



**IN EARLY CHILDHOOD  
LESSON PLAN 2018**

# INTRODUCTION

Healthy hydration habits start in early childhood! Because young children spend the majority of their day in child care, 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 in the future!

## 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 children's bodies, so it is important to keep them hydrated.
- Active kids need to drink ½ to 2 cups of water for every 15 to 20 minutes of physical activity.

Rev Your Bev supports healthy hydration initiatives in early care programs and encourages children and adults of all ages to choose water!

This lesson plan provides a list of activities and resources that can be used to help encourage children to drink more water and milk. 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!

## LESSON PLAN SUMMARY

1. Rhythm Game
2. Rev Your Bev Story Time
3. Sensory Table (Water Table) and Pouring Practice
4. The Benefits of Water for Your Body
5. Water Taste Test

# ACTIVITY #1: RHYTHM GAME

## INTRODUCTION

Drinking water has many benefits. That's why it's important for kids to learn all the ways they can drink water, and that it's fun to drink, too. The following activity teaches kids ways to make water more exciting and gets them into the rhythm at the same time.

## MATERIALS

- Tap Bubble Filtered Bottle Fruit Jingle MP3

## INSTRUCTIONS

- Download the T.B.F.B.F jingle MP3 from [RevYourBev.com/Resources](http://RevYourBev.com/Resources)
- Ask students to sit in a circle.
- Play the jingle for the class.
- Ask students to name the different ways to drink water (tap, bubble, filtered, bottle, fruit).
- The first round begins with patting hands on knees. The teacher begins first by patting his or her knees in a 1, 2, 3, 4 rhythm. The student to the left starts on the next measure, and so on. Once all kids are patting with the rhythm, the teacher says "tap" on the 1-count of the next round. Go around the circle again with each kid saying "tap" on the 1-count.
- The rounds continue in the following order:
  - Bubble = clapping
  - Filtered = patting belly
  - Bottle = rubbing hands together
  - Fruit = stomping feet (alt. if kids are in desks: tapping on the desk)

## TALKING POINTS AFTER GAME

"What are the ways we can drink water?"

- *Answer: tap, bubble, filtered, bottle, or with fruit*

"Why is it good to drink water?"

- *It's healthy*
- *It's delicious*
- *It's fun to drink*

# ACTIVITY #2: REV YOUR BEV STORY TIME

## INTRODUCTION

It is important for children to understand the benefits of drinking water and the role water plays in our bodies. Water helps us grow, stay healthy, and 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.

## MATERIALS

- Book : “Potter the Otter - A Tale About Water,” by Shalini Singh Anand (provided)

## 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.

## TALKING POINTS AFTER BOOK

- “Which drink do you think is the healthiest for our bodies?”  
*Answer: Water!*
- “How does water help our bodies?”  
*Answer suggestion:*
  - *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*

# ACTIVITY #3 : SENSORY TABLE AND POURING PRACTICE

## INTRODUCTION

This activity will have children use their senses to identify the different characteristics of water and learn about how water comes in many different forms. For older children, this activity will also help them practice their pouring skills and encourage them to have fun with water. We can also use water to help children practice their pincer grasp with an eye dropper to help children later learn to use a pencil.

## MATERIALS

- Plastic tub or water table
- Child Sized water pitcher (provided)
- Watering can (provided)
- Different sized cups, bowls, and containers
- Measuring spoons (provided)
- Eye droppers (provided)
- 2 ice cube trays (provided)
- Water

## INSTRUCTIONS

- Share with students that we are going to explore water with our 5 senses!
    1. **See** the water  
Have all of the children look and observe the water sitting in the bucket.  
Ask: What does water look like? Color?
    2. **Hear** the water - Use the watering can to pour water into the water table. Use the measuring cups and spoons to splash the water.  
Ask: When are some times that you hear water? (ex. Rain, puddles, ocean). What does water sound like?
    3. **Touch** the water - Have the children line up and each stick a hand in the water one at a time.  
Ask: What does water feel like? Warm? Cold? Wet? Dry?
    4. **Smell** the water - Pour each child a small sip of water in a plastic cup. Distribute the cups and ask the children to smell the water.  
Ask: What does water smell like?
    5. **Taste** the water  
Ask: When you drink water, what does it taste like? Do you ever put fruit or vegetables in your water.
- \*\*Use Activity #5. Students should not drink the water in the sensory/water table.

## INSTRUCTIONS FOR OLDER AGES 3-5

- Have students practice measuring skills by pouring water from the water pitcher into a bowl or cup in the plastic tub.
- Encourage children to practice using their finger-grasping skills by allowing them to fill the eye dropper with water from the tub into the ice trays.



# ACTIVITY #4 : THE BENEFITS OF WATER FOR YOUR BODY



## INTRODUCTION

This lesson will focus on students learning how water helps our bodies. This lesson plan will teach students how water helps different body parts in our bodies so we can stay healthy and strong!

## MATERIALS

- Picture of a Child's Body Outline (provided)
- Body Parts: Brain, Heart, Stomach, and Muscles (provided)
- Markers and/or crayons
- Glue or paste

## TALKING POINTS BEFORE ACTIVITY

- We all need water to help our bodies grow.
- Animals and even plants, like the ones outside and the ones that we eat, need water to help them grow.
- Water helps your brain think faster.
- Water helps your skin stay soft and without water your skin can get dry.
- Water helps your stomach digest food so you have energy to play or be active.
- Water is also essential for your heart. Water helps your heart constantly work and pump.
- Have you ever been sweaty? Sweat is when your body sheds water to keep your skin cool.
- Drinking water can actually make your muscles stronger.

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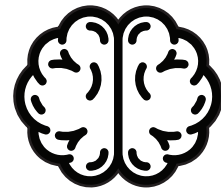
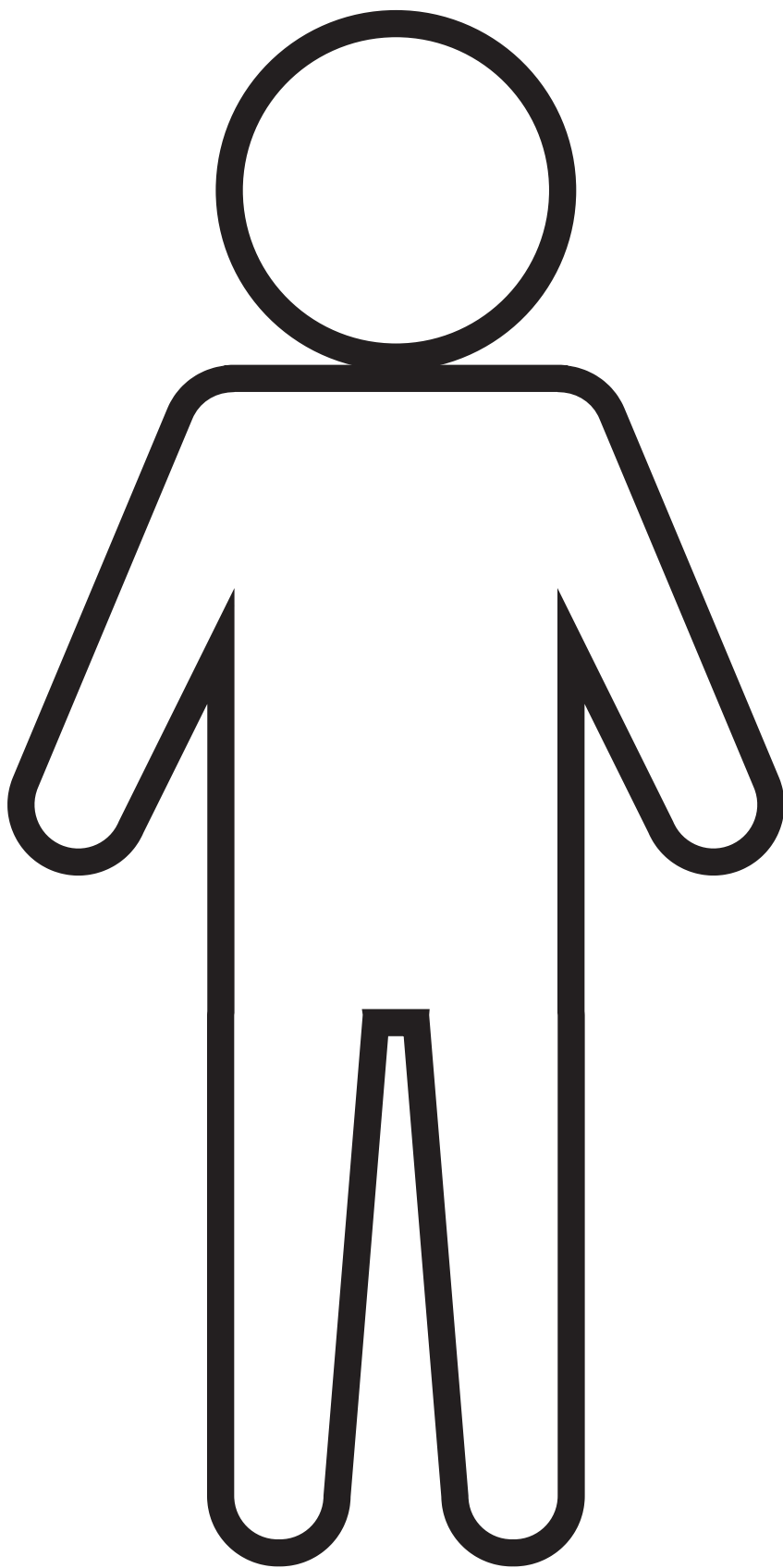
# ACTIVITY #4 : THE BENEFITS OF WATER FOR YOUR BODY (CONT.)

## INSTRUCTIONS

- Remind students how water helps us stay alive and grow, just like it does with plants and other animals.
- Give each student the Child's Body Outline to cut out. Older children may be able to cut out their own body outline.
- Encourage the children to draw the face and color their child body.
- Give each student the Body Parts to cut out. For younger children, cut out the body parts before the activity.
- Instruct the students to place the body parts on their body shape.

## TALKING POINTS AFTER ACTIVITY

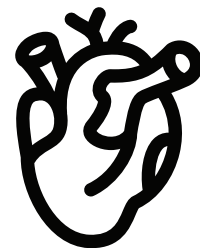
- What does water do for our bodies?
  - Keeps us hydrated so we don't get thirsty
  - Keeps our skin healthy
  - Helps make us strong
  - Keeps our teeth healthy and strong
- Did you know that most of our body is made up of water?
- It is important to keep feeding our body water, so we stay hydrated!



**BRAIN**



**MUSCLE**



**HEART**



**STOMACH**



# ACTIVITY #5: WATER TASTE TEST



## INTRODUCTION

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)
- Fruits or vegetables to put in the water
  - See the recipes below for ideas!
  - 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.

## BEFORE BEGINNING THE ACTIVITY

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

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# ACTIVITY #5: WATER TASTE TEST<sub>(CONT.)</sub>

## TALKING POINTS BEFORE THE ACTIVITY

- Where are some places at school you can get water? Home?
  - Pitcher
  - Tap or Faucet
  - Water fountain
  - Refrigerator dispensers
  - Bottled water

## INSTRUCTIONS

- Set up at least 2 different flavor combinations for a water tasting (See recipes below for ideas). Remember to do this a few hours before tasting activity.
  - Have the children practice their pouring skills by pouring some of each type of flavored water into a tasting cup.
  - Remember to practice proper sanitation techniques by using a new tasting cup for each water sample.
- Allow students to taste each water flavor.
- At the end of the tasting, have the students share which flavors they liked.

Optional: Tally each student's favorite water flavor and see which flavor students liked the most.

## TALKING POINTS AFTER THE 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?

# READY TO #REVYOURBEV?

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



+



=



ORANGE/LIME



+



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STRAWBERRY/BLUEBERRY



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CUCUMBER/PEPPER



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GRAPE/LIME



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