

# LESSON 2024

PLAN



**REV  
YOUR  
BEV**

**EARLY  
CHILDHOOD  
EDUCATION  
ACTIVITIES FOR  
PROMOTING WATER**

# INTRODUCING WATER



This toolkit provides you with the tools to teach kids the benefits of staying hydrated and show them all the cool things water can do!

Follow along for some fun activities and easy experiments that are sure to instill a lifelong love of water, the healthiest drink in the whole wide world.

The first step to establishing healthy hydration habits in children is ensuring they have constant access to water inside, outside, and at mealtimes. The second step is leading by example. Your water-drinking habits show kids how important it is to stay hydrated.

Be the example for these children and lead the charge to a healthier, more hydrated future.

## LESSON PLAN SUMMARY:

- 01. WHAT DOES HYDRATION LOOK LIKE?**
- 02. FILL THE CUP RELAY**
- 03. SINK OR FLOAT?**
- 04. REV YOUR BEV STORY TIME**
- 05. EL AGUA ES VIDA**

## 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 makes up 60% of children's 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.

**/ REV YOUR BEV**





# WHAT DOES HYDRATION LOOK LIKE?

## MATERIALS

Bucket or sink  
Pretend snow  
Water pitcher  
Observations & Predictions Form  
(included in lesson plan)

## INSTRUCTIONS

- Gather class as a whole group.
- 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.
- 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.
- Fill out the prediction form as a group.
- Slowly add water into the bucket/sink 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.
- Fill out observation form as a group.

The author of this lesson plan is **Deb Miller from St. Anne’s Catholic School in Bristol, Virginia. It premiered in the Rev Your Bev Lesson Plan Guide in 2022.**



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.

## TALKING POINTS BEFORE ACTIVITY

Define the words “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, blood, organs (like our heart), 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.

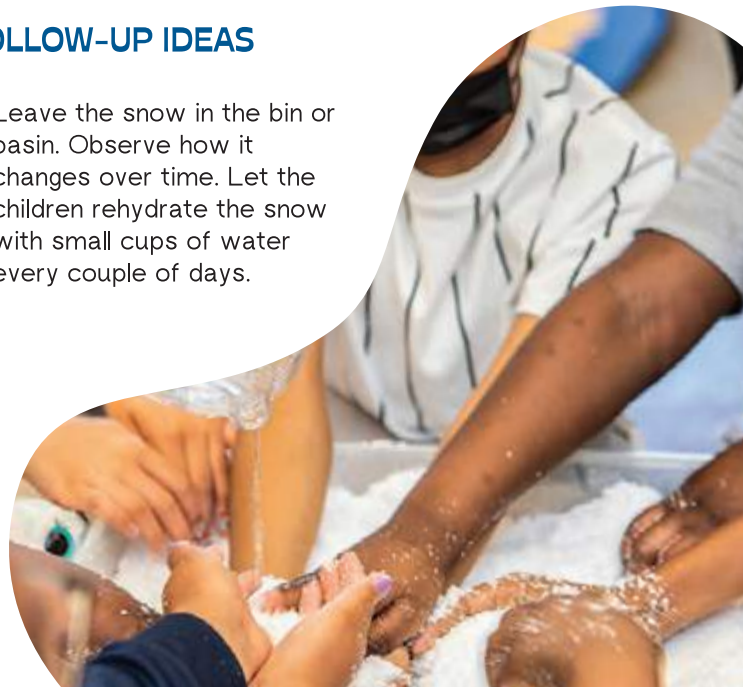
To stay hydrated, we need to drink plenty of water every day.

## TALKING POINTS AFTER 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.



OBSERVATIONS & PREDICTIONS **FORM** OF ACTIVITY

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 is 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). Think about how the water affected the snow and make a comparison to how water affects our bodies.

---

---

---

---

---

---



ACTIVITY 02

# FILL THE CUP RELAY

## MATERIALS

- 4 cups
- 2 sponges
- Enough water to fill 2 of the cups

## INSTRUCTIONS

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

The author of this lesson plan is Asia Drummond from FRIENDS Association for Children in Richmond, Virginia. It premiered in the Rev Your Bev Lesson Plan Guide in 2023.



LET'S WORK TOGETHER!



LET'S WORK TOGETHER!

In this fast-paced team-building activity, kids will make every ounce count. Divide your class into two teams. Each team gets two different cups: one filled with water and one that's empty. Using just one sponge, kids will relay the water from the filled cup to the empty cup. 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.

## 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.





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!

# SINK OR FLOAT

ACTIVITIES

## MATERIALS

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

Rubber duck

Ping-pong Ball

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

- Have the children help you fill the tub or basin 3/4 full of water.
- Drop each item in the water one by one and discuss the results.
- Graph your results and compare them with the children's predictions at the end of the experiment.

**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.**

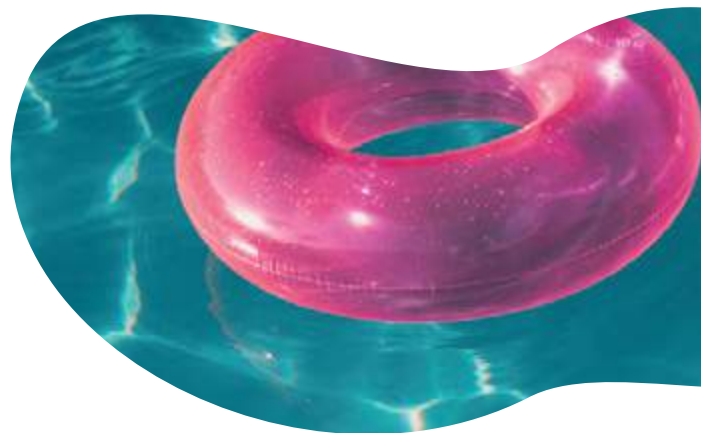


## BEFORE STARTING, BRIEFLY DISCUSS EACH OBJECT.

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 04

# REV YOUR BEV STORY TIME

## MATERIALS

*Potter the Otter – A Tale About Water*,  
by Shalini Singh Anand

## INSTRUCTIONS

- Read *Potter the Otter – A Tale About Water* to your students.
- While reading the story, highlight with your students the healthy choices Potter the Otter is making! Share with the class that:

*Potter the Otter loves making healthy choices!*

*Potter loves to eat good foods like fruits, veggies, and whole grains.*

*Potter knows it's best to drink refreshing water.*

*Potter makes sure to play outside and get plenty of activity every day.*



It is important for children to understand the benefits of drinking water and the role water plays in our bodies. Water helps us grow and stay healthy, and it is the best way to quench our thirst! During this activity, students will be introduced to Potter the Otter, a smart otter who makes healthy choices and tells all of his friends why they need to drink lots of water.

## TALKING POINTS AFTER ACTIVITY

“Which drink do you think is the healthiest for our bodies?”

Answer: Water!

“How does water help our bodies?”

Answer suggestions:

We need water to help us grow.

Water helps our bodies move.

When we drink water, we are helping our brain, heart, lungs, and tummy do their jobs.

Water helps us stay smart.

Water helps us stay active on the playground.







Kids will see in real time how drinking water helps them grow big and strong. By putting leaf stickers on the tree every time they achieve their water-drinking goal, they learn that staying hydrated gives us life. They get to watch the tree “grow” as it gets more and more leaves.

# EL AGUA ES VIDA

ACTIVITIES

## MATERIALS

- Tree poster
- Leaf stickers
- Water pitcher
- Cups for water
- Stickers and tattoo prizes
- Water markers
- Crayons, markers, colored pencils

## INSTRUCTIONS

- Point out to the children where in the learning area they can fill their water cup.
- Find somewhere to display the tree poster where everyone can see it.
- Set your water goal and mark it on each child’s cup.
- Once a child’s goal is achieved, they will receive a leaf sticker to place on the tree. Children can earn more than one leaf sticker if they drink more water than their set goal.
- Earning leaf stickers will make the children eligible for prizes from the prize box.

**Congratulations to Shirley Leon Guzman de Meza from the LionKids Home Daycare in Winchester, Virginia, for submitting this 2024 winning lesson plan!**



## TALKING POINTS BEFORE ACTIVITY

Every living thing needs water.

Water helps trees grow, just like water helps us grow.

Drinking water isn’t just good for your body. It’s good for your mind.



## TALKING POINTS DURING ACTIVITY

Review the importance of drinking water every day.

Recognize and applaud each other’s achievements.

## FOLLOW-UP IDEAS

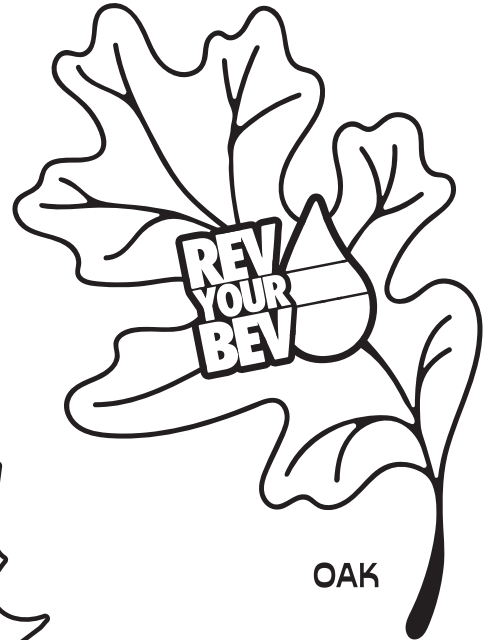
Take pictures before and after putting leaves on the tree and post your progress on social media. If you do, don’t forget to tag @revyourbev! The achievements will be visible to everyone, and you will be able to evaluate the benefits of drinking water every day.

ACTIVITY 5  
**EL AGUA  
ES VIDA**

(WATER IS LIFE)

Color the leaves in as you achieve your water goals.

BEECH



OAK



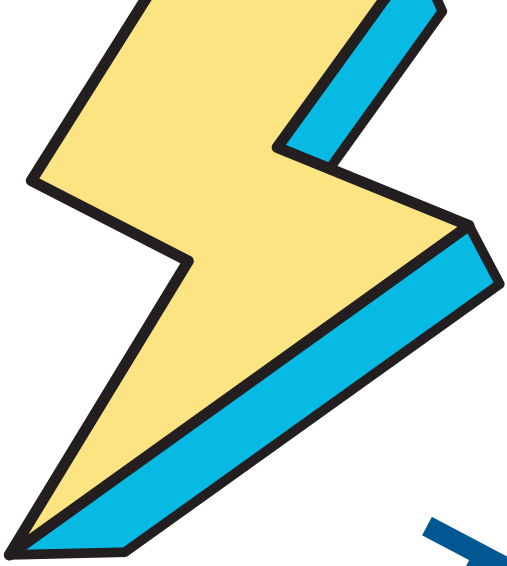
MAPLE



DOGWOOD



SASSAFRAS



**FOLLOW OUR SOCIALS**



**@REVYOURBEV**





**REV  
YOUR  
BEV**



[WWW.REVYOURBEV.COM](http://WWW.REVYOURBEV.COM)