



In the morning, Paola hears the roosters crowing. Her four younger brothers and sisters are still sleeping. It is only 5 am. Paola climbs out of her hammock, puts on her favourite yellow dress, and steps outside into the sunlight.

Paola's mother is already getting ready for the day. She tosses tiny bits of maiz, or corn, to the hen and her chicks. She smiles at Paola.

"You better hurry hija, daughter."

Paola grabs the green pail from the doorway and skips down the steps. She is going to collect water for the day.

CORN - Corn is very common in Nicaragua.

Paola's family grows corn, rice, and beans.

Paola's mother grinds the corn kernels into flour, and makes corn tortillas – which are similar to flat, grilled pancakes.





NORTH AMERICA

Paola lives with her family in the village of Santa Teresa, Nicaragua.

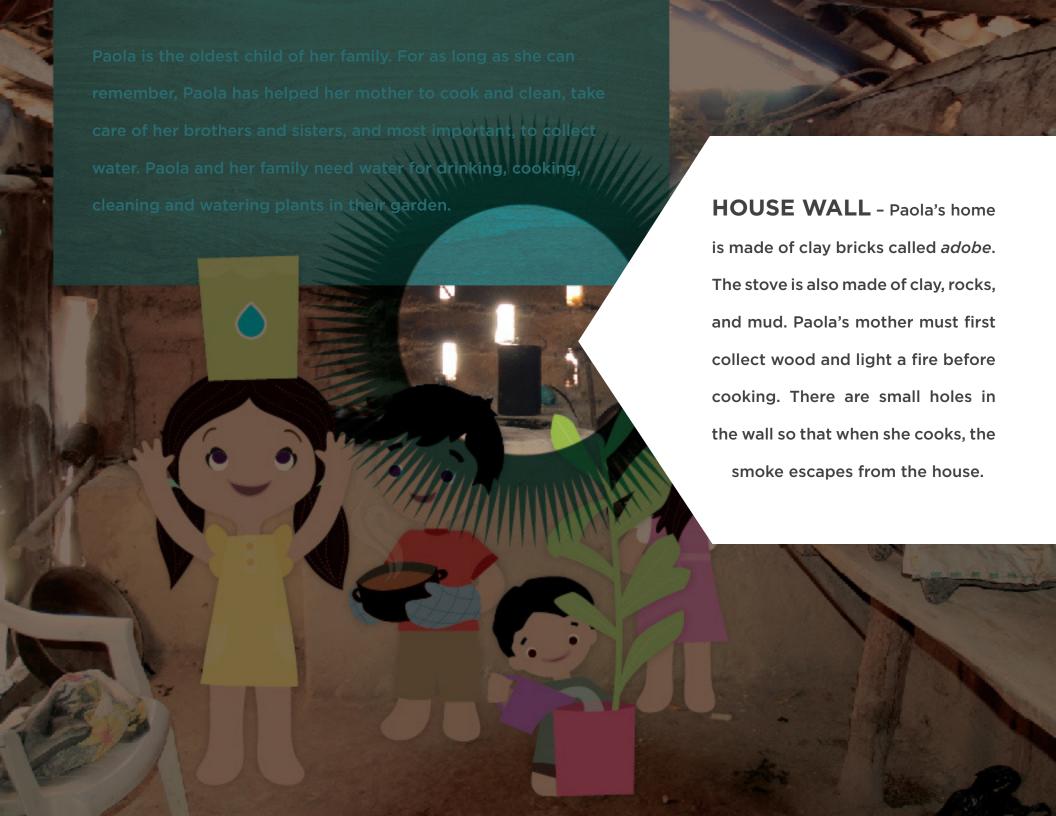
Nicaragua is a small country located in Central America
- a region that is just below the United States and Mexico.

Nicaragua is a beautiful country. There are beaches and volcanoes and mountains and many lakes and rivers.

In Santa Teresa, where Paola lives with her family, the weather is very, very hot and dry. Lately there hasn't been rain during the rainy season, and the streams and rivers are very low. This has Paola's parents very worried. They say the weather is changing because of *climate change*.



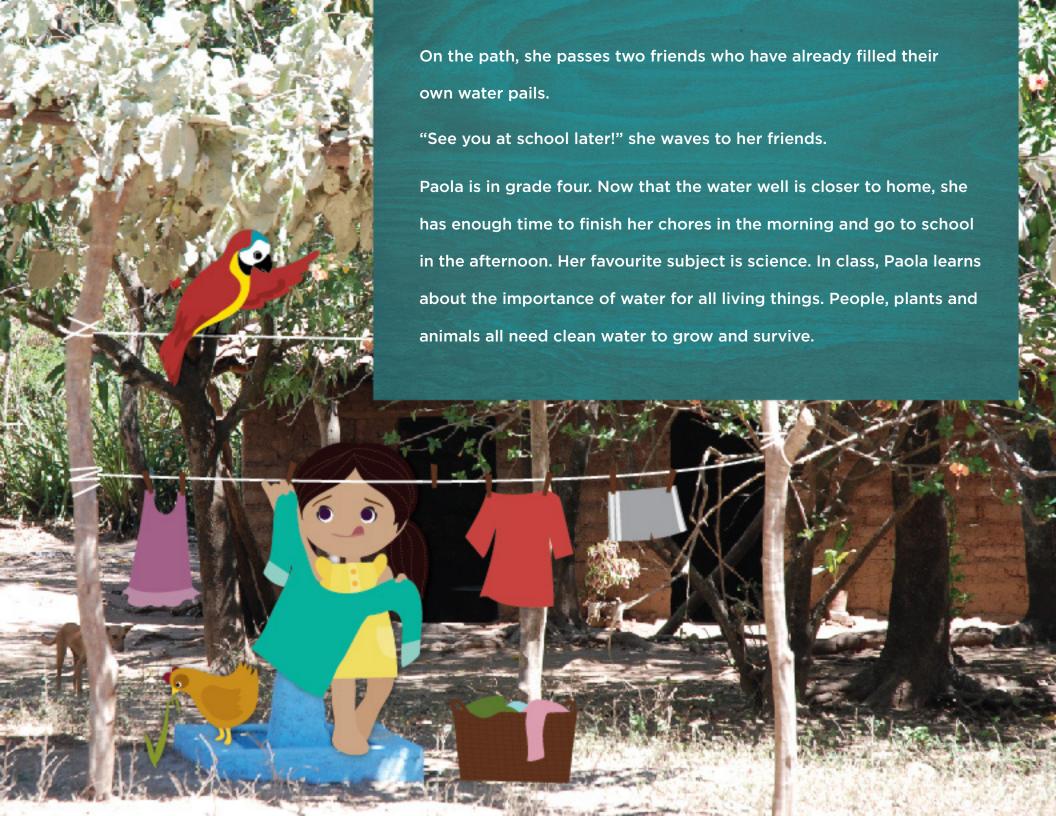






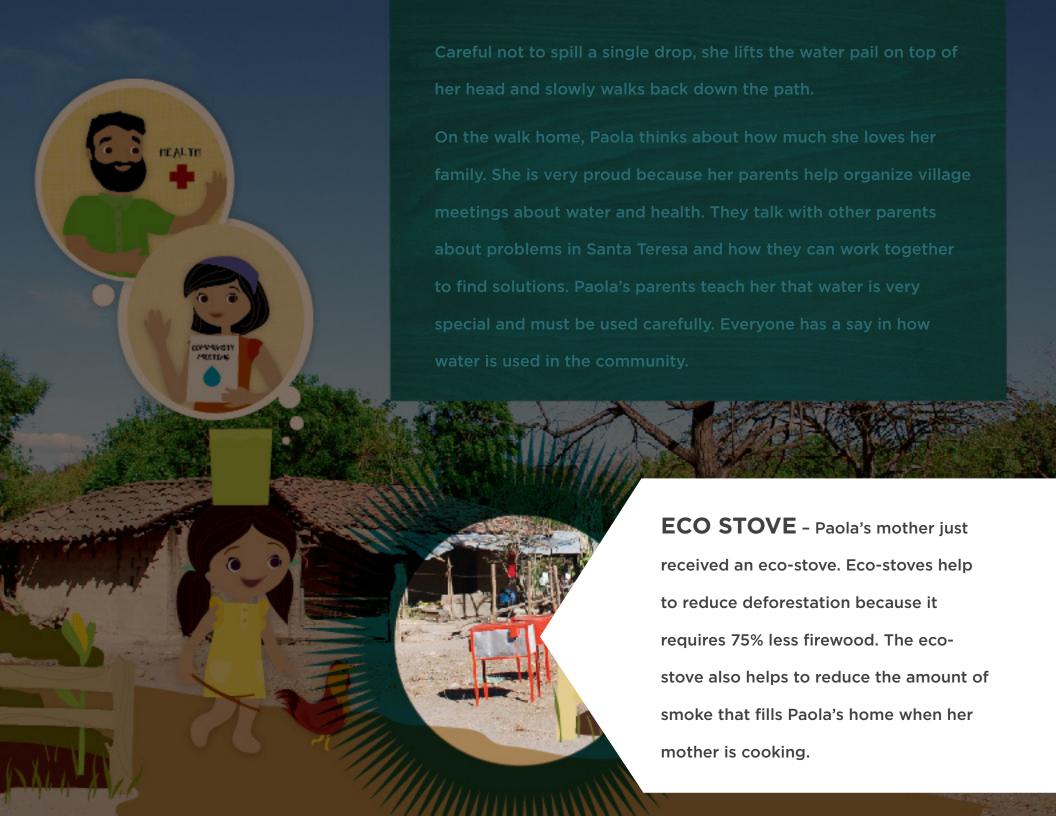
















QUESTIONS ABOUT PAOLA'S STORY

In the story, Paola goes to collect water from the well.

What does Paola and her family need the water for? How do they use water?

What are some of the ways you, and your family, use water everyday?

How are these uses similar to Paola's water needs? How are they different?

Where did Paola collect water before the well was built in her community?

What were some of the hardships she and her family faced? How is life better now that they have a well?

QUESTIONS ABOUT PAOLA'S STORY

Why were the streams and rivers so low in Paola's village?

What do you think "climate change" means? (Tip - think about the weather)

Why is Paola proud of her parents? What are they doing to help take care of water in Santa Teresa?

What does Paola want to be when she grows up, and why?

Water is a human right. What does this mean to you?



WORLD WATER FACTS

The number of litres needed a day for basic human survival (for drinking and cooking)

The number of litres needed a day for cleaning, bathing and sanitation

(flushing the toilet)

The number of litres that an average Canadian uses everyday! That's about 3 bathtubs filled with water!

The number of litres that an average Nicaraguan uses everyday. That's about a puddle of water at the bottom of the bathtub!



WORLD WATER FACTS

1500

The number of litres that is required to produce

1 hamburger! That's about 12 bathtubs filled with water!

- Water is used to grow food for the cows.
- Water is used to grow wheat for the buns, and for the lettuce & tomatoes!
- Water is used to make gasoline, which is needed for trucks to transport the food to the restaurant...and to put it on your plate!

That's a lot of water for 1 hamburger! Think about how water is used for the different foods you eat and the clothes you wear. Everything is made up of water! Water is life!



WORLD WATER FACTS

2 BILLION

The number of people in the world that don't have access to clean drinking water.

80

The percentage of disease and illness in the world that is caused by drinking dirty and polluted water.

How can kids and schools make a difference?

Let's brainstorm ways to water SHARE, become water AWARE, and take CARE of water!

1. Water SHARE

WHAT CAN WE DO TO SHARE WITH GIRLS AND BOYS WHO DO NOT HAVE

ACCESS TO CLEAN DRINKING WATER?

> Fundraise to help raise money for a community well in Nicaragua! Brainstorm with your teacher and classmates. What can you do? Plan a bake sale, or a coin drive event to collect loose change. Hold a Spell-a-Thon event and collect pledges from family and friends.

* Remember that every little bit counts towards helping girls and boys have clean water to drink.

Together, we can make a big difference!

How can kids and schools make a difference?

Let's brainstorm ways to water SHARE, become water AWARE, and take CARE of water!

2. Water AWARE

WHAT CAN WE DO TO HELP OUR FRIENDS AND FAMILY BECOME MORE

AWARE ABOUT WATER AROUND THE WORLD?

- > Plan a 'World Water Day' event at our school to share 'world water facts!'
- > Organize a 'Water Walk' with our classmates fill empty milk-containers with water, and walk around the school or playground ...to know what it would be like to have to carry water everyday!

How can kids and schools make a difference?

Let's brainstorm ways to water SHARE, become water AWARE, and take CARE of water!

3. Water CARE

WHAT CAN WE DO TO TAKE CARE OF WATER IN OUR HOMES, AND AT SCHOOL?

- > Use less! Turn off the tap when you are brushing your teeth, or putting soap on your hands.
- > Flush less! 30% of our daily water use is from flushing the toilet. Ask your parents or teachers to put a brick, or plastic bottle filled with water, in the back of the toilet. It's a simple trick to help save water!
- > Don't buy bottled water. It takes water just to make plastic bottles! Instead, carry your own water bottle that you can fill up from the tap.
- > Don't let the rain wash away! Ask your parents to put a 'Rain Barrel' outside that catches water you can use for watering the garden or lawn.





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