



HYDRATION LESSON

Getting Started

Start with a KWL [Know, Want, Learn] chart with the kids:

- What do you KNOW about properly hydrating? What are the benefits? Why do we want to do this? Examples of healthy hydration options? Where did you learn your info from?
- What do you WANT to know about hydrating?
- What did you LEARN about proper hydration? What hydration habits are you going to focus on?

Class Discussion

Suggested Questions: What are some things you noticed? What are some things we can do to stay hydrated? Why do you think hydrating is good for you? What are some fruits and vegetables we can have during recess and after school that help us hydrate? Why is water good for you? How does it help us stay hydrated? What beverages wouldn't help with hydration / why do you think that?

Introduce classroom hydration challenge:

Did you hydrate properly? [Poster or Personal size - 30 day challenge - Incentive]

30 day challenge: Teacher can keep everyone's scorecard or each student can be given individual cards, where they keep track of their own progress, and at the end of the month teacher does a check in and a review.

Mini Activity

Hydration: [There's two] 1. Does It Hydrate Chart? - The student will have a list of beverages, the students will check yes or no if it hydrates, and then how much of each beverage [if known] should be consumed. 2. How Much Sugar is In It? - This can be a mini research project [upper grades]. The students will figure out the percentage of sugar in each drink.

[FOR ALL GRADES]