

Watch **The Water Drop's Wild Journey** by Marissa Rivera

[https://youtu.be/INH9Sg6q\\_-I?si=ztluQMuZvokWbWwe](https://youtu.be/INH9Sg6q_-I?si=ztluQMuZvokWbWwe)

Explain the steps in the water cycle as described in the video:

Evaporation

Condensation

Precipitation

Collection

### ACTIVITY IDEA 1

The Water Cycle (can be done with blank sheet of paper)

- a. Have students match the steps of the water cycle with the definition
- b. Have the students draw a simple figure illustrating that step in the cycle

### ACTIVITY IDEA 2

Have the students act out the steps of the water cycle like in the video

- a. Evaporation (students crouch on the floor in the “lake” and then jump up when the “sun” walks by them)
- b. Condensation (students group together in a cloud)
- c. Precipitation (students ‘fall’ to the ground one at a time around the room)
- d. Collection (students form a line up and follow a leader around the room like a flowing river into a lake)
- e. Repeat the cycle 3 or more times to illustrate this is a cycle



**INTERMOUNTAIN SECTION**

### ACTIVITY IDEA 3

“Every drop has a story”, use your imagination - a guided mediation (note: you can have quite music playing in the background if you would like). Suggestions include “*Celestial Soda Po*”p by Ray Lynch or similar, wave sounds, rain fall sounds, etc.

- a. Have students sit in a comfortable position with their eyes closed
- b. You may want to begin with 3 to 5 breaths, “breath in for 5 seconds, hold, breathe out for 5 seconds” to help calm students minds and help them be present.
- c. Read the following aloud slowly with pauses in each of the steps of the water cycle to allow students to breathe and visualize (note: drafted by generative AI)
  - “Close your eyes and take a deep breath, connecting your mind and body with the fluid nature of existence.
  - **Evaporation: The Rise of Spirit**  
Visualize yourself as a drop of water in the vast ocean. Feel the warmth of the sun on your skin, a gentle touch that begins to lift you. You are becoming lighter, transforming into an invisible mist that rises effortlessly toward the sky.
  - **Condensation: Form and Focus**  
As you reach the cool, crisp air of the upper atmosphere, you begin to gather with others. You are forming soft, white clouds, representing the transition from the invisible to the visible. Feel the stillness and the quiet strength of this transformation.
  - **Precipitation: Letting Go**  
The clouds become heavy and dark, filled with a sense of readiness. Allow yourself to release and fall, descending as gentle rain or crystalline snow. Experience the sensation of surrender, trusting the descent as you return to the earth below.
  - **Infiltration & Runoff: Connection and Flow**  
As you touch the ground, feel yourself soaking into the soil or joining a rushing stream. You are moving through the "veins of the earth," flowing over rocks and through lush landscapes. This movement is the natural flow of life, constantly changing and evolving.
  - **Accumulation: Returning to Source**  
Follow the river as it broadens and slows, finally merging back into the infinite sea. In this "sea of miracles," envision any remaining stress or worry dissolving into the depths. You have returned to the source, complete and renewed, ready to begin the cycle once more.”



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 **You are a Water Explorer!**


Utah's water has a hidden story beneath your feet.

As you dig, you'll uncover clues about **where our water comes from** and **how we protect it**.

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 **What did you find?**


**Mountain Snow & Rain**

 *Much of Utah's water starts as snow and rain in the mountains.*


**Groundwater**

 *Water soaks into the ground and fills underground spaces called aquifers.*


**Clean Land**

 *Protecting land helps keep Utah's water clean.*


**Water Pipes**

 *Pipes carry water to our towns and cities.*

**Water Treatment**

 *Water is cleaned so it's safe to drink.*

**My Tap**

 *Clean water flows to my home!*

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**Utah's Water Story**

*(Read out loud when finished!)*

**My water starts as snow and rain.  
It travels underground,  
is cleaned and protected,  
and comes to my tap every day.**

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**I Unearthed Utah's Water Story!**

 Great job, Water Explorer!

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## Utah Water Explorer Edition

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