



# GLOBAL 6K FOR WATER<sup>®</sup>

FAMILY EXPLORATION GUIDE





Dear Parents,

Thank you for taking on World Vision's Global 6K for Water with your family! This guide is meant to help you go deeper together about the issues surrounding the need for clean water and how you can help.

This plan contains six basic lessons to help engage your kids leading up to and after the 6K. You'll find stories of children affected by the global water crisis, ideas for hands-on activities, videos to watch, and topics to read more about.

Start with this guide and find all of the additional resources mentioned (and more) at [worldvision.org/family6k](http://worldvision.org/family6k).

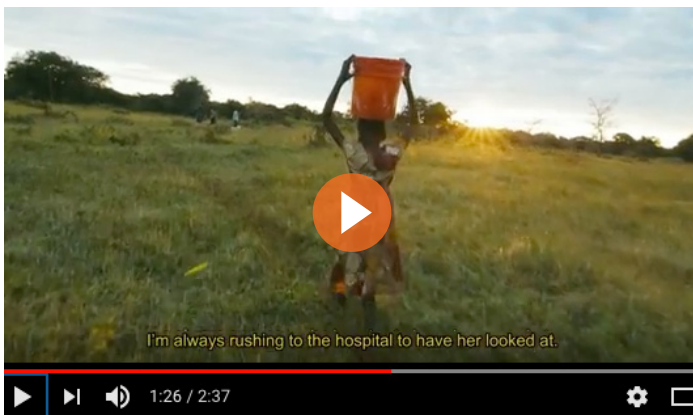
Most of all, have fun!

Ashley Colquitt  
Race Director, Global 6K for Water

# The Need for Clean Water

Every day, nearly 1,000 children under 5 die from diarrhea caused by contaminated water, poor sanitation, and unsafe hygiene practices. And on average, people in the developing world walk 6 kilometers (3.7 miles) every day to get water.

## VIOLET'S STORY



Violet is 10 years old and lives in Zambia. When she grows up, she wants to be a doctor and help people.

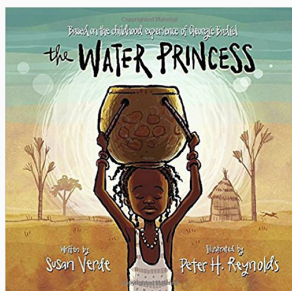
But every day, Violet has to walk to collect water instead of going to school, and the water is not even clean. Her grandmother often has to rush her to the hospital because the water makes her sick.

Watch Violet's story and see why one girl dreams of clean water coming to her village.

\*Watch the video of Violet's story at [worldvision.org/family6k](http://worldvision.org/family6k)

## ACTIVITY IDEAS

### Read "The Water Princess"



### How Much Do You Use?

As a family, record how many times you use water for an entire day. Consider:

- shower, toilet, handwashing
- drinking + cooking
- laundry, dishwashing, etc.

### Read + Discuss

Using the additional resources listed below (or others) read about how kids and communities are affected by dirty water and talk about what you learn.

## ADDITIONAL RESOURCES at [worldvision.org/family6k](http://worldvision.org/family6k)

- UN water statistics
- World Vision story: "Carrying Water Can be a Pain in the Neck"
- World Vision story: "What's in the Water Will Make You Sick"

# How Clean Water Helps a Community

When children have clean water, it can transform virtually every aspect of their lives, including health, nutrition, protection, and education. And with all of life's essentials in place, children have the power to brighten the future.

## NAOMI'S STORY



\*Read Naomi's story at [worldvision.org/family6k](http://worldvision.org/family6k)

Naomi lives in Kenya with her husband and three sons. She used to spend hours each day walking to collect water for her family.

But since World Vision helped drill a well in her community, her whole life has changed. She has easy access to clean water for drinking, cooking, and washing. She has more time to spend with her children and visiting relatives during the day.

"We're now comfortable; we're not stressed anymore," she says.

## ACTIVITY IDEAS

### "Dear Water" Video

Listen to Kenyan girls recite a poem about water.



### Read + Discuss

Using the additional resources listed below (or others) read about the aspects of life that are affected when a community has access to clean water and talk about what you learn.

### Imagine ...

What if you didn't have access to clean water? Write down all the ways that your life would be different if you had to walk several hours to get water that wasn't even safe to drink. Then how would it change once you did get access to clean water?

## ADDITIONAL RESOURCES at [worldvision.org/family6k](http://worldvision.org/family6k)

- World Vision story: "Clean Water Makes Evelyn's Future Bright"
- Resource: "How Access to Safe Water Reduces Poverty"
- World Vision video: "Community Lifted out of Poverty"

# What World Vision Is Doing

World Vision is the leading nongovernmental provider of clean water in the developing world, reaching one new person with clean water every 10 seconds and committed to reaching everyone, everywhere we work by 2030.

## MAURINE'S STORY



Maurine lives in Bartabwa, Kenya. Just eight years ago, her community did not have access to clean water, and one of every two children in the community died.

Now, Maurine and her whole community of over 2,000 people have clean water thanks to supporters of World Vision, who have provided a capped spring, borehole well, solar pump, and water tank.

\*Watch the video of Maurine's story at [worldvision.org/family6k](http://worldvision.org/family6k)

## ACTIVITY IDEAS



### Make a Model

Research and build a model of a specific water project, like the incredible water pipeline some kids made last year!

Work together and then talk through the impact a project like this would have on a community.

### Make Your Own Tippy-Tap

A tippy tap is a popular kind of hand-washing station in the developing world. Learn what it is and how to use it, and build one outside.

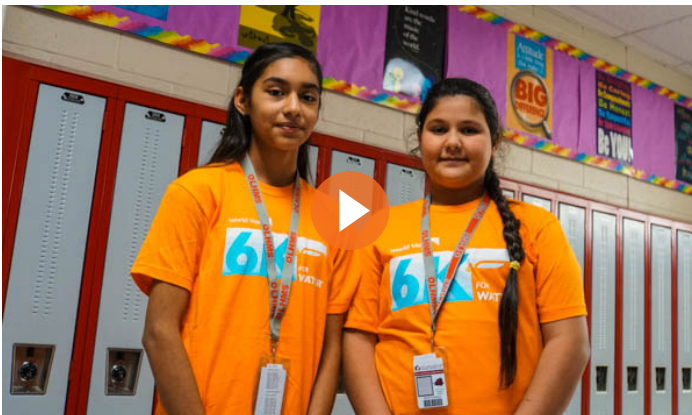
## ADDITIONAL RESOURCES at [worldvision.org/family6k](http://worldvision.org/family6k)

- World Vision website: World Vision's Clean Water Approach
- Images of World Vision water solutions
- World Vision blog: "Why Water and Sanitation"

# How You Can Help

Join the world's largest 6K for water! Six kilometers is the average distance that people in the developing world walk for water—and it's the distance that we can walk or run so they don't have to.

## ANDREA AND RAWDA'S STORY



Andrea and Rawda's school hosted a World Vision Global 6K for Water and nearly 250 people participated!

But Andrea and Rawda wanted to do even more. Since they didn't have money of their own to donate, they baked cupcakes to sell at Andrea's brother's soccer practice. They donated the money they raised to their school's 6K effort to provide even more clean water to people around the world.

*\*Read their story at [worldvision.org/family6k](http://worldvision.org/family6k)*

## ACTIVITY IDEAS

### Invite Your Friends!

Make a list of people you can invite to do the 6K with you.

Think about family members, friends, classmates, and people at church. Every participant's entry fee provides clean water for one person!

### Increase Your Impact

As a family, brainstorm ways you could fundraise for clean water to have an even bigger impact.

### Visualize Your Impact

Create a visual to hang up so everyone can see how much money has been raised, or how many people will receive clean water through your 6K!

## ADDITIONAL RESOURCES at [worldvision.org/family6k](http://worldvision.org/family6k)

- World Vision story: "Luke's Birthday Run"
- World Vision video: "World Vision Global 6K for Water"

## How Far Is 6K, Anyway?

Six kilometers is 3.7 miles, or 15 laps around an official track. Globally, women and children spend 200 million hours collecting water each day, with many of them making multiple trips.

### CHERU'S STORY AND KAMAMA'S STORY



Cheru is 5 years old and lives in Kenya. She walks 6 kilometers every day to get dirty water that makes her sick. Because she's so little, all she can carry is a tea kettle.

Kamama is also 5 years old and lives in Kenya. Girls in her community used to walk three hours a day for water, but now Kamama can easily get clean water near her home. School attendance has skyrocketed, and kids are healthier.

*\*Watch the videos of Cheru and Kamama at [worldvision.org/family6k](http://worldvision.org/family6k)*

### ACTIVITY IDEAS

#### Cheru + Kamama

Watch and read the stories of Cheru and Kamama. Contrast their walks for water, and the ways their lives are different now that Kamama has access to clean water.

#### Compare and Contrast

As a family, map out a 6K route from your own home to visualize how far this is. What would your journey for water look like? What dangers would you face? Compare and contrast this to Cheru.

#### Get Ready for Your 6K!

Unwrap medals, make signs, or work together to get ready for your big day! What ideas do you have to make it a special and memorable event?

### ADDITIONAL RESOURCES at [worldvision.org/family6k](http://worldvision.org/family6k)

- World Vision story: "Water Within Reach: Compare Two 5-year-olds' Walk for Water"

# Your Global 6K Experience

Celebrate how many people will get clean water as a result of your family's Global 6K for Water. And help your kids think about their own experience walking or running the 6K.

## YOUR FAMILY'S STORIES



Everyone will have their own story. Did they struggle to finish the 6K? Did they go above and beyond to raise money for clean water?

No matter what their involvement was, you can help your family tell their stories to remember the experience and get excited to keep changing the world.

## ACTIVITY IDEAS

### Share Your Thoughts

Write a reflection about your experience walking or running the 6K, or about what you've learned in the weeks leading up to it.

### See the Impact

Make a visual that shows how many people will be getting clean water as a result of your event.

### Celebrate!

Do something special and fun to celebrate your impact around the world. Did you invite friends, do additional fundraising, or come up with other creative ways to make an even bigger splash? Celebrate it!

## THANK YOU!

We're so thankful you've led your family through these six weeks. We hope what you've learned together will motivate and empower your kids to be world-changers, not just this year but for a lifetime.



**World Vision**  **GLOBAL  
6K<sup>FOR</sup> WATER**

**[worldvision6k.org](http://worldvision6k.org)**

**[worldvision.org/family6k](http://worldvision.org/family6k)**

World Vision is a Christian humanitarian organization dedicated to working with children, families, and their communities worldwide to reach their full potential by tackling the causes of poverty and injustice. Motivated by our faith in Jesus Christ, we serve alongside the poor and oppressed as a demonstration of God's unconditional love for all people.

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