Filter:** Cut the bottom off an empty water bottle and pierce some holes in the lid. Place the bottle upside down inside a container (like a funnel). The bottle will become the filter, whilst the container will hold the filtered water. Use the materials provided (sand, gravel, cotton wool, cloth etc) to create layers inside the filter. The key to a successful filter is using the finer materials at the bottom (sand, cotton wool) and the bigger items at the top (gravel, cloth etc).
- 4 Groups should test their filter by adding the dirty water and seeing how it comes out the bottom. Groups could be given time to refine their filters, so they perform better.
- 5 The group that can create the cleanest water at the end, can be crowned the winners.



DID YOU KNOW?

- Humans are made up of **60% water**.
- We can live a month without food but only **3-5 days** without any fluids.
- **Water plays many important roles in the body** including flushing waste, regulating body temperature and the transportation of nutrients.
- **Dehydration** can impact your concentration, reaction times, visual perception and more.



KEEPING EVERYONE SAFE

Please take care when using scissors. This activity is illustrative. Young people should not drink the water afterwards, as it's likely to still be too dirty to drink safely.