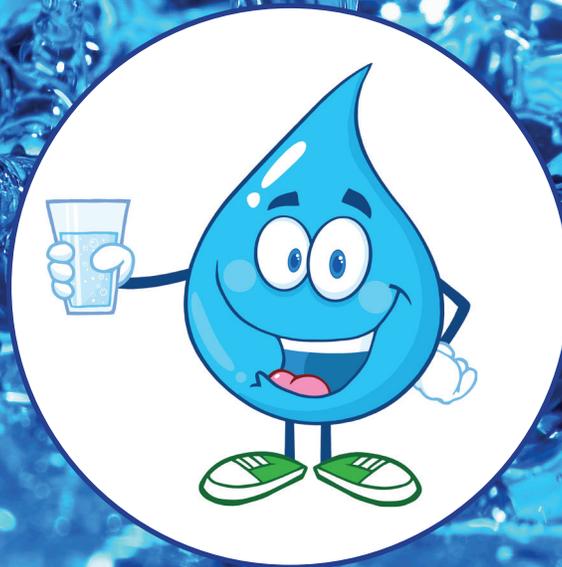


The Importance Of Drinking Water



TEACHER TOOLKIT

PROVIDED BY



THE METROPOLITAN WATER DISTRICT
OF SOUTHERN CALIFORNIA



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INTRODUCTION

WHAT IS TAP WATER DAY?

Celebrating Our Drinking Water

By using this toolkit, students of all ages and their families can better understand, enjoy and celebrate their reliable, high quality, great-tasting drinking water.

You can learn about Tap Water Day (TWD) on this informative and entertaining website: <https://www.wetap.org/tapwaterday>

On May 7, 2015, the City of Los Angeles, under the leadership of Mayor Eric Garcetti, celebrated the nation's first Tap Water Day to promote publicly supplied drinking water and the promotion and installation of hydration stations/drinking fountains in Los Angeles.

In 2023, the California Legislature unanimously passed the *Resolution for the State (Senate Concurrent Resolution 55)* which establishes the first Thursday in May as "Tap Water Day" in the State of California.

As stated by Senator Anthony J. Portantino, "Clean drinking water is a basic human right and it's important to make it more accessible for our communities... Organizations like WeTap.org are doing the critical advocacy work to expand access to clean tap water, and I appreciate their support on this resolution."

The Metropolitan Water District of Southern California offers K – 12 curriculum supplements, and field trips, available at no cost. For more info, log on to www.mwdh2o.com/education.



PRESCHOOL:

TO THE TEACHER:

Using age-appropriate language, explain that [Tap Water Day](#) is a California statewide celebration that recognizes the value, safety, protections, love, joy, savings, environmental benefits, and happy feelings associated with tap water—at home, at school, while playing in parks, at your family’s workplace, and more. Use prompts that place a positive emphasis on tap water, for example:

- How delicious it is
- How fun it is to fill a reusable water bottle or a cup
- Ask your family how they drank tap water from the tap when they were young

California has some of the safest publicly-supplied drinking water in the world thanks to utilities meeting the quality standards for public water systems.

PRESCHOOL ACTIVITIES:

- Circle time talking about drinking water
- Snack time with tap water and no single use plastic cups – only reusable stainless or paper cups
- Opening, closing, and filling a reusable water bottle



PRESCHOOL ACTIVITIES (cont.)

- Singing

Singing a preschool song to a tune the children know already is a wonderful way to teach children about the importance of drinking tap water. These versions emphasize the benefits of drinking tap water in a fun and engaging way, making it easier for preschoolers to remember and sing along:

The Wheels on the Bus:

Verse 1: The water from the tap goes glug, glug, glug, glug, glug, glug, glug, glug, glug. The water from the tap goes glug, glug, glug, all through the day.

Verse 2: Drinking water keeps us strong and bright, strong and bright, strong and bright. Drinking water keeps us strong and bright, all through the day.

Verse 3: So let's all drink our water up, water up, water up. So let's all drink our water up, all through the day.

Frere Jacques:

Let's drink tap water
Let's drink tap water
Good for me
Good for you
Everybody likes it
Everybody loves it
Glug, glug, glug
Glub, glug, glug

Twinkle, Twinkle, Little Star:

Tap water, water, clear and bright,
Flowing gently, day and night.
From the faucet, cool and clean,
What a lovely sight to see!
Tap water, water, clear and bright,
Helping us to feel just right!



ELEMENTARY K-5:

TO THE TEACHER:

California has some of the safest publicly supplied drinking water in the world thanks to utilities meeting the quality standards for public water systems.

Using age-appropriate language, explain that Tap Water Day is a California statewide celebration that recognizes the value, safety, protections, love, joy, savings, environmental benefits, and happy feelings associated with tap water—at home, at school, while playing in parks, at your family’s workplace, and more.

<https://www.wetap.org/tapwaterday>

Tap Water Day-specific questions may include:

Do you bring a reusable water bottle of water from home?

- Where can you can refill your reusable water bottle?
 - at home
 - at school
 - at parks
 - at playgrounds



Teachers can add environmental and public health awareness about publicly-supplied drinking water with age-appropriate questions, such as:

- Where does your water come from?
- Does your family drink bottled water? Why? Tap water is great tasting water!
- Do you know that your drinking water is protected throughout CA?
- How much does tap water cost compared to the high cost of single-use plastic water bottles?

GROUP AND INDIVIDUAL ACTIVITIES FOR TAP WATER DAY AS AGE APPROPRIATE: KINDERGARTEN – GRADE 5

Creative projects help communicate messages effectively.

Drawing Water:

Prompt kids to think about what tap water looks like.

(We do not want kids to think of drinking water as a single use plastic water bottle).

- Drinking tap water at home
- Drinking tap water at school
- Drinking tap water in a park or other play areas
- Drinking tap water in whatever way kids can imagine
- What does drinking water look like?

You can show them – WeTap’s Waterfall of Art on YouTube

<https://www.youtube.com/watch?v=DwmAJOI1MDg&t=1s>

The Metropolitan Water District Education page (mwdh2o.com/education) links to student art at https://d1q0afiq12ywwwq.cloudfront.net/media/4utcg13f/student-art-calendar-2025_rv121724.pdf

(These are lovely examples of student art from kindergarten through high school.)



Remind your students that they can use their imaginations. They can be scientists, artists, musicians, or creators of any kind, expressing their feelings about tap water.

Writing About Water:

Ask your students to write something about [Tap Water Day \(TWD\)](#) after your TWD discussions and activities. There are some examples of poems by students at the site below. These poems address the water cycle and conservation.

<https://d1q0afiq12ywwq.cloudfront.net/media/3gtgn50x/poetry.pdf>

When your students write about TWD, it doesn't have to be poetry. A student may write a short essay, story, memory, or even a mini graphic novel, song, or any form of verbal expression as long as it recognizes [Tap Water Day](#).

You can submit your students work to [WeTap.org](#).

Below are some prompts for writing and drawing about water.

Keep prompts about public drinking water positive:

- [Where does your water come from?](#)
- [Does your family drink bottled water? Why? Tap water has many benefits!](#)
- [Do you know that your drinking water is protected throughout CA?](#)
- [How much does tap water cost compared to single-use plastic bottles?](#)
(Do some math with them.)
- [Did you know that drinking water can come from snow?](#)
- [Did you know that drinking water is stored underground?](#)
- [What does safety mean to you?](#)
- [How much water comes out of a faucet per minute?](#)
- [What are some ways you can conserve water?](#)

(Drink as much water as you want. It does not waste water.)



MIDDLE SCHOOL Grades 6-8

TO THE TEACHER:

California has some of the safest publicly supplied drinking water in the world thanks to utilities meeting the quality standards for public water systems.

Introduce [Tap Water Day](#), which is now celebrated throughout California.

What is Tap Water Day?

“That the Legislature hereby proclaims the first Thursday in May to be “Tap Water Day” in the State of California and encourages Californians to celebrate, support, trust, and value publicly supplied drinking water and use community drinking fountains and filling stations as one of the best and healthiest sources of drinking water, thereby helping to reduce single use plastic waste, alleviate economic disparity, appreciate, conserve, and preserve scarce and precious drinking water sources, especially in the face of drought and increased heat, and protect our environment and the future of California.”

<https://legiscan.com/CA/text/SCR55/id/2823031>

Questions may include:

- Do you drink from your tap at home?
- Do you bring a reusable water bottle to school?
- Did you know you can refill your reusable water bottle at school?
- Why would tap water be preferable to bottled water?
- What are the reasons to not drink from single-use plastic?

Give students some websites and ask them to do independent research, then return to these questions.

<https://www.mwdh2o.com/water-quality-and-treatment/>

<https://www.foodandwine.com/is-tap-water-safe-to-drink-study-8773069>

<https://mywaterquality.ca.gov/safe-to-drink/>



ACTIVITIES FOR TAP WATER DAY

MIDDLE SCHOOL ACTIVITIES – Grades 6-8

Creative projects help communicate messages effectively.

Drawing Water:

Prompt kids to think about what tap water looks like.
(We do not want kids to think of drinking water as a single use plastic water bottle).

- Drinking tap water at home
- Drinking tap water at school
- Drinking tap water in a park or other play areas
- Drinking tap water in whatever way kids can imagine
- What does drinking water look like?

You can show them – WeTap’s Waterfall of Art on YouTube
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(These are lovely examples of student art from kindergarten through high school.)

Remind your students that they can use their imaginations. They can be scientists, artists, musicians, or creators of any kind, expressing their feelings about tap water.



Writing About Water:

Ask your students to write something about [Tap Water Day \(TWD\)](#) after your TWD discussions and activities. There are some examples of poems by students at the site below. These poems address the water cycle and conservation.

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When your students write about TWD, it doesn't have to be poetry. A student may write a short essay, story, memory, mini graphic novel, song, or any form of verbal expression as long as it recognizes Tap Water Day.

You can submit your students' work to WeTap.org.

Below are some prompts for writing and drawing about water.

Keep prompts about public drinking water positive:

- Where does your water come from?
- Does your family drink bottled water? Why? Tap water has many benefits!
- Do you know that your drinking water is protected throughout CA?
- How much does tap water cost compared to single-use plastic bottles?
- Did you know that drinking water can come from snow?
- Did you know that drinking water is stored underground?
- What does safety mean to you?
- Is drinking water different than the water in your shower?
- What are some ways you can conserve water?

(Drink as much water as you want. It does not waste water.)



Science and Math:

Hold a drinking water taste test, which will reveal that taste is subjective.

https://www.kidney.org/sites/default/files/ykayth_nkf_water_taste_test.pdf

Ask your students to find out how much their family spends on publicly-supplied drinking water. Ask your students to find out the cost of single-use plastic water bottles. They can then compare these costs and determine savings.

For additional activities, refer to MWD's Water Quality curriculum supplement at:

<https://d1q0afiq12ywwq.cloudfront.net/media/fj1pdgr2/quality-student-booklet-2.pdf>

Standard Definitions from the State of California:

What is safety?

Safety is a complex issue because of how we define 'safety' and how we understand the laws and protections already in place to ensure the safety of our water supply into the future.

https://www.waterboards.ca.gov/laws_regulations/

What are regulations and who regulates?

"In order to ensure that tap water is safe to drink, the U.S. Environmental Protection Agency (USEPA) and the State Water Resources Control Board (State Board) prescribe regulations that limit the amount of certain contaminants in water provided by public water systems."

https://www.waterboards.ca.gov/laws_regulations/



Standard Definitions from the State of California (cont.):

What are public utilities responsible for?

Public utilities provide water, electricity and natural gas to households in the most responsible way possible.

What are public drinking water utilities?

A “public water system” means a system that provides water for human consumption through pipes or other constructed conveyances and has 15 or more service connections, or regularly serves at least 25 individuals daily for at least 60 days out of the year.

How many public drinking water utilities are there in California?

https://www.waterboards.ca.gov/drinking_water/certlic/drinkingwater/california_water_systems.html

How many public drinking water utilities does Metropolitan Water District serve?

Metropolitan is a wholesale water provider and is comprised of 26 member agencies, including 14 cities, 11 municipal water districts, and one county water authority, which collectively serve the residents and businesses of more than 300 cities and numerous unincorporated communities in 6 counties.

Metropolitan’s water is a supplemental supply for its member agencies, most of whom have other sources of water.



HIGH SCHOOL Grades 9-12

TO THE TEACHER:

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Questions may include:

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- Did you know you can refill your reusable water bottle at school?
- Why would tap water be preferable to bottled water?
- What are the reasons to not drink from single-use plastic?
- Can you find a job in the drinking water industry? YES!
- Do you want to read more about why water is important in California?



Give students some websites and ask them to do independent research, then return to these questions.

<https://www.mwdh2o.com/water-quality-and-treatment/>

<https://www.mwdh2o.com/careers#pathways>

<https://www.foodandwine.com/is-tap-water-safe-to-drink-study-8773069>

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Explore Careers in Water

California has many jobs in mission-critical occupations that help meet drinking water and other water needs. These jobs require at least a high school diploma to fill. Please refer and guide your students to the CA Workforce Needs in the Water/Wastewater Industry to inspire students to reach for these important positions.

<https://coeccc.net/california/2023/03/california-workforce-needs-in-the-water-wastewater-industry/>

For further independent reading about California water, please refer students to *Managing Water: Avoiding Crisis in California* by Dorothy Green

[https://en.wikipedia.org/wiki/Dorothy_Green_\(environmentalist\)](https://en.wikipedia.org/wiki/Dorothy_Green_(environmentalist))



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