

## Watershed Walk



### Activity Purpose

In this activity, you explore water's life by following how our relative travels. You will use Indigenous observations to understand the interconnectedness of place and examine how water is in community with plants, animals, people, and other more-than-human relatives like rocks and dirt. This is a great rainy day activity!



### Activity Overview

Go for a walk with your family - talk about where water comes from, where it goes, and who it meets along the way (see the Watershed visual).

Because of gravity, water falls from the sky, lands on earth, and travels toward other bodies of water. What happens to water along the way?

Look closely at water on concrete; as water meets trees, grass, plants; water falling on cars; and other relatives or materials water contacts. What do you think happens to water through these meetings?

You can record observations, ideas, and wonderings on the Watershed Activity Sheet.

### Roles, Relations, Responsibilities & Gifts

- ◇ Consider how water meets humans as it falls and finds a home with land. What can you do to meet water in a good way? How does water feel as it lands on you and other relatives?
- ◇ Rainy days are a gift to plant and animal relatives who rely on water to grow and live. How are rainy days a gift to you? Can you express gratitude for rain?
- ◇ Concrete and roadways in urban areas hold pollution and toxins, when rain lands in these areas what do you think happens? Where does water go after landing on roadways? Consider ways your family can support water's wellbeing.



## Learning Across Generations & with Other Families

- ◇ Listen to the ideas from everyone in your family. What do you learn from each other? What different perspectives do the youngest and oldest children bring?
- ◇ Ask elders what they remember about rainy days and water from their childhood. Share your experiences from this walk with them.
- ◇ Send pictures or video from your walk to family and friends, ask them to do the same. What did they notice that might be different from your observations?

## Supporting Learning & Wellbeing

- ◇ In this universe, matter is not created or destroyed, water molecules we use today are the same molecules from our ancestors time and future generations. What can you do today, so water has a healthy future?
- ◇ As you observe water, what do you wonder about? How can you learn more about how water lives and travels around your home and in other places? Think about water's life a long time ago, and in the future.
- ◇ Stop and listen to the water, how does it make you feel? (see the Water Listening Activity)



## Making Connections with Stories

- ◇ Share stories and memories that you have about water (StoryDrawing Activity).
- ◇ Make up a rainy day story to share your observations.
- ◇ Tell or listen to water stories and songs from your community.

## Making Relations with Lands & Waters

- ◇ During your walk, think about the relatives water meets. How do plants, animals and other relatives feel about rain water?
- ◇ Douglas Fir roots and other large trees can hold water for up to 40 years before gravity pulls water toward lakes and ocean, this helps control stormwater runoff in urban areas or near highways. What do you know or wonder about this? Look to trees and foliage water meets on your walk. Where do trees stay dry and where do they soak up water. Do the patterns tell you anything about water's relations with trees and roots?

## Decolonization, Resurgence & Good Relations

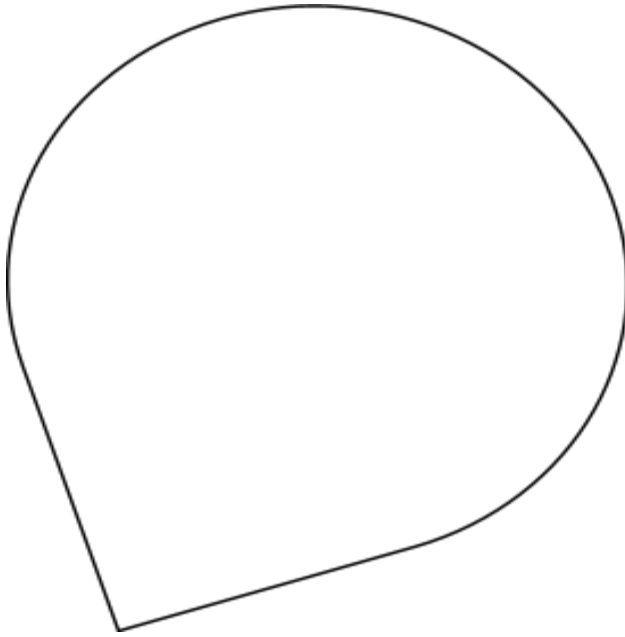
In urban areas water from the streets goes into storm drains. In some places storm drain water goes to treatment plants, and in some places it goes straight into rivers, lakes, and oceans. What do you think happens to water in your neighborhood?

In many areas, fresh water is at risk and Black and Indigenous communities advocate for water rights (#NoDAPL, #ShutDownLineFive, dam removals, Flint Water Crisis). What might your family do to help be sure water is healthy for future generations? How can you work in solidarity with other communities?

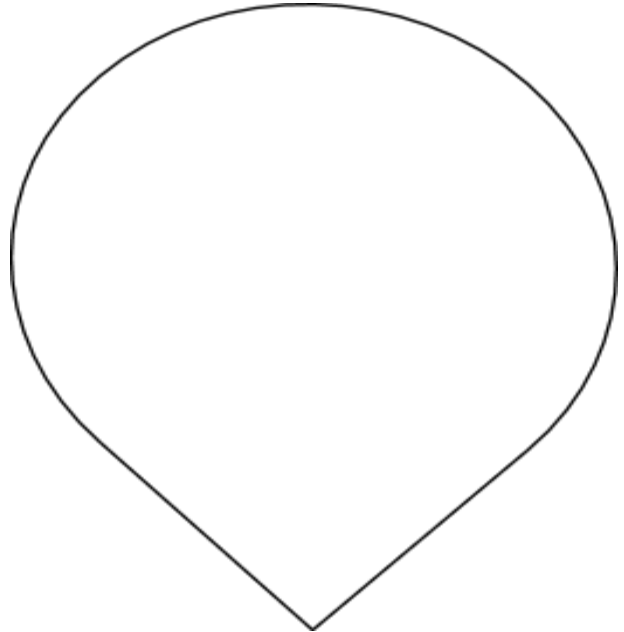
## Watershed Walk Activity Sheet

*Explore the life of water by following how our relative travels. As you walk, talk together about where water comes from, where it goes, and who it meets along the way (plants, animals, people, and other more-than-human relatives like rocks and dirt). Talk or sing to water. Does this relative respond to you?*

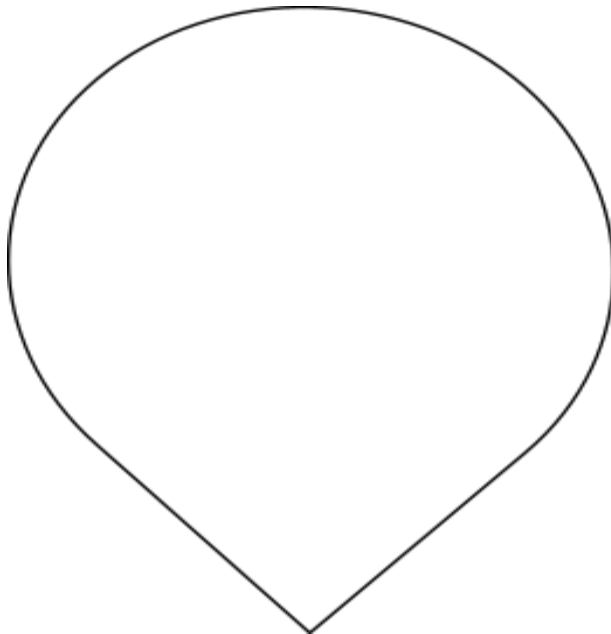
What form did water take? (Rain, puddle, stream, droplet...)



Where did water come from?



Where is water going?



Who is water meeting on their journey?

