



REV YOUR BEV

Early Childhood Education Activities for Promoting Water

INTRODUCTION

This Lesson Plan provides a list of activities and resources that can be used to help encourage children to drink more water.

At the end of these lessons, children will be able to identify water as the healthiest beverage, understand the importance of keeping our bodies hydrated, and learn fun ways to drink water!





INTRODUCTION

Healthy hydration habits start in early childhood! Because young children spend the majority of their day in childcare, it is important that safe drinking water is available at all times – served inside and outside, during meals, and be easily accessible throughout the day.

Establishing water drinking habits at an early age protects children's health now and for the future!



LESSON PLAN SUMMARY

1. What Does Hydration Look Like?
2. Fill The Cup Relay
3. Sink or Float
4. Storytime
5. Coloring Stickers
6. Parent Activity

DID YOU KNOW?

- ◆ Dietary preferences are established in early childhood.
- ◆ Drinking water can help children feel more alert and energized.
- ◆ Children get fewer cavities when they drink water. Water contains fluoride which protects teeth and prevents cavities.
- ◆ Water makes up 60% of childrens' bodies, so it is important to keep them hydrated.
- ◆ Active kids need to drink 1/2 to 2 cups of water for every 15 to 20 minutes of physical activity.

The author of this lesson plan is Deb Miller, from St. Anne's Catholic School in Bristol, Virginia, for submitting the 2022 winning lesson plan!

ACTIVITY #1: WHAT DOES HYDRATION LOOK LIKE?

INTRODUCTION

Children will observe and touch imitation snow when it is dried out and compare it to when water is added. The lesson is to compare snow to our bodies when we aren't hydrated.

MATERIALS

Bucket or sink

Pretend snow (provided)

Water pitcher (provided)

Prediction & Observation Forms
(included in lesson plan)



INSTRUCTIONS

1. Gather class as a whole group.
2. Open discussion by asking if anyone has heard of the word “hydration.” Then define hydration for them. Explain that we are going to do an experiment with snow related to hydration.
3. Pour the pretend (dry) snow in the bucket/sink. Have kids touch and describe it. Tell them that the snow does not have enough water in it, so it is dehydrated. When it is dehydrated it is not able to work correctly to turn into snow. Ask the kids to predict what will happen if they add water.
4. Fill out the prediction form as a group.
5. Then slowly add water until the dry snow turns into more “real” looking snow. Then discuss how our bodies also need water to work properly and to be healthy.
6. Fill out observation form as a group.



TALKING POINTS BEFORE ACTIVITY

- Define the word hydration and dehydration with the group. Talk about why it is good for our bodies to be hydrated. Explain that since we cannot see the inside of our own bodies, we are going to look at snow that is dehydrated and then look at hydrated snow.
- Our bodies are made up of several things like skin, bones, organs like our heart, blood and much, much more.
- But inside our bodies is also lots and lots of water.
- To keep our bodies healthy inside and out, we need to stay hydrated, which means our bodies need to remain as full of water as possible.
- To stay hydrated, we need to drink plenty of water every day.

TALKING POINTS DURING ACTIVITY

- Ask open ended questions. What does the snow look and feel like when it is dehydrated? What happened when the snow had no water? How did the snow change when it got enough water? What do you think happens to our bodies if we don't get enough water?

FOLLOW-UP IDEAS

Leave the snow in the bin or basin. Observe how it changes over time. Let the children rehydrate the snow with small cups of water every couple of days.

ACTIVITY #1: OBSERVATIONS & PREDICTIONS FORM



In this activity, we will be adding water to hydrate our “pretend” powdered snow.

PREDICTIONS

What do you think will happen to the “pretend” snow when we add the water? (Write down children’s responses)

OBSERVATIONS

What do you notice happening to the “pretend” snow when the water was added? Give details on what it looks and feels like. Discuss if the predictions were correct.

CONCLUSION

Make a conclusion statement with the class (think of cause and effect). How did water affect the snow and make a comparison to how water affects our bodies.

CONGRATULATIONS

Congratulations to Asia Drummond from FRIENDS Association for Children in Richmond, Virginia for submitting this 2023 winning lesson plan!

ACTIVITY #2: FILL THE CUP RELAY

INTRODUCTION

In this fast-paced team-building activity, kids will make every ounce count. Dividing your class into two teams, each team will have two different cups: one filled with water and one that's empty. Using just one sponge, they'll relay the water from the filled cup to the empty. The object of the game is to see which group can transport the most water to their empty cup by squeezing their team's sponge.

MATERIALS

4 cups (included in this kit)

2 sponges (included in this kit)

Enough water to fill two of the cups

INSTRUCTIONS

1. Gather 4 cups and 2 sponges.
2. Head outside.
3. Split the class into 2 teams.
4. Fill each team's first cup with water and place it on one end of the playground / outdoor space.
5. Take the empty cup that they will squeeze the sponge in and place it on the other end of the playground / outdoor space.
6. Begin the relay, timing them if you'd like. Your kids will be ready for some water after this one!

TALKING POINTS BEFORE ACTIVITY

- What is water and how do we use it?
- Why is water important?
- How can we make water fun?

TALKING POINTS DURING ACTIVITY

- Make sure you work together. Emphasize the importance of listening to everyone on your team.
- Cheer on not just your teammates, but also the other team. We are all winners here.
- Most importantly, have fun!

FOLLOW-UP IDEAS

Have drinking water easily available after the activity. Your kids have just worked up a sweat. Reinforce the importance of drinking water after exercising — and at home.



The author of this lesson is Casey Childs from the Minnieland Academy at Heathcote in Haymarket, Virginia. It premiered in the Rev Your Bev Lesson Plan Guide in 2021.

ACTIVITY #3: SINK OR FLOAT?

INTRODUCTION

Using a water basin and household Rev Your Bev items, children will form a hypothesis and learn about density as they test what sinks or floats!

MATERIALS

Plastic tub or basin (preferably clear), water, and a variety of household items.

Included in this kit:

Droplet stress reliever

Maraca

Coin

Any other classroom or household objects may be included.

Note To engage the children's sense of smell as well as touch, consider adding a few drops of citrus or mint extract to the water. Food coloring also adds a little flair to the experiment.

INSTRUCTIONS

1. Have the children help you fill the tub or basin $\frac{3}{4}$ full of water.
2. Drop each item in the water one by one and discuss the results.
3. Graph your results and compare them with the children's predictions at the end of the experiment.

TALKING POINTS BEFORE ACTIVITY

Before starting, briefly discuss each object.

- Is it heavy or light? Introduce and explain the word density.
- Ask the children to predict if each item will float at the top of the water or sink to the bottom.
- Write down predictions to refer to during and after the experiment.

TALKING POINTS DURING ACTIVITY

- Encourage children to verbally express what each item does when dropped into the water.
- Ask them why they think it happened. This deepens understanding and gives children a chance to build vocabulary.

FOLLOW-UP IDEAS

Ask the children to draw a picture of the experiment. Ask them to tell you about their picture. What was their favorite part of the experiment? Are there any other objects they would like to test in the future?





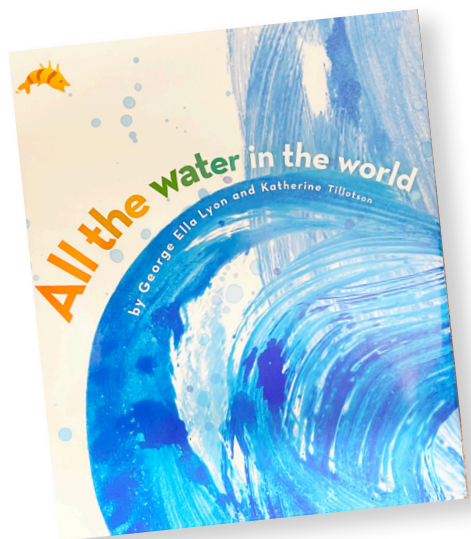
ACTIVITY #4: WATER STORY TIME

INTRODUCTION

“All the Water in the World” is a colorful story that illustrates where water comes from and where it goes. It’s sure to be a hit with students, especially if they have learned about the water cycle before. In this poetic description of water, students will learn the journey that water takes on Earth and why it’s important to protect. Gather the group in a reading circle and enjoy!

MATERIALS

“All the Water in The World” book (included in this kit)



INSTRUCTIONS

1. Read Water “All the Water in The World” to your students.
2. While reading the story, highlight with your students each time water is described in a different setting, and the important role water plays in the health of all living things.

TALKING POINTS BEFORE ACTIVITY

- Water is important for many things.
- When you’re thirsty, water is the best choice.
- Water can be found in so many places and in different forms.

TALKING POINTS AFTER ACTIVITY

Q: Which drink to you think is the healthiest for our bodies?

A: Water.

Q: Why do we need water and where does it come from?

A: We need water to help us, animals, and plants to grow.

A: Water keeps us from being thirsty.

A: Water comes from rivers, oceans, streams, clouds.

A: We need water to drink and to stay clean!

FOLLOW-UP IDEAS:

Set up a watercolor craft project depicting underwater ocean life. Use “All the Water in The World” as inspiration for settings to instruct the children to paint.

CONGRATULATIONS

Congratulations to Megan Benton from Reynolds Community College in Richmond, Virginia for submitting this 2023 winning lesson plan!

ACTIVITY 5: COLORING STICKERS

INTRODUCTION

In this activity, children will be using their fine motor skills to decorate their very own stickers that promote drinking water. Let them express their creativity by coloring in the stickers however they'd like. Then allow them to display their sticker with pride, wherever they so choose. The stickers serve as a daily reminder to drink water!

MATERIALS

Stickers (included in this kit)

Markers, colored pencils and/or crayons

INSTRUCTIONS

1. Demonstrate how you would like your kids to decorate their stickers.
2. Share with them the items that will be given.
3. Hand each child their very own sticker.
4. Have them use coloring utensils to decorate their stickers.

TALKING POINTS DURING ACTIVITY

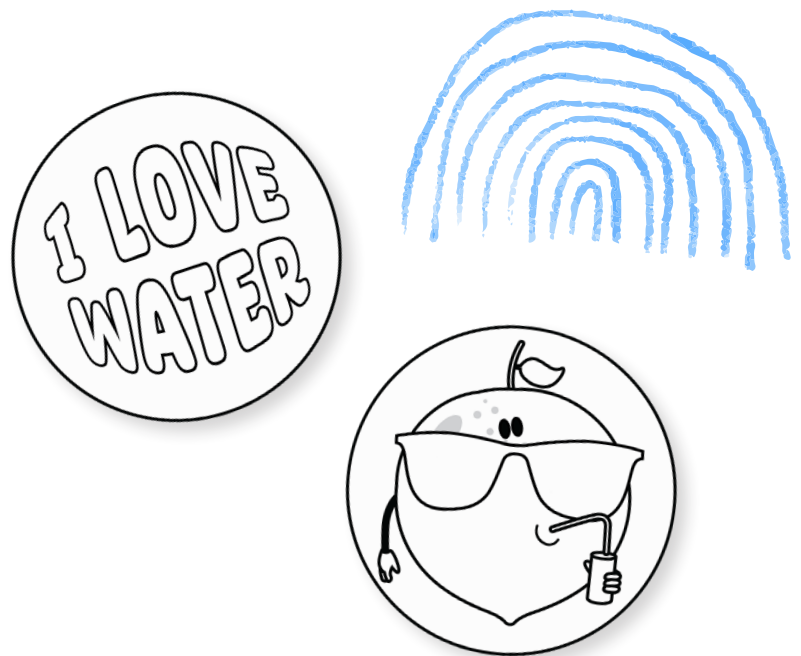
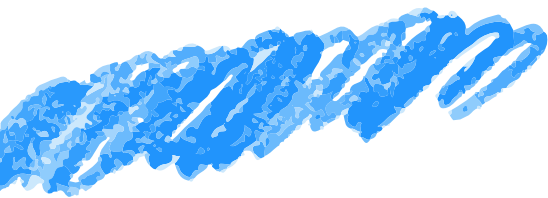
- Ask the kids why is drinking water important.
- Ask them what they like about water.
- Ask them their favorite thing to do with water and their favorite way to drink it.

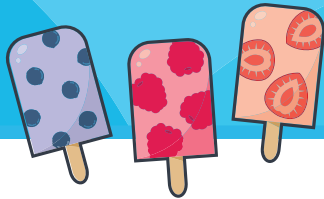
TALKING POINTS AFTER ACTIVITY

- Ask them where they plan on displaying their stickers.
- This activity makes for a great group photo-op!

FOLLOW UP IDEAS

Help the children to find an appropriate place to display their sticker: on their shirt, a water bottle, their backpack, on a folder, etc. Remind them of when they made the sticker and why they made it—to drink more water every day!





PARENT ACTIVITY: FRUITY POPSICLES

TALKING POINTS FOR PARENTS

INTRODUCTION

A child's beverage preferences and health habits are established in early childhood. Sugar-sweetened beverages are the only food or beverage that have been directly linked to obesity, a leading cause of heart disease, type 2 diabetes, and some cancer. Handing out Fruity Popsicles to parents at your center offers parents a fun way to encourage water drinking at home and can help to inspire healthy habits early to protect children's health now and in the future!

MATERIALS

Lemon squeezers	Several different types of fruit such as strawberries, watermelon, grapes
Bowls	
Eye droppers	Paring knife
Ice cube trays	Cutting board
Access to a freezer	Gloves

INSTRUCTIONS

1. Using the cutting board and paring knife, cut the fruit into pieces.
2. Use the lemon squeezer to juice the fruit into different bowls.
3. Use an eye dropper to place some drops of the fruit juice into the ice cube trays. Then fill the rest of the tray with water and place a popsicle stick into each cube of the tray.
4. Place the ice cube trays in the freezer.
5. Once frozen, offer up delicious, ice-cold treats.

Why does water matter?

- Nearly one in four 2–5 year-olds are overweight or obese.
- Drinking a sugary drink (or two) per day increases your risk for type 2 diabetes by 25%.
- Sugary drinks are the largest source of added dietary sugar.
- Young children are drinking too many – 8 in 10 drink one sugary drink per day.

Why is water the best choice?

- Zero calories, no sugar
- Prevents weight gain
- Protects teeth from cavities
- Saves money
- Supports learning
- Hydration

Ways to support water consumption:

- Make water freely available, indoors and outdoors, if playing outside.
- Offer water to children. Those who are able can “self-serve.”
- Teach children that water is healthy and refreshing.
- Drink water in front of your children—Be a role model for healthy beverages!
- Find fun ways, like popsicles, to continue introducing water into children's days.

ADDITIONAL TIPS FOR SUCCESS

- Work with partners, school leaders, teachers, and local parent coordinators to develop objectives for the evening and draft an agenda that includes activities to engage parents in the material.
- Use several ways to notify parents, such as sending an invitation home with children and posting on your program Facebook page or website.

IMPORTANT TIP FOR SUCCESS:

Make the popsicles the day before you invite parents to sample them. That way they can be an easy treat and engagement opportunity at pick-up time the next day!



@revyourbev
#RevYourBev