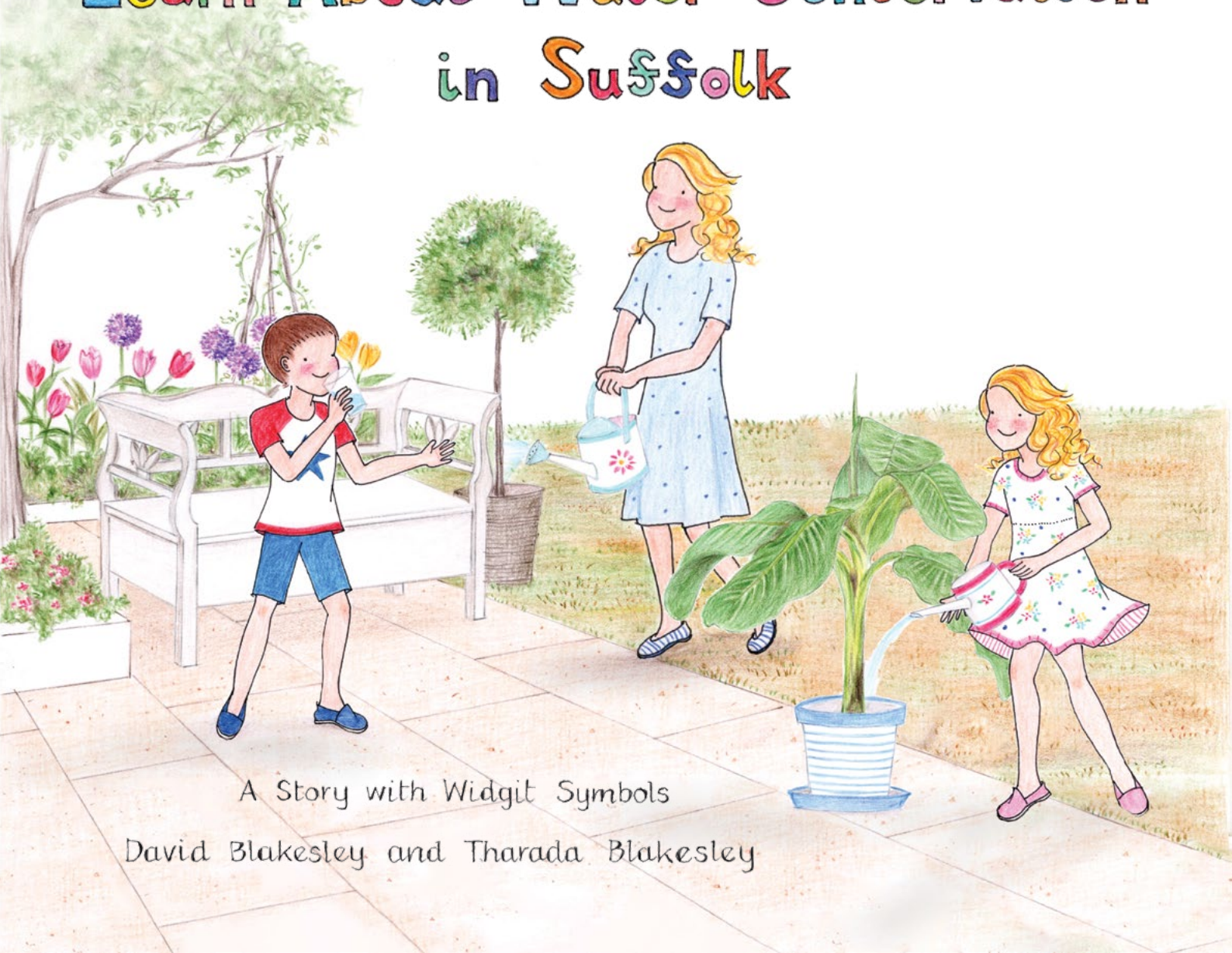


Alex and Rosie

Learn About Water Conservation in Suffolk



A Story with Widgit Symbols

David Blakesley and Tharada Blakesley

Alex and Rosie Learn About Water Conservation in Suffolk

Stories by David Blakesley

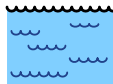
Illustrations by Tharada Blakesley



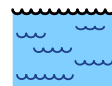
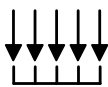
Introduction

Autism and Nature is a non-profit organisation dedicated to enriching the lives of autistic children, by helping to engage them with the countryside and rural heritage. 'Alex and Rosie Learn about Water Conservation in Suffolk' tells the story of two children, Alex and Rosie, who learn about water conservation in school, tell their parents about the ways in which the family can save water, and finally visit a wetland nature reserve. The story should allow parents, carers and teachers to discuss topics such as the water cycle; ways of saving water; and the importance of wetland habitat for wildlife. We hope that it will appeal to autistic children and children with speech and language difficulties, and encourage their interest in conservation. This book represents the second in a short series of story books that explore environmental issues affecting the countryside.

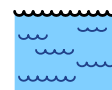
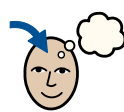
This eBook was generously funded by Activities Unlimited, Suffolk Community Foundation (Suffolk Giving Fund) and the Lord Belstead Charitable Trust. An audiovisual version is also available on the YouTube channels of Autism and Nature (www.youtube.com/@autismandnature7435) and Widgit Software Ltd (www.youtube.com/@widgitsoftware). We would like to offer special thanks to artist Giles Whitehead for kindly reading the audiovisual version. Sound recordings for the audiovisual edition were recorded by Tone Blakesley and sourced from the British Library (© copyright British Library Board and Wildlife Sound Trust) with special thanks to Cheryl Tipp. We are also grateful to Chris Southwell for his continued support for our work and help with publicity. We would also like to thank Tone Blakesley, Martin Casemore and Ron McCombe who kindly allowed us to base artwork on their wildlife photographs. We would like to thank Guillaume Duclaud-Williams (Widgit Software Ltd) for his valuable advice on symbolising the text. Finally, we would like to thank Tone Blakesley for the design, editing and production of both the eBook and audiovisual editions. The eBook can be downloaded from the websites of Autism and Nature (www.autismandnature.org.uk) and Widgit Software Ltd (www.widgit.com).



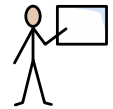
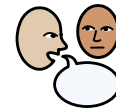
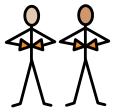
Fresh water is precious.



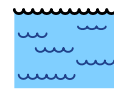
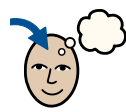
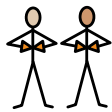
All life on earth needs water.



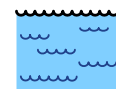
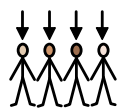
Alex and Rosie are excited to learn about water in school.



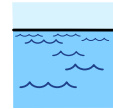
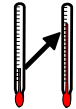
"We are going to talk about the water cycle," said the teacher.



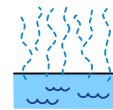
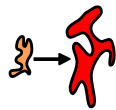
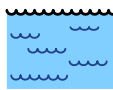
"We will learn how important water is."



"And how everyone can save water."



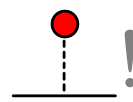
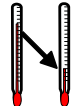
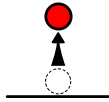
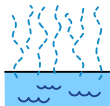
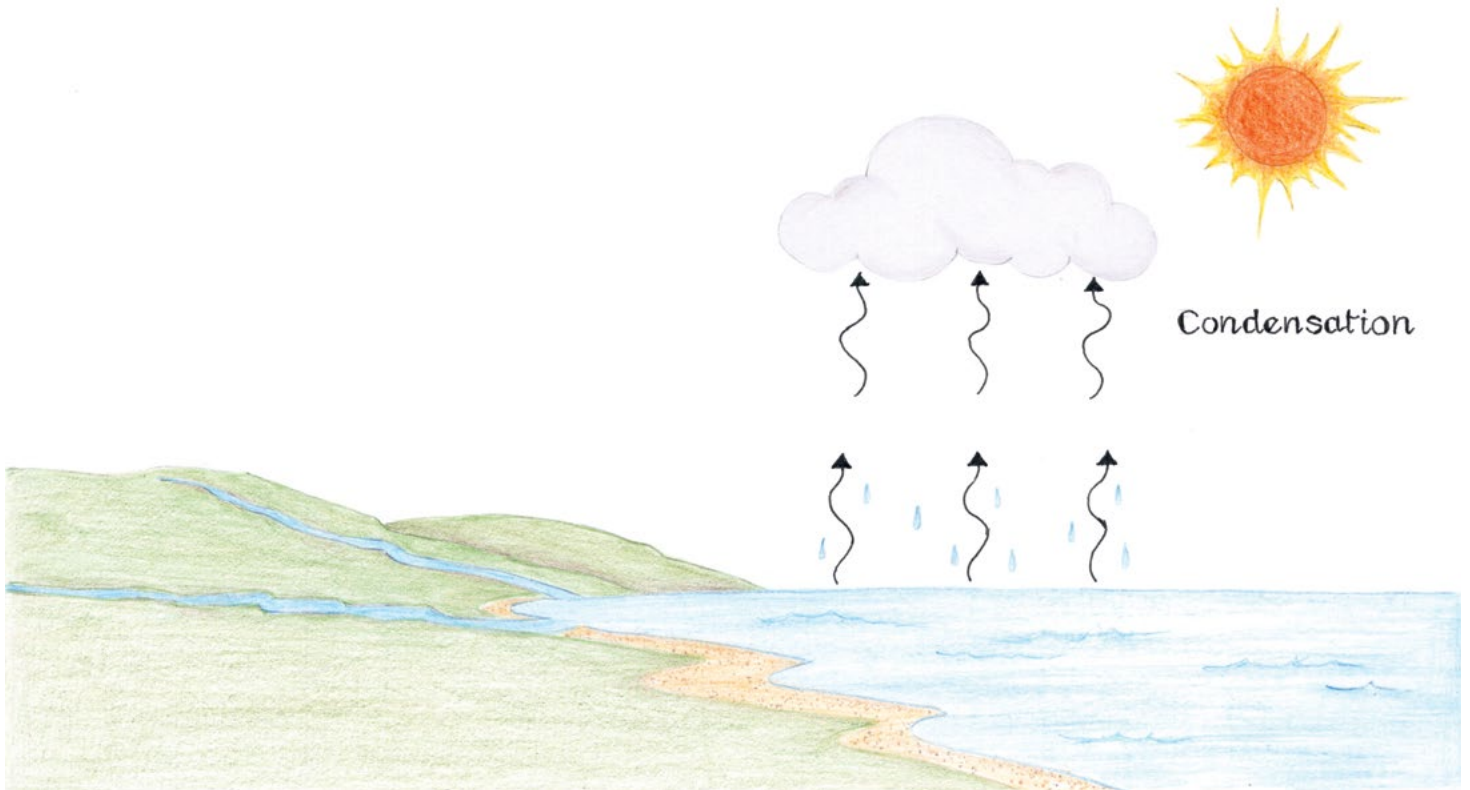
"The sun's energy heats the ocean."



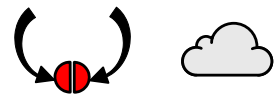
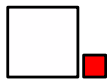
"Water turns into a gas called water vapour."



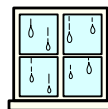
"This is called evaporation."



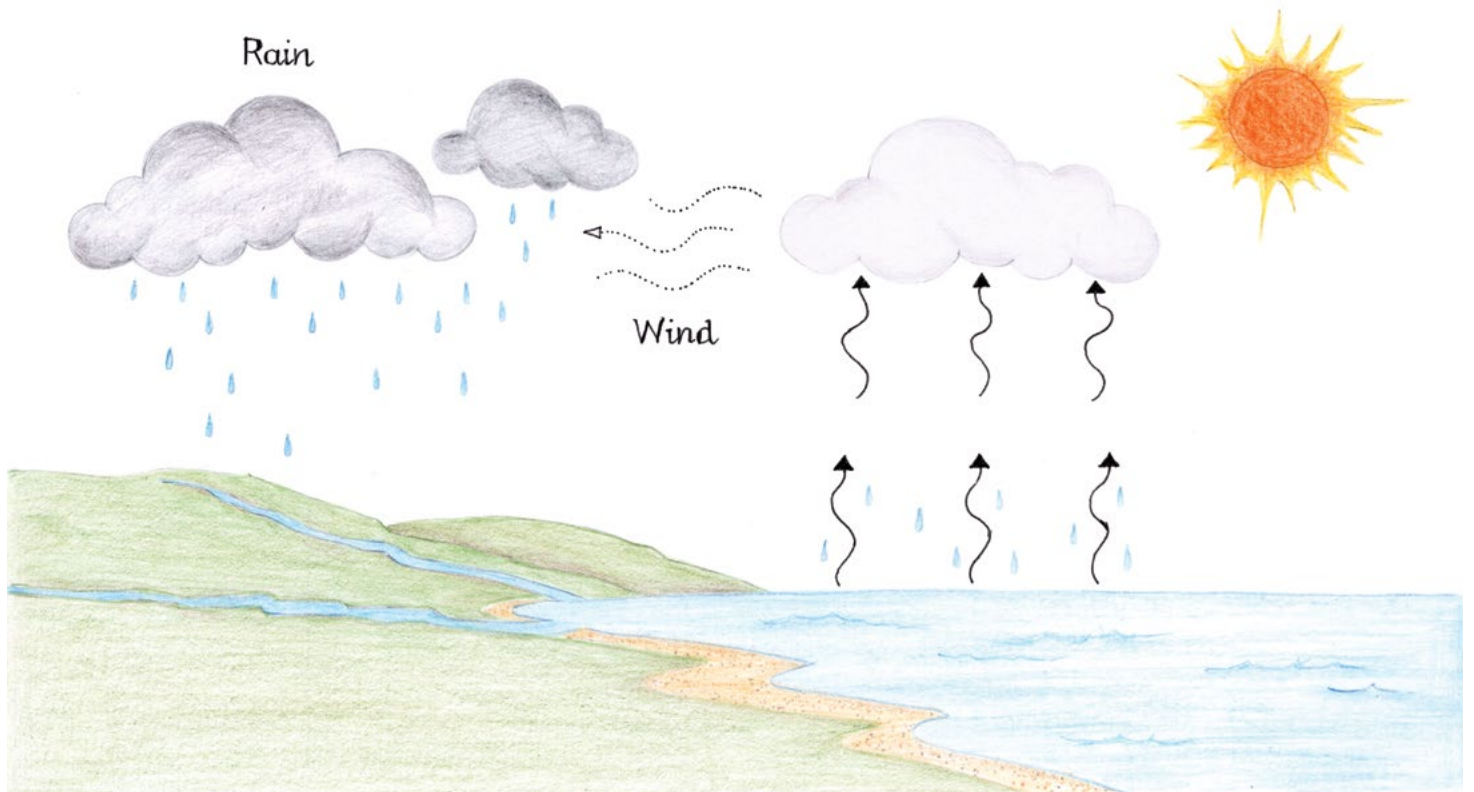
"Water vapour rises, and cools as it gets higher."



"It turns back into small droplets of water and forms clouds."



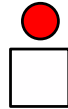
"This is called condensation."



"Wind blows



clouds



over



land."



"When



the clouds



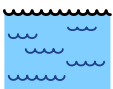
get too



heavy,



it rains."



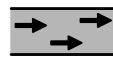
"Water



collects in

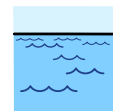


lakes



and

flows back to the



sea



in rivers."










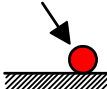
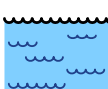
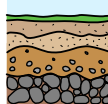



"Do you know where we get our water from in Suffolk?"

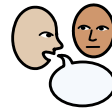




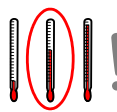

"Rivers and reservoirs," said Alex.

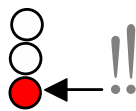
"That's correct! And there is also water underground too."



"But the climate is changing," said the teacher.



"Summers are getting warmer and winters are getting drier."



"And Suffolk has the lowest rainfall in Britain."



Siskin



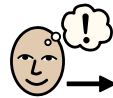
"Our



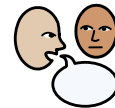
water supply



is less



predictable,"



said



the teacher.



"We



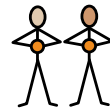
need



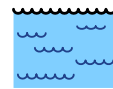
to

take care

of



our



water!"



"For

people

and

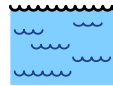


also

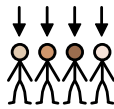


for

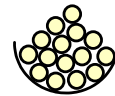
wildlife."



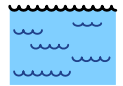
"What can we do to save water," asked the teacher?



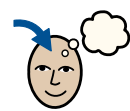
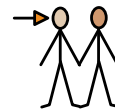
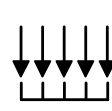
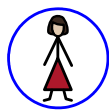
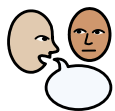
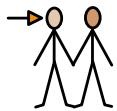
All the children raised their hands.



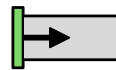
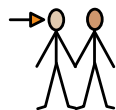
The teacher was pleased that the children had a lot of ideas.



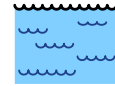
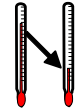
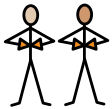
Back home, Alex and Rosie were excited to talk about saving water.



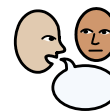
They told Mum and Dad everything they had learned.



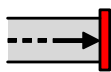
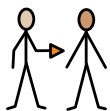
They started in the kitchen.



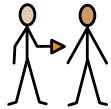
"We don't need to run the water to get cold water to drink."



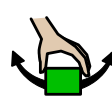
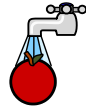
"Fill a jug and put it in the fridge!" said Alex.



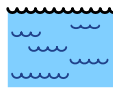
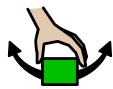
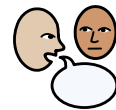
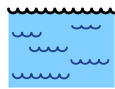
"And if you don't finish the glass, water the plants!"



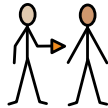
"If you wash fruit and vegetables using running water..."



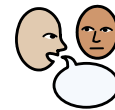
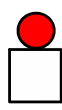
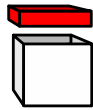
"Collect the water in a washing up bowl," said Rosie.



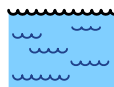
"Then use the water to water the garden!"



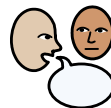
"And when you cook the vegetables..."



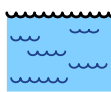
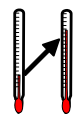
"Keep the lid on the saucepan," said Alex.



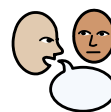
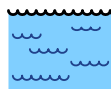
"It stops the water evaporating and saves energy!"



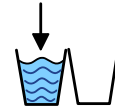
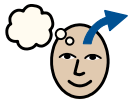
"Don't overfill the kettle," said Rosie.



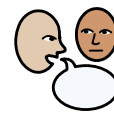
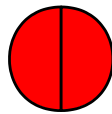
"Just heat the water that you require."



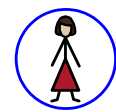
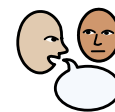
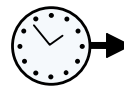
"That will save energy as well as water!" said Dad.



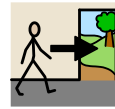
"Remember to use the washing machine with a full load."



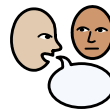
"It's better than two half loads," said Alex.



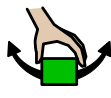
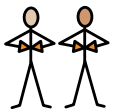
"I will certainly do that in future," said Mum.



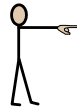
It was a warm evening, so the family went into the garden.



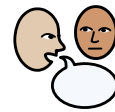
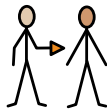
"We have to get a water butt," said Alex and Rosie.



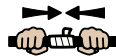
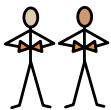
"We can use the rainwater to water the garden."



Rosie pointed to the dripping tap.



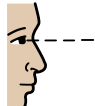
"I know what you are going say," laughed Dad.



"We have to fix the dripping tap." Rosie smiled.



Dad



looked



nervously



at the



hosepipe.



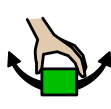
"Do we have to



stop



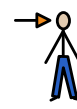
using



the hosepipe



too?"



he



asked.



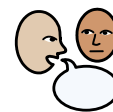
"Water the



plants



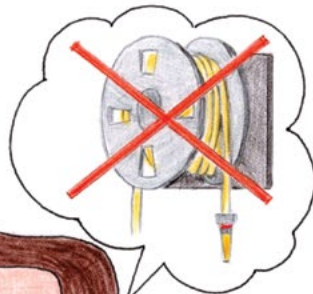
with the watering can!"



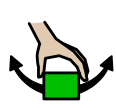
said



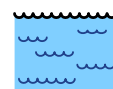
Alex.



"Don't forget washing the car," Rosie reminded Alex.



"Can I use the hosepipe to wash the car?" asked Dad.



"No! A bucket and sponge will save a lot of water."

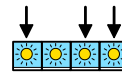
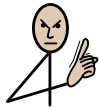
Small tortoiseshell



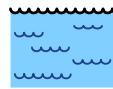
Red-tailed bumblebee



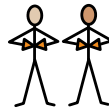
Six-spot burnet



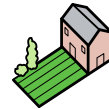
"You have to mow the lawn less frequently too," advised Rosie.



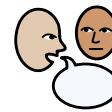
"Taller grass conserves water and is very good for insects."



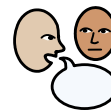
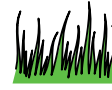
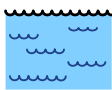
"Don't mow in spring, and we can have a wild flower meadow!"



It had not rained recently and the lawn was brown.



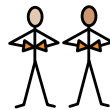
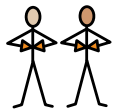
"We better use the watering can then," said Dad.



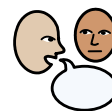
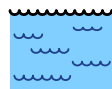
"No! Save water. Rain will make the grass grow," said Alex.



That evening, Alex and Rosie thought about the bathroom.



"If we turn off the tap whilst we clean our teeth..."



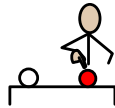
"That will save a lot of water!" said Rosie.



"Are you



having a bath



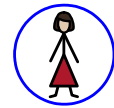
this



evening?"



asked



Mum.



"We



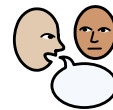
should have



more



showers,"



said



Rosie.

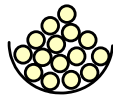


"A shower



uses

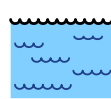
a



lot

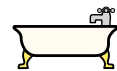


less



water

than a



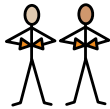
bath."



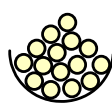
"You have



given



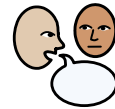
us



a lot



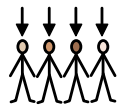
to think about,"



said



Dad.



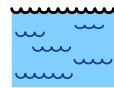
"Everyone



should



save



water."



"This will

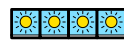


protect

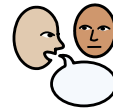
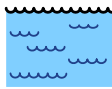
water supplies



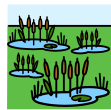
for people



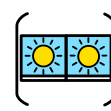
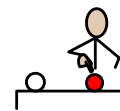
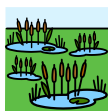
in the future."



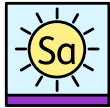
"Saving water also protects the environment," said Mum.



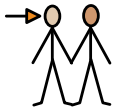
"It protects wetlands and wildlife in Suffolk."



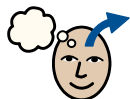
"Let's visit a wetland nature reserve this weekend!"



On Saturday morning the children were excited.



They had travelled to Minsmere, an RSPB nature reserve.



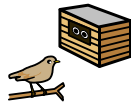
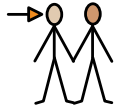
The children remembered to bring their reusable water bottles!



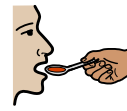
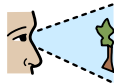
Bittern



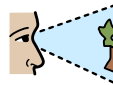
Otter



They visited a bird hide in the marsh.



Rosie was pleased to see a bittern feeding in the reeds.



Alex was very excited to see an otter.

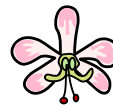
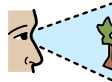
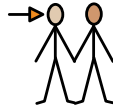
Bearded tit



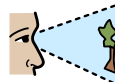
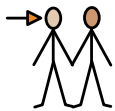
Norfolk hawker



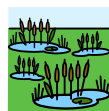
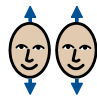
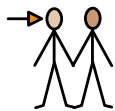
Southern marsh-orchid



Along the nature trail they saw marsh orchids and dragonflies.



They also saw a beautiful bearded tit in the reeds.



They agreed that wetlands must be protected.

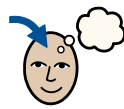
Please Save Water



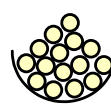
Alex



and Rosie



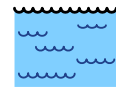
learned a



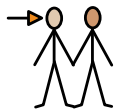
lot



about



water.



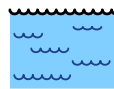
They



know how



to



save water



to protect



the environment.



Now



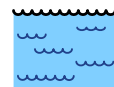
your



family



can



save

water



too!

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Alex and Rosie learn about water conservation at school, tell Mum and Dad about ways in which the family can save water, and visit a wetland nature reserve.

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