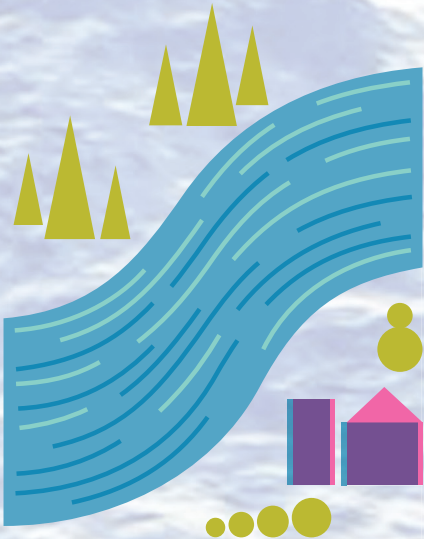




The Water Beat Book



Games, movements,
stories, songs, pictures,
rhymes, celebrating our
connection to water

by Stephen Snyder



Based on music and activities created by ZunZun
Stephen Snyder and Gwynne Snyder Cropsey

The Water Beat Book
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www.zunzuntunes.com
www.thewaterbeat.com

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Based on activities and songs created by the musical group ZunZun
Gwynne Snyder Cropsey and Stephen Snyder

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Dedicated to the awakening of the New Earth

Dedication

For Doug Ross (1961-2016)

This book is dedicated to a wonderful artist whom we had the pleasure of collaborating with. He created water education art for our CD's, DVD's, cards, and our backdrops. He cared deeply about protecting our environment, and his art helped to inspire thousands of kids each year to care for and enjoy their natural surroundings, as well as to create art. His artwork was colorful, full of life (sometimes literally!) and always hopeful. He had a wonderful sense of humor as well, which brought another element of joy to his work. His artwork gives the real heart to this activity book. He is deeply missed



Water science through music and movement? YES!!!

This is a book that celebrates water and how it moves within us, and all around us. How it swirls, jumps, splashes rises and falls. How we use it, protect it and live within it.

To help you create these movements, we have created songs and videos that you can access on our website:

www.thewaterbeat.com/activitybook

We have also created a very rhythmic soundtrack “thewaterbeatsong” that you can use for all of the activities, or just as music to enjoy for anything you do. There is a 5-minute and a 15-minute version. You can even create your own water movement sequences. Get creative! There is no right or wrong way to do any and activities



of the movements in this book!

YOU ARE A WATER EXPERT

This book is a celebration of you. You are more than half water, just like planet earth.

You are a water person. You are a water expert.

Each beat of your heart sends mostly water throughout your body. Boom boom flow, boom boom flow, from side to side, and head to toe. That heartbeat was with you since the beginning of your life in the belly of your mother.



You were filled with the rhythms and movements of water. Water music. This music is all around you as well, in the wind that blows your hair, in the mist that touches your skin, and the crashing waves that you feel in the soles of your feet. Listen more closely and you can hear these water sounds in you as well. You are wave and waterfall!

We are born from it, are part of it, made of it.

You have a whale song in you... **so sing!**

Water can carve through rock—you have that strength of water within you. **Be Strong!**

You need to move like water needs to run. **So Move!**

WATER PEOPLE IN A WATER WORLD

Our immersion in the water world begins within us and connects to everything outside us. Here is a movement that illustrates some of these connections in one crazy dance.

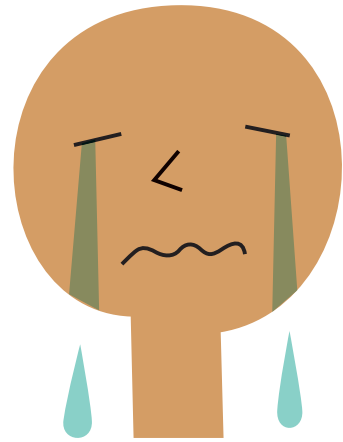
Stomp in puddles- nothing more fun after a rainstorm, stomp up and down.

Swim in water- any stroke will do.

Swerve like a creek-weave and curve.

Catch snowflakes on tongue- stick tongue out.

Now Cry—let out some big fake tears.



Do all the movements together, at the same time and show the world your connections to the water world.

You are a water person in a water world.

Listen to song at:

www.thewaterbeat.com/activitybook

WATER IS EVERYWHERE

Water is everywhere!

Point to anything, and it is there.

Teacher, shoe, guitar and hair.

Water is **everywhere!**

Try and find something that does not have water in it.
Is there anything?

WATER MAKES MUSIC!

Rain fall

Musical

Life for us all



Listen to song at:

www.thewaterbeat.com/activitybook

WATER HAS TO MOVE, AS DO YOU.

So....H2O-Go with the Flow

Ripple creek, river roll, whirlpool, and waterfall—

Move like a creek, river whirlpool and waterfall.

Water heads out to the sea,

where a wave waves to you and me. —**Be a wave.**

Water can be solid as ice — **Don't move, be frozen.**

Melts into liquid very nice — **Fall to the ground.**

Evaporates back into the air — **Rise up in the air.**

Stand on your toes and reach up there!



Rains come and rains go — **Fingers as raindrops.**

We all have to do the water limbo —

See how low you can limbo.



Jellyfish wiggle around — **Wiggle your arms.**

Watch a salmon swim up river — **Make a fish face.**

And we can move just the same.

Water in our legs, belly, arms and brain

— **Wiggle whole body.**

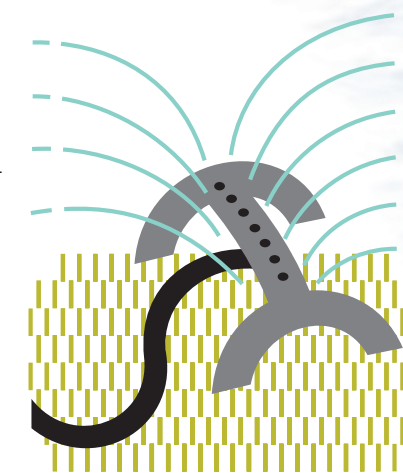
Splash in a puddle, go for a swim

— **Show your best swim stroke.**

Do a sprinkler dance, if you have the chance

— **Do sprinkler dance.**

Now raise your glass in the air, for good clean water everywhere —**Say cheers with imaginary cup!!**



Listen to song and watch video at:

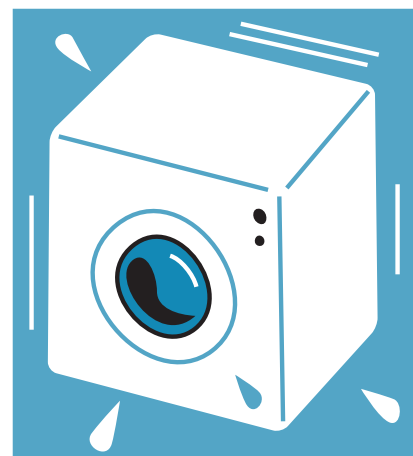
www.thewaterbeat.com/activitybook



AMAZING BUT TRUE WATER DROP ADVENTURES!

I once was a wave that traveled over 1000 miles. When I was almost at the beach, some guy surfed on my head. I made him wipeout.

Humans can be so wasteful. Once I was in a washing machine, going around and around and around with just this stinky sock keeping me company. Yuck!



You want to know something sad? I once was a tear falling out of a man's face. He was watching his baseball team lose on TV. These humans are filled with so much water.

Everybody is so thirsty. Especially on hot days. Once I was part of a glass of lemonade. I felt like a rock star. Everybody wanted me!

I once was in a can of soda. I was so jumpy with sugar; I wanted to explode out of the can. It was awesome!

Invent your own water drop adventure!

WATER LANGUAGE

Every language has a word for water. Everyone needs water to live, so water is one of the first words we learn. Water is as important to our lives as our family is. Here are just a few of the ways we say water on earth.

Agua — Spanish

Vatten — Swedish

Amanzi — Zulu

Su — Turkish

Mizu — Japanese

Apa — Romanian

Wai — Hawaiian

Pani — Hindi

Say them in a row:

Agua-vatten-amanzi-su-mizu-apa-wai-pani

Can you say the water sentence four times in a row?

Can you turn it into a chant? Create your own melody to go along with the chant.

Listen to song at:

www.thewaterbeat.com/activitybook



WATER CUP PERCUSSION

“Each glass of water that you drink, tells a story makes you think”

Keep a beat with plastic cups while saying these words. Use one or two glasses, or get a bunch of friends to make a cup percussion band. Plastic or paper cups, not glass!

Each glass of water that you drink tells a story makes you think.

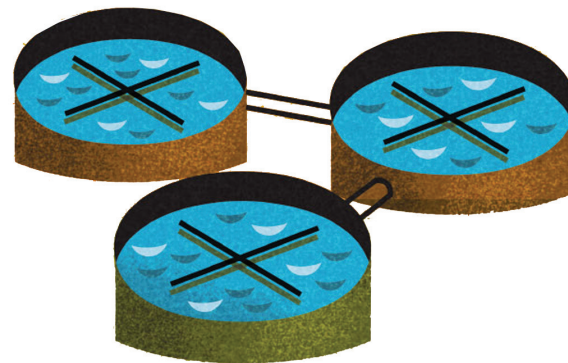
Rain falls from the sky, fills the land when it is dry
Makes us cool, keeps us wet, we are a part of the water planet.

Each glass of water that you drink tells a story makes you think.

Over a waterfall, down a stream,
to a treatment plant to make it clean.

Water tanks, aquifers and reservoirs are where water is stored.

Each glass of water that you drink tells a story makes you think.



Water mains so big and round, they have to go underground.

Down below the roads and streets,
water flows beneath our feet.

Each glass of water that you drink tells a story makes you think.

In our homes to the shower and sink,
pipes get smaller have a drink.

Boil some broccoli, watch them stem, wash your clothes, make them clean.

Each glass of water that you drink tells a story makes you think.

Water flows up and down, here and there all over town.
Moving water takes energy; to pump it we use electricity.

Each glass of water that you drink tells a story makes you think



Some people walk many a mile, carrying water in their own style. Water is heavy and so precious, some people learn to use much less.

Each glass of water that you drink tells a story makes you think.

We use our faucet many gallons a day.

Its time we get together and say,
each glass of water has value.

Saving water is up to you.

Watch the video at:

www.thewaterbeat.com/activitybook



THE MUSICAL AQUIFER

Rainfall makes a beautiful sound,
when it trickles and travels beneath the ground.
It passes through gravel, rock and sand,
to fill the aquifer beneath the land.

AQUIFER SHAKER

Fill a recycled water bottle with sand and make sounds of water percolating through sand, gravel and then hitting bedrock of an aquifer.

Shake bottle like maraca — Sound of water passing through sand in an aquifer.

Slide or scratch pencil or chopstick along bottles side ridges up and down in a rhythmic pattern — Sound of water passing through gravel.

Bang a beat on bottom of bottle with pencil or chopstick — Sound of water hitting bedrock and then heading up to fill up aquifer.

Try shaking, scratching, and hitting bottle at same time — It's Difficult!!!



SAVING WATER



Let the rivers flow, not your faucet
Let the streams run, not your toilet!

“Save some water here and there, don’t waste it anywhere.”

Sing this line in a rap style, opera style, rock style, and country style. Can you yodel it?

BEING GREEN MEANS SAVING BLUE

There’s a lot that you can do
Everybody make a plan
And save some water when you can.

Listen to some water saving lyrics kids made
at a school in Fremont California.

Watch the video at:

www.thewaterbeat.com/activitybook



EVERYBODY FIND A WAY TO SAVE, TWENTY GALLONS EVERY DAY!

Here are some ways with movements

A complete dance of water uses from high to low.

(Use as a stretching exercise.)

Wash your hair — **Wash hair.**

5-minute shower — **Show five fingers.**

Brush your teeth — **Brushing teeth.**

With the faucet off — **Pushing faucet lever down.**

Wash your hands — **Washing hands.**

Turn the drip off — **Twist hands.**

Wash your clothes — **Touch, shirt, pants, socks.**

With washer full (full load of laundry) — **Make circle arms.**



Watch the video at:

www.thewaterbeat.com/activitybook

STORY OF A LEAKY TOILET

A toilet sat in a room sulking all day,
wasting, leaking water away.

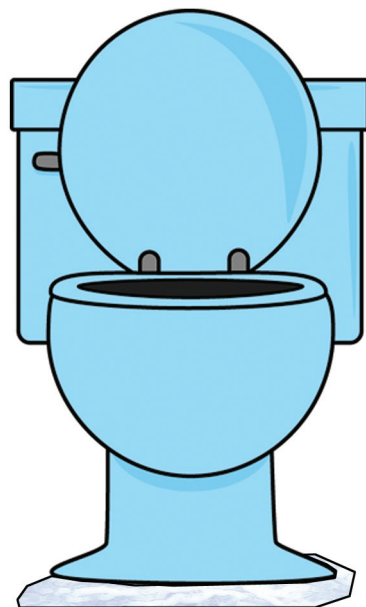
When along came Fred, his hearing so fine,
he could hear water leaking down the sewer line.

He came equipped with wrench and flapper,
and fixed the toilet from wasting water disaster.

Now the toilet is happy, a smile on its face.

Wasting water everyday, was such a disgrace.

You can lose 60 gallons a day to a leaky toilet.



WATER SAVING RHYMES

Washing machines make a lonely sound, with
just one sock rolling around.

Singing in the shower, a real rock star, wasting
lots of water, forget where you are.

Soaking in the tub, make it a rule, don't fill it
to the top, it's not a swimming pool.

A toilet is not a place you should know, for
dental floss, spiders and trash to go.



“Drip drop has got to stop, stop the drip drop”

Listen to song at:

www.thewaterbeat.com/activitybook



PLANTS AND WATER

Yards of grass are great, but adding some flowers and plants (especially draught tolerant ones) help create a place for wildlife to visit.

To have butterflies, birds and bees, you need plants, flowers and trees!

When you hear buzzbuzz, flutterflutter, tweet tweet, and roar (well maybe not that), it means your garden has become a health food store. For all the creatures that depend on us, leave some land for them to explore.



BE (BEE) A DROUGHT TOLERANT GARDEN

Be a flower blowing in the wind — **Have one arm move back and forth like a flower in breeze.**

Now be a bee — **Finger buzzing back and forth.**

Now be a butterfly — **Two hands fluttering together.**

Now be a hummingbird — **Flap arms really fast.**

All of these creatures help with pollination! With flowers and plants (especially draught tolerant ones), you will probably use less water.

Do this in a group of people with each person being part of the garden full of life. Add other creatures (ladybugs, grasshoppers, spiders).

A sound you may not want!

Don't go crazy with a gardening hose.

Over watering a yard, leads to more mosquitoes.

BUZZ BUZZ BUZZ BUZZ BUZZ BUZZ BUZZ BUZZ BUZZ

Watch the video at:

www.thewaterbeat.com/activitybook



DROUGHT TOLERANT PLANTS KNOW HOW TO SURVIVE, TO GET ENOUGH WATER TO STAY ALIVE.

Some have thick leaves, thick as leather, to store the water in hot dry weather.

Some have long roots, spread all around, to suck up the water deep in the ground.

Some have tiny hairs; really fine hairs, to collect the water that's in the air.

Movement

Long roots — **arms down** — make them be roots that suck up the water out of the ground.

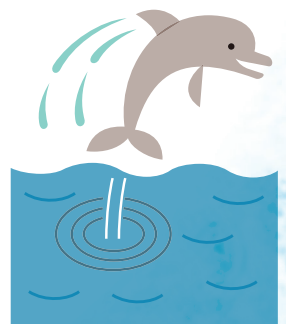
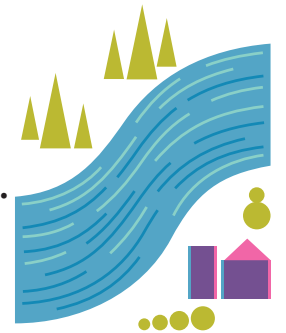
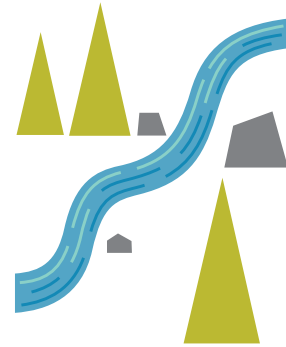
Thick leaves — **arms in front like a football blocker** — to protect the water inside.

Tiny hairs — **all ten fingers on head twinkling** — to collect water in the air.

Reach for the sun — **arms up high** — for energy and food (photosynthesis).

Listen to song at:

www.thewaterbeat.com/activitybook



WATERSHEDS

Anywhere that it rains and drains is part of a watershed. The watershed you live in is connected to every other watershed the world. Water in your nearby creek could end up on the top of Mt Everest. Water flows and recycles on and on.

Let's follow a watershed for a while:

Road is connected to the storm drain.

Storm drain is connected to the creek.

Creek is connected to the fish.

Fish is connected to the river.

River is connected to the ocean.

Ocean is connected to the sky.

Sky is connected to the clouds.

Clouds are connected to the rain.

Rain is connected to the reservoir.

Reservoir is connected to the water pipe.

Water pipe is connected to the house.

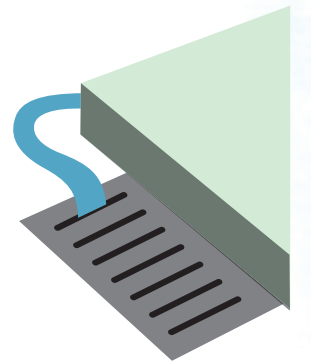
House is connected to the faucet.

Faucet is connected to the glass.

Glass is connected to the mouth.

Mouth is connected to the belly.

Belly is connected to the....



Stop — — — — — I get it!

WATERSHED MOVEMENTS

Water goes down the storm drain
— **Spin around.**

Leads to a creek — **Small arm movements.**

Which flows to the river — **Big arm movements.**

And out to the sea — **Make waves.**

Water evaporates in to the air — **Raise hands in air.**

And makes clouds — **Make big puffy clouds.**

Then it rains — **Make rain drops.**

Into a lake — **Have arms form a circle.**

Comes down water pipes — **Parallel arms make two narrow sides of pipe.**

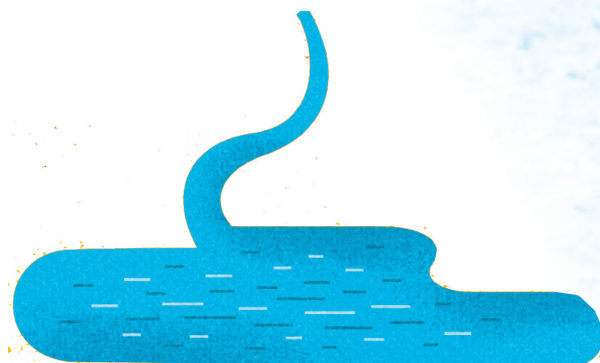
To the faucet — **Turn on faucet.**

Now Raise your glass in the air and say cheers!

See if you can make all of the movements in a row.

Listen to song at:

www.thewaterbeat.com/activitybook



WAVES/OLAS

Made by winds and storms, waves are some of the most beautiful ways that water moves. Like snowflakes, every wave is different, as they travel thousands of miles to meet the land.

Waves come from the sea.
Where they crash in front of me.
Landing repeatedly.



SAY HELLO TO WAVES IN SPANISH

In Spanish waves and hello are pronounced the same
— *hola and ola.*

*Olas del mar — olas del mar — Waves of the sea,
waves of the seas.*

Sopla viento — la luna jala — the wind blows, the moon pulls.

Dicen ola el mar — the sea says hello.

Go say hello to a wave! Hola Ola!

Listen to song at:

www.thewaterbeat.com/activitybook

WAVE MOVEMENT

Waves of the sea — **Make waves with your arms.**

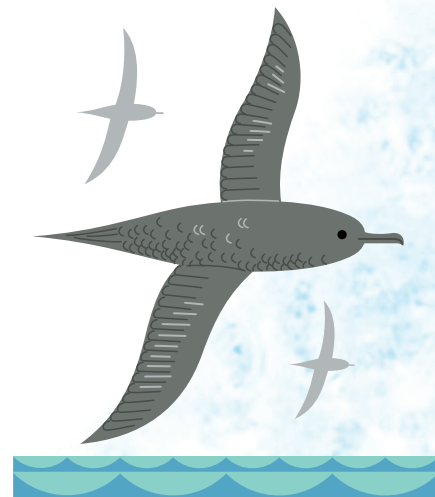
Made by wind — **blow as hard as you can.**

The moon pulls the waves with gravitational pull — **pull an imaginary rope.**

Now wave to a wave!

WAVE GAME

Grab a blue blanket and create a wave creation. Have one or two people hold a sheet or blanket up, and move it up and down, side to side, forward and backwards (like a wave). Now try some land surfing! Run through it, dive through it, crouch down and get inside for a tube ride. Maybe wipe out with the blanket on top of you. Surfing is the best!



BIRDS OF THE WATERSHED

Birds are amazing! They have adapted to live in the air, on water, in trees and on solid ground. Here are some common birds found in the watershed with some amazing adaptations to live with and in water.

Pelican with a giant beak — (big beak to catch fish in the sea)
Stretch out your neck and lean your face forward.

Sanderling with tiny fast feet — (get food close to waves, but can run away before it crashes on them)
Run very fast in place.

Duck goes quack, quack — (they are great communicators)
Say quack, quack and flap your wings.

Coots head goes forward and back — (bobbing head and neck make for efficient swimming)
Make your head go forwards and back.

Kingfisher quickly flies — (can catch fish, insects, frogs in creeks and rivers)
Flap arms very fast... faster!



Gulls (seagulls) watch with just one eye
— (have adapted to live so close to us,
they are famous for eating our left-out
food)



**Show side of face with one eye,
“sneaky” like.**

When you are in the watershed you can see birds, birds, birds,
birds, BIRDS!!!



Listen to song at:
www.thewaterbeat.com/activitybook

TIE IT DON'T FLY IT

Tie your bags into knots so they won't fly when they get
dumped into landfills.

They could fly to the ocean where they look like jelly fish, or
break apart and become part of the ocean food chain — yuck.

Tie it don't fly it, birds have wings not plastic things.

See birds fly, not plastic bags in the sky.

Keep the ocean free of plastic debris.

Tell your friends!!



SALMON RUN

Salmon return to the place of their birth after thousand
of miles of traveling, to spawn (lay there eggs). The new
hatchlings will then do the same, as they have for millions of
years. Generations of salmon return to the same stream year
after year.

Start out small — your inside of an egg — **Crouch down.**

Make your way out of your egg — **Jump up — flip your fishy
tail**

♥ Swerve through the river — **Run swervy**

♥ Swim around rocks — **Do-si-do around a chair or
cushion.**

♥ Jump over waves — **Jump as high as you can**

♥ Swim out to sea — **Swim like a fish — make gills of
your face.**

Do it all in reverse and head back to where you were hatched
— **End up as an egg rolled up on the ground.**

Repeat forever!!



Listen to a salmon song at:

www.thewaterbeat.com/activitybook

I WENT DOWN TO THE SEA

Went down to the sea, and I saw a see-through fish. **But then I looked closer, and saw that they were plastic bottles!**

I swam around a reef and found gold and silver. **But then I looked closer, and saw that they were soda cans.**

I went walking through the forest and saw a rainbow river. **But when I looked closer, I saw it was oil flowing from a storm drainpipe and into the river.**

I went down to the bay and saw many jellyfish. **But when I looked closer, I saw that they were plastic bags floating on the surface.**

So I did a beach cleanup! So that others can see real fish, clean reefs and jellyfish and not garbage and trash.

All of those pollutants can be recycled.



MAKING RECYCLED INSTRUMENTS

How to Make Recycled Musical Instruments

“BASURA BATUCADA”

Agogo (metal cans)

You will need: Two different sized metal containers, rubber bands, and a stick. Join two different size containers with rubber bands. Bang with stick for sound.

Cuica — (Plastic cups)

You will need: A cup, some string, a paper clip, and tape. Poke a hole in the bottom of the cup. Pull string through the hole. Tie string to the paper clip on outside, bottom of the cup. Tape paper clip down to hold string in cup. Use a wet rag to pull on string. Friction gives this instrument its sound. Join two different size containers with rubber bands. Bang with stick for sound.



Guiro (plastic bottle)

You will need: An empty, plastic 8oz water bottle with ridges on the outside, and a stick. Rub the stick on the ridges of the water bottle for sound.

Maracas (Plastic bottle)

You will need: An empty water bottle with lid, and some dry rice. Put rice inside water bottle, close, and shake for sound.

Texan Plastic Bag

You will need: A plastic grocery bag with handles. Hold bag handles with two hands. Move up and down fast while yelling Yee Haw!!

Listen to a garbage band at:

www.thewaterbeat.com/activitybook



POLLUTED WATER DANCE

Follow the pollution with these movements

Polluted water — **Fingers plug up nose.**

Down the storm drain — **Spin like water down a drain.**

Leads to creek — **Make arms move like a curvy creek.**

That leads to the sea — **Make ocean waves with arms.**

Where the fish are swimming — **Make fish face with hands on side of face as gills.**

They start to feel sick — **Look sick, rub belly.**

Poor, poor fish, it makes you think — **Point to your brain.**

Do it slow and fast...faster, fastest!

Were all connected you and me, from where we live down to the sea.

Storm drains, are only for rain!

Listen to the song at:

www.thewaterbeat.com/activitybook



MYSTERIES OF THE PINK RIVER

Here is a story about Joe and Moe and it begins like so;

Sitting on a log having water to drink,
they saw that the water in the creek was pink.

“Pink,” said Moe “How is that so?”

“I’m not sure,” said Joe, “Lets investigate, lets go.”

Perhaps it’s from some giant pink fruit.

Or someone washing a very pink suit.

Or maybe it’s the end of a rainbow.

Or someone stubbed their pink painted toe.

Joe and Moe followed the stream,
until the pink water could be seen.

Flowing from a pipe made of metal,
surrounded by some stinging nettle,
next to the metal pipe stood,
a giant pink house made of wood.



Out in front was Ned, with sunburned nose,
washing his paint brushes, with a garden hose.

They watched as the pink water went down the street, and into
the storm drain below their feet.

The mystery was solved! Poor Ned didn’t know.

A storm drain is only for rain, so they told him so.

They both did, Joe and Moe.

YOUR HEART BEATS WATER!

Blood (Plasma) is mostly water (92%)

Listen to it flow, as your heart beats

Boom boom flow, boom boom flow

From side to side, from head to toe

BOOM BOOM FLOW MOVEMENT

Touch heart twice with closed fist, then point to one side then,
then the other side, now touch your head and then your toes.

Do it while saying

“Boom boom flow, boom boom flow

From side to side, from head to toe”

We are all united by water!!



WATER BEAT SEQUENCE

A 5-Minute Water Movement



After exploring the movements in this book, now invent your own movement ideas for this 5-minute continual sequence. In between each sequence do the “Boom boom flow” heart beat movement as described on the previous page.

Just follow along to the recorded 5-minute song or watch video of dance at:

www.thewaterbeat.com/activitybook

You can you do it!!!

Watershed Movements — Creek, river, waterfall, whirlpool.

Waves — Wind wave (many small waves), beach break (one big wave), sneaker wave (big and surprising), long moving swell (moving across oceans).

Tides — High tide (water coming in), 6 hours later low tide (water going out). Water coming in, and water going out.



Erosion — Water washing away dirt, rocks, shells and roots on the side of a riverbank. On the other side of the river water, washing away dirt, rocks, shells and roots.

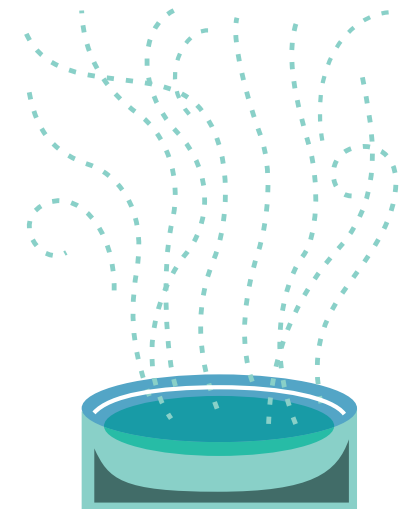
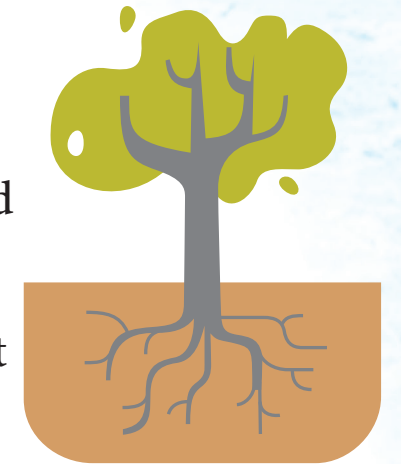
Forms of water — Solid like ice, now melt down into liquid form. As a gas rise, up into the air.

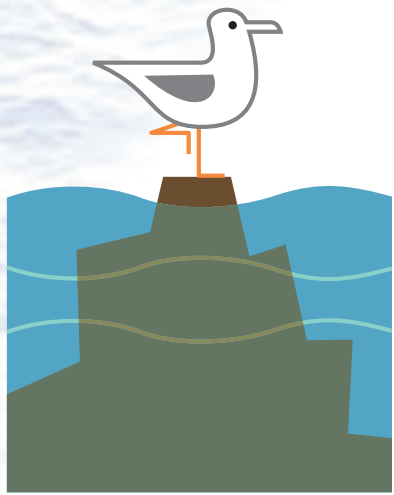
Water cycle — (Evaporation) — Rise up and make some clouds in the sky (Condensation). Out of those clouds make it rain (precipitation).

Drought year — Water levels go down, how low can you go (get a stick or a broom and do the LIMBO dance). Maybe some years it rains more — bring the limbo pole up!

Water conservation — Wash your hair with a 5-minute shower, brush your teeth with the faucet off, wash your hands turn the drip off, wash your clothes with the washer full.

Water pollution — Plastic bags look like jelly fish — do the jellyfish dance! Oil in the water can look like rainbows — do the rainbow dance. Plastic bags and oil go down storm drains — swirl it down.

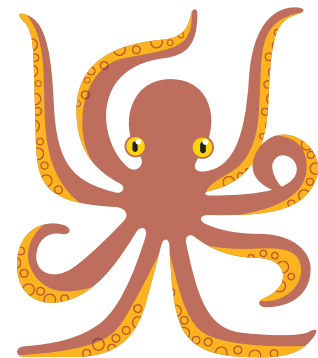




Birds in the water — Pelicans with the big beak, sanderlings with the very fast feet, coot’s neck goes back and forth, and the kingfisher flies with very fast wings.

the salamander slinks through wet, wet mud.

Plants — Suck up the water with long roots in the ground. Bring the water up into the trunks of trees and stores water in their leaves. Now reach for the sky and the sun — photosynthesis!



Creatures of the water — Octopus has eight wiggly arms. Dolphins can jump so high, and the

What do we do in the water? Let’s stomp in some puddles, now make your body curvy like a creek, capture snow flakes on your tongue, and because there is water inside of you, try crying. Do these movements all at the same time!



Swim through the water — Freestyle, backstroke, dog paddle, now give yourself a cheer! You have completed the 5-minute Water Beat sequence.

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We Are United By Water





