

2025 Lesson Plan

**REV
YOUR
BEV**



Early Childhood Education
Activities for Promoting Water

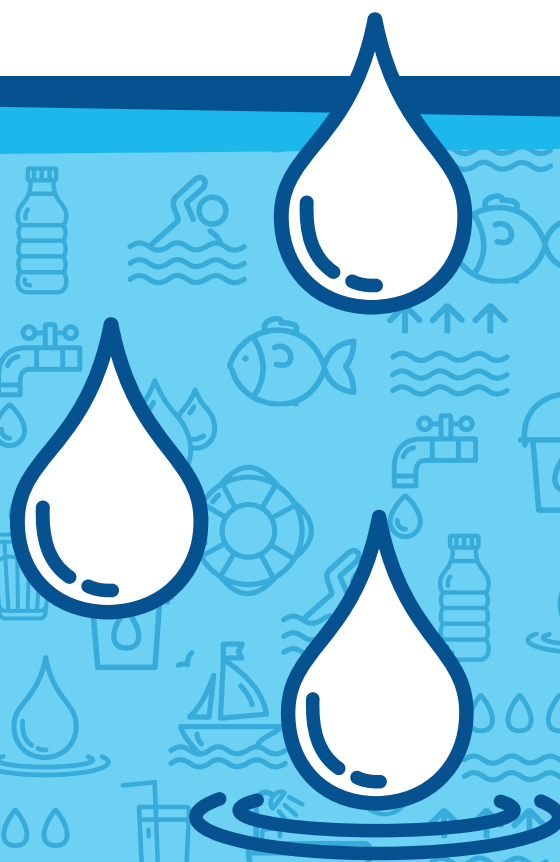
A young girl with dark hair in pigtails, wearing a grey shirt with large white polka dots, is holding a clear glass of water to her mouth and drinking. The background is a light blue pattern of various water-related icons like fish, water drops, a faucet, a bathtub, a sailboat, and a life preserver.

INTRODUCING WATER



Educators like you have the power to help school-aged children get excited about water and build healthy hydration habits that will last them a lifetime.

This toolkit gives you different lesson plans and supplies to help show your students all the fun things water can do for them right now.





You're in a great spot to help teach students about the importance of water. Leading by example with your own healthy water-drinking habits will show kids the importance of staying hydrated.

Lesson Plan Summary:

- 01. Coloring Crown**
- 02. What Does Hydration Look Like?**
- 03. Does Water Help You Grow?**
- 04. Rev Your Bev Storytime**
- 05. Water Taste Test**

Did you know?

Water may not look like anything, but it helps with everything!

- Water makes up 60% of children's bodies, so it is important to keep them hydrated.
- Drinking water can help children feel more alert and energized.
- Drinking water helps balance children's moods and ward off crankiness.
- Water is one of the easiest ways to help kids fight off colds and headaches.

* Active kids need to drink 1/2 to 2 cups of water for every 15 to 20 minutes of physical activity.

Activity 01

COLORING CROWN

This activity is a fun way to get kids excited about Rev Your Bev Day by letting them imagine that they are Rev Your Bev royalty, because by the end of the day, they'll be the authority on all things water. Kick off the day by having your kids color in their crown however they'd like, and then help them cut out their crowns so they can wear them proudly throughout the day.

Bonus: It's a perfect time for a photo op! Be sure to tag us on social @RevYourBev

MATERIALS

Picture of water crown (provided)
Coloring supplies (provided)
Tape, glue, or paste

INSTRUCTIONS

1. Let your students know that today is all about water and how amazing it is.
2. Give each student a copy of the picture of the crown and allow them time to color it in.
3. Once the students are done coloring, they can either cut out the crowns themselves or you can cut out the crowns for them.
4. Size the individual crowns to each child's head and tape or paste the sides of the crown together.
5. Encourage the children to wear their water crowns all lesson long. But no, they aren't waterproof!

TALKING POINTS AFTER ACTIVITY

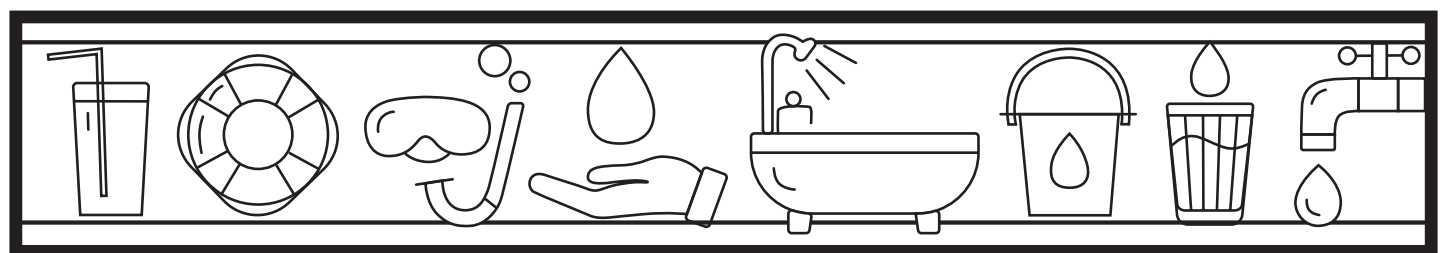
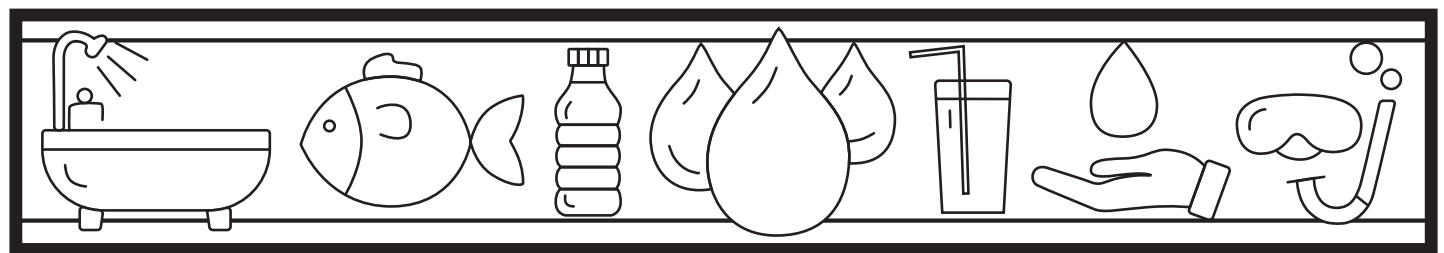
Today is going to be a fun-filled, water-fueled day.

We'll learn about the importance of water, how it affects our health, and how much fun it can be!



Activity 01

COLORING CROWN



Activity 02

WHAT DOES HYDRATION LOOK LIKE?

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)
Observations & Predictions Form (next page)

INSTRUCTIONS

1. Gather class as a whole group. Explain that we are going to do an experiment with snow related to hydration.
2. Pour the 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 and fill out the prediction form as a group.
3. 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 the observation form as a group.



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 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 by drinking 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.

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.



Activity 02

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 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 03

DOES WATER HELP YOU GROW?

Children will be planting two different cups with the seeds provided in your kit. Both cups will be the same, except one will get water and one will not. Then, the children will see if water plays an important part in how living things grow.

MATERIALS

Peat pots (2 for each student) (provided)
Medium-sized bag of potting soil
Seed packets (provided)
Spray bottle full of water (provided)
1 roll of plastic wrap
1 small plastic spoon for each child

INSTRUCTIONS

1. Begin with having the students fill both of their cups 3/4 way full with soil, using their spoons.
2. Have the children add a few seeds from the packet to each cup on top of the prepared soil. Use the spoons to cover the seeds with another few scoops of soil.
3. For the cup with the Rev Your Bev logo, help the children spray the soil with three or four mists of water. Then help the children cover both cups with plastic wrap.
4. Have children place their cups on a sunny ledge or window sill.

TALKING POINTS BEFORE ACTIVITY

Show the children a plant that is fully in bloom, and explain that plants and people both have something very important in common:

- We need LOTS of water to grow up and be healthy.
- So why do you think we need water for those things?
- Do you know what vitamins and minerals are? (Important things in our food that help keep us healthy and help us grow)
- Water helps those vitamins and minerals go into our bodies and do their jobs, like keeping us from getting sick and giving us energy.
- Plants need water for the same thing!

TALKING POINTS DURING ACTIVITY

- What kinds of things do you like to drink?
- Did you know that juice has a lot of sugar in it?
- Sugar would make it harder for the plant to get all those nutrients it needs and would keep it from growing and being healthy.
- Do you think maybe sugar might do the same thing to you?
- Do you think that without any water, a plant can grow?
- Do you think it might be the same for you?

FOLLOW-UP IDEAS

In a few days, check in on your seeds, and find that the ones that were watered have indeed sprouted! Talk about why we think they sprouted and those without water have not. Uncover them and send them home with a note for parents to repot them, or just find a nice place outside to put them in the ground. Make sure to note the importance of remembering to give them water, just as it is important to give water to ourselves.

Congratulations to the author of this lesson, Rachel Musick, at the Valley Kingston Parish Preschool in Mathews, Virginia, and one of the winners of the 2020 Rev Your Bev Lesson Plan Contest.

Activity 04

REV YOUR BEV STORYTIME

Sip, Sip, Hooray! is a colorful story that explores the many great things water does for their bodies. With playful rhymes and illustrations, it teaches students the benefits of staying hydrated and encourages self-sufficiency by helping kids learn they can be in charge of their own health by asking for water. Gather the group in a reading circle, with their water cups/bottles, and enjoy!

MATERIALS

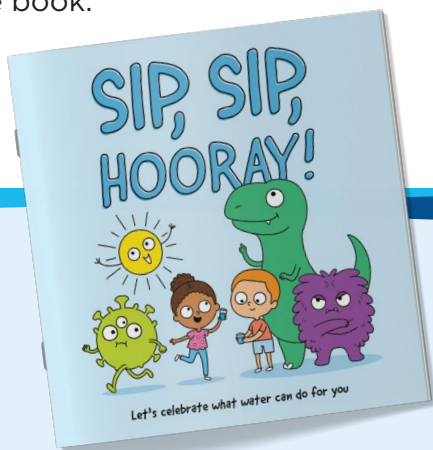
Sip, Sip, Hooray!, by Ben Peters (provided)
Water cups or water bottles (optional)

INSTRUCTIONS

1. Read *Sip, Sip, Hooray!* to your students.
2. While reading the story, highlight with your students the benefits of drinking water and how it can help their bodies! Some examples include:

“When we drink water, our muscles grow big and strong. Can you show me your big muscles? Flex like a superhero!”

“Do you ever feel cranky? Sometimes, a drink of water can help us feel better. Can you show me how you feel when you drink water?” (Encourage them to show a “happy” face.)
3. Encourage the class to drink a sip of water along with each “Sip, Sip, Hooray!” in the book.



TALKING POINTS AFTER ACTIVITY

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

ANSWER: Water!

“What is something that water can help us with?”

ANSWER Suggestions:

- Water helps our muscles grow.
- Water can help us feel better when we're sick.
- Water helps move food through our bodies.
- Water can help us poop.



Activity 05

WATER TASTE TEST

In this activity, students will explore their sense of taste with water and sample healthy fruit-infused water flavors!

MATERIALS

Water flavoring recipe sheet (provided)
Individual tasting cups (provided)
2 or more water pitchers
Toddler measuring pitcher (provided)
Cleaned and sliced fruit or vegetables

Tip: Try using sparkling water vs. still water or cold water vs. room temperature water comparisons to teach the students about variations in textures and temperatures with water.

INSTRUCTIONS

1. Set up at least two different flavor combinations for a water tasting (see recipes on next page for ideas). Remember to do this a few hours before tasting activity.
2. Have the children practice their pouring skills by pouring some of each type of flavored water into a tasting cup.
3. Remember to practice proper sanitation techniques by using a new tasting cup for each water sample.
4. Allow students to taste each water flavor.
5. At the end of the tasting, have the students share which flavors they liked.
6. Optional: Tally each student's favorite water flavor and see which flavor students liked the most.



BEFORE BEGINNING THE ACTIVITY

Check student allergy list to omit any recipes with foods that one or more students cannot have.

TALKING POINTS BEFORE ACTIVITY

Where are some places at school you can get water?

PITCHER

TAP OR FAUCET

WATER FOUNTAIN

REFRIGERATOR DISPENSERS

BOTTLED WATER

TALKING POINTS AFTER ACTIVITY

- Which was your favorite flavor?
- Are there any fruits or vegetables you would add to your water at home in order to drink more water?



To visit our website and learn more about the cool things water can do, scan the QR code.

Activity 05

READY TO REV YOUR BEV?

TO FLAVOR YOUR WATER, JUST ADD SLICED **FRUITS** AND **VEGGIES**.

**CUCUMBER +
LEMON**



**BLUEBERRIES +
ORANGE**



**GRAPE +
LIME**



**APPLE +
CINNAMON**



**RASPBERRY +
STRAWBERRY**



**CHERRY+ LIME +
BLACKBERRY**



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