

# Carry a bucket of water on your head

In developing countries children, especially girls, are often responsible for collecting water. They may have to walk several kilometres to get water, and they carry it home by balancing it in a container on their heads.

## Note to leaders:

For more information and some fun water-related activities, visit [www.wateraid.org](http://www.wateraid.org)



Here are the Riversdale Brownies testing out their balancing skills



Find out whether you can do the same:

1

Half fill a bucket of water – if it's too heavy you won't be able to lift it and you might hurt your neck.

2

Get a friend to help lift it onto your head.

3

See how far you can walk without spilling anything.

It's a good idea to do this outside, and be prepared to get wet!

**TIP:** You could use a kanga or a piece of cloth to help balance the bucket on your head. A kanga is like a sarong. Kangas are about 1.5m long and 1m wide. Roll the kanga to create a padding that sits on the top of your head, then balance the bucket on top.

