



Water Cycle Tai Chi

Time needed for activity 10 minutes

Location Indoors or outdoors

Context

This activity plan offers an active and memorable introduction to topics surrounding the water cycle.

Natural Resources Wales' purpose is to pursue sustainable management of natural resources in all of its work. This means looking after air, land, water, wildlife, plants and soil to improve Wales' well-being, and provide a better future for everyone.

Curriculum for Wales

Science and Technology

- **What matters** - Being curious and searching for answers is essential to understanding and predicting phenomena.
- **What matters** - Matter and the way it behaves defines our universe and shapes our lives.

Expressive Arts

- **What matters** - Creating combines skills and knowledge, drawing on the senses, inspiration and imagination.

Objectives

By the end of this activity learners will be able to:

- Name key vocabulary and describe the processes associated with the water cycle.

Equipment and resources

- An open, flat space

What to do

This activity can be carried out as either an introduction or a plenary to other activities which focus on water related topics.

1. The group must stand facing the leader, spread out at least 2 arm lengths away from the nearest person.
2. Act out the water cycle! Begin by describing the different parts of the cycle, e.g. rain along with the actions. By repeating the actions a few times everyone learns the sequence/cycle and it can then be performed in silent synchronisation and has a lovely calming effect on the liveliest of groups!

Instructions for each action

Clouds - Standing legs together and arms at your side, imagine you are a cloud. Slowly make yourself as puffed out and as big as possible. With your legs apart and slightly bent, make your arms into an 'o' shape, puff out your cheeks and make your cloud as big and heavy as possible. Hold the position. It then starts to rain...



Rain – Standing tall, put your arms up straight in the air reaching as tall as you can. Wiggle your fingers and slowly bring your hands down to the ground, just as rain does when it falls from the sky to the ground before finding its way into streams and rivers...

River – With your legs crouched to the floor and your hands joined and extended out in front of you, the river meanders through the valleys on its journey to the sea.

Wiggle your outstretched arms from side to side as the river slowly bends, curves and turns through the landscape before arriving at the river's estuary.

Sea – Standing up tall and straight, stretch out your arms either side of your body and make wave movements side to side and back and forth to show the gentle wave motions of the sea.

Evaporation – Sunlight has warmed the surface of the sea. Acting like the sun, lift your hands up straight in the air, wiggle your fingers and bring both arms down slowly to your side.

The time has come to change from a liquid into a gas called water vapour. Crouch down on the ground and then slowly release and uncurl your body. You are evaporating from the sea up into the clouds, slowly take five steps up an invisible ladder before pausing for the cycle to start again."

Suggested key questions

- What comes next?

Adapting for different needs/abilities

Less able

- Have photos or pictures of the different elements in the water cycle to hand, to help learners' picture and understand the process.

More able

- Add in harder language.
- Get one of the children to lead the activity.
- Ask the learners to come up with new or improved actions.

Follow up activity/extension

- Challenge your learners to build a Solar Still.
- Use the internet to research the words used and find other pictures to make a different version of the game. Can any extra words and actions be added?
- Create a natural art picture on the ground which represents the water cycle.

Looking for more learning resources, information and data?

Please contact: education@naturalresourceswales.gov.uk or go to <https://naturalresources.wales/learning>

Alternative format; large print or another language, please contact: enquiries@naturalresourceswales.gov.uk
0300 065 3000