

# Stuart & Gabriella: Rivers Rock

**R**ivers are amazing places full of life and activities. What's your favorite? Boating and swimming? Hiking? But rivers aren't just for fun. They've been called the blood vessels of the planet. They move life-giving water across the land to the oceans.

Along with providing food, transportation, and electricity, rivers are a source of fresh water. It's estimated that we each need 5-13 gallons (20-50 L) of clean water

every day for drinking, cooking, and washing. Sadly, over one billion people in the world don't have enough. Part of the problem is that water is often wasted or polluted.

If you live near a river or stream, you and your friends can show your gratitude for these natural wonders by lending a hand. By helping to clean up pollution, you could strengthen fresh water sources for miles—maybe even hundreds of miles!

**What strengths can you use to take care of our amazing rivers?  
Fill in the blank leaves to discover some ideas.**

