

LEAVE NO TRACE FOR EVERY KID™

HAVE A SIP (NOT REALLY!)

ACTIVITY



AGES 6 and up

GROUP SIZE Any

TIME 15-20 minutes

MATERIALS Liquid soap (does not have to be biodegradable, but will be called such for the purpose of this activity), bug spray, sunscreen, pieces of food that would be scrapped from someone's plate, etc. (any items that are liquid in form will work), a clear cup, and clean water.

LEAVE NO TRACE OBJECTIVE To illustrate the impacts of common camping items on water sources.

DIRECTIONS

Take a clean glass of water, show it to the group and tell them what the glass contains. Then ask the group, or a few individuals within the group, if they would drink the water and discuss their answer. Now, take out the liquid soap—mention that it is biodegradable and that many people use it in the backcountry to clean themselves and their dishes. Then add a small amount of soap to the water and stir it. Ask the group if they would still drink the water. Mention that biodegradable soap can still have an impact on water quality. Next, take some bug spray and add it to the water and ask the group again if



they would drink it. Continue this trend with as many common camping items as you see fit.

Important: Keep in mind that participants should NOT actually consume the tainted water.

DEBRIEF

Discuss how easy it is for people to impact water quality with common items they use while outside. Finish with a discussion about water source contamination and how we can prevent or minimize our contributions to water source contamination.



BIGFOOT'S PLAYBOOK

This activity comes from Bigfoot's Playbook, a collection of 38 experiential education activities specific to the Seven Principles that help kids understand what it means to Leave No Trace in their lives and their community. To learn more, please visit: lnt.org/bigfoots-playbook.