



Lesson Plan

Quaker Children and the Bolivian Water Crisis

Introduction

This lesson explores the response of young Friends to a crisis caused by global warming. In November 2016 the water system for the city of La Paz, Bolivia (pop. 794,000) broke down, leaving half of the city without water for weeks. Children who attended Friends International Bilingual Center in La Paz learned about the crisis, then taught their neighbors and families.

Goals:

- Explore how children can play a part in social change
- Reflect on the importance of simplicity, stewardship and community
- Connect Quaker children and youth internationally

Age Range:

4 to 12 years old

Religious Education Program Size:

Any size

Preparation time:

30 minutes.

Background:

Bolivia has endured water crises for decades. The geography of Bolivia is diverse: highlands, valleys and the Amazon area. The main problem has been in the mountains. The city of Cochabamba has had water problems for years. In 2000, tens of thousands of Cochabamba residents protested the privatization of water services. Although the Bolivian water system has alternated between public or private ownership, urban water systems have continued to teeter on the brink of collapse due to the melting glacial water supply, rapidly expanding urban populations and aging water infrastructure. All Bolivians suffer, though poor people in urban areas are most affected.

When the pipes ran dry again in November 2016, the children's program of the Friends International Bilingual Center focused a series of lessons on global warming, the water crisis and peacemaking. Children explored the history and factors involved in the crisis. They learned how they could help by conserving water and educating others. The class concluded with the children giving a presentation in the main plaza of the city.

The FIBC youth workshops on the water crisis have been included in a series of FWCC case studies sharing Friends' sustainability work from around the world: <http://fwcc.world/wp-content/uploads/2018/01/Case-Study-Yearly-Meetings-in-Bolivia.pdf>

Materials and preparation:

Settling jar (calm down jar or glitter jar):

- *Small mason jar or clear plastic jar with an airtight lid*
- *Elmer's clear washable glue*
- *Hot water*
- *Liquid water color or food coloring*
- *Fine glitter*

Instructions: fill 20% of the jar with glue. Add hot water to almost full and stir gently until mixed. Add coloring to the desired shade and stir again. Add 1-2 tablespoons of glitter. Carefully fill the jar to the top with water. Screw the lid on tightly. Test over sink the first time to make sure the seal doesn't leak.

Source: *Preschool Inspirations* <https://preschoolinspirations.com/6-ways-to-make-a-calm-down-jar/>



Presentation: Young Friends and the Bolivian Water Crisis (attached)

- *From the clerk (or appropriate Friend) request time at the rise of worship for young Friends to give a brief presentation on Quaker children and the Bolivian water crisis.*
- *Obtain digital projector and screen. A computer screen or tablet works for small groups*
- *Alternative:*
 - *Print the slides, one per sheet (color is best)*
 - *Large piece of cardboard, poster board or a trifold presentation board.*
 - *Scotch tape or masking tape*

Closing:

- *Pitcher of water*
- *Small glasses, one for each person*
- *Tray*

Instructions

1. Gathering - Settling Jar

Greet young Friends and engage in quiet conversation. When the group is gathered, explain that you will shake the settling jar. Invite them to watch silently until the jar has settled. For an older group, ask a student to shake the jar.

2. Presentation

Explain that you will tell a true story about children at a Quaker center in Bolivia. Present the PowerPoint slides electronically or on paper.

3. Wondering

Suggested queries (others can be added or substituted):

- I wonder what part of this story is most important for you.
- I wonder what we can do to use water more wisely.
- I wonder how we can help the Bolivian children who taught others about the water crisis.
- I wonder what you wonder about this story.

4. Presentation Rehearsal

- Explain that one step we can take is to teach the meeting about the water crisis in Bolivia, like the children in the story. Ask for one or more volunteers to read the presentation to the Meeting at the rise of worship.
- If using a digital projector, rehearse the presentation. Discuss questions to ask the Meeting in response to the presentation.
- If using paper, work together to stick the pages to a large piece of cardboard or trifold presentation board. Ask a student to write the title at the top in bold marker.

5. Closing:

Sit in a circle. Pour a small glass of water for each student. Ask them to slowly and quietly sip the water.

Suggested adaptation:

Fundraiser options (create your own):

1. Serve a Bolivian meal (buffet) at the rise of Worship and put out a donation box. See recipes below.
 - Before the meal, young Friends present the slide show to the Meeting.
 - 2 hours of food prep will be necessary the day before in addition to the time necessary to set up and clean up the day of the meal.
2. Make and sell soup kits in mason jars representing water filters.

Note: Several weeks before the fundraiser, contact the Friends International Bilingual Center to make arrangements for transmitting funds: centrobilingueamigos7bo@gmail.com

Learn more:

GlacierHub: World Bank Study Proposes Solutions to Bolivian Water Crisis:

<http://glacierhub.org/2017/03/23/world-bank-study-proposes-solutions-to-bolivias-water-crisis/>

Friends International Bilingual Center: <http://www.quakersintheworld.org/quakers-in-action/372/Friends-International-Bilingual-Center-FIBC-Bolivia>

Stockholm Environmental Institute brief:

Buxton, N., M. Escobar (2013) Water Scarcity, Climate Change and Bolivia: Planning for Climate Uncertainties. SEI discussion brief. <https://www.sei.org/publications/water-scarcity-climate-change-and-bolivia-planning-for-climate-uncertainties/>

World Bank Report:

Botton, S., Hardy, S., Poupeau, F. (2017) Water from the heights, water from the grassroots: The Governance of common dynamics and public services in La Paz-El Alto. In World Development Report 2017, *Governance and the Law*.

<https://openknowledge.worldbank.org/bitstream/handle/10986/26097/112881-WP-PUBLIC-WDR17BPWatergovernanceandtheCommonsinBolivia.pdf>

Quinoa Soup

Traditional Bolivian dish

From Emma Condori Mamani

Ingredients

- 3 tablespoons olive oil
- 1 medium white onion, chopped
- 3 carrots, peeled and chopped
- 2 celery stalks, chopped
- 2 garlic cloves, pressed or minced
- 2 small tomatoes, chopped
- 1 fresh yellow pepper, chopped
- Scant 1 cup quinoa, rinsed well in a fine mesh colander
- 2 small potatoes, peeled and sliced into ¼-inch thick pieces
- 4 cups (32 ounces) vegetable broth (*beef broth or chicken broth optional*)
- 4 cups water
- 1 teaspoon salt, more to taste
- Pinch red pepper flakes
- 1 can (15 ounces) great northern beans or chickpeas, rinsed and drained
- Some grated parsley (optional)

Instructions

Warm the olive oil in a small pot or pan over medium heat. Once the oil is shimmering, add the chopped onion, carrot, celery, add the beans and a pinch of salt. Cook, stirring often, until the onion has softened and is turning translucent, about 5 to 6 minutes.

Add the garlic. Cook until fragrant while stirring frequently, about 1 minute. Add tomatoes and chopped yellow pepper, and cook for a few more minutes, stirring often. Turn off the stove.

Boil the water in a large pot and pour in the quinoa, let it cook for 5 min, and add the potatoes, let it cook again for 5 min, and then add the broth. Add 1 teaspoon salt, and a pinch of red pepper flakes. Cook for 2 min. Pour the preparation into the large pot.

Increase heat and bring the mixture to a boil. Partially cover the pot and reduce to a gentle simmer.

Cook for 20 minutes.

Remove the pot from heat. Season to taste with salt and pepper. Top with grated parsley if you like.

Ensalada de Coliflor

Bolivian Cauliflower Salad

by Alura Gonzalez
(Santa Cruz Bolivia)

Ingredients

2 cauliflower heads
2 teaspoons salt
Pepper, as needed
2 tablespoons vinegar
1 tablespoon of oil
Optional: Diced tomatoes, minced onions or hot pepper.

Instructions

1. Cook the cauliflower heads in water with plenty of salt. Let boil until they are soft.
2. Drain and let cool.
3. Cut the Cauliflower into bite size pieces.
4. Add salt, pepper, vinegar, and oil.

This salad can be served hot
Golf salsa is the usual accompanying dressing.

Source: <http://www.boliviabella.com/ensalada-de-coliflor-bolivian-cauliflower-salad.html>

Budin de coco

South American Coconut Pudding

Ingredients (Serves 8)

1 liter of milk*
1 grated coconut (about 1 lb)**
1 pound of sugar***
1/2 cup of cornstarch
Ground cloves
Ground cinnamon

Instructions

1. In a pot boil 3/4 of the milk and the coconut along with the cloves and cinnamon.
2. When boiling, add the sugar and cook on low heat for 10 more minutes. Strain.
3. Cook the liquid that remains after straining in a pot, adding the remaining 1/4 of the milk and the cornstarch (previously diluted in a tiny bit of water so it won't clump).
4. Continue to cook and stir constantly until the mixture thickens.
5. Remove from heat, cool completely
6. Serve in a glass or bowl topped with whipped cream and powdered cinnamon or fruit.

Notes

* In Bolivia you either have whole milk or skim milk. The whole milk is creamy and the skim is not as watery as skim milk in the US. So, in these recipes, use whole milk for full flavor if health preferences or diet allow.

** Although grated fresh coconut is always preferable, if you must use dried shredded coconut try to find wide-cut shredded coconut (see below).

*** In the U.S. most sugar is made from beets but in Bolivia it's usually made from sugar cane.

Source: <http://www.boliviabella.com/budin-de-coco.html>