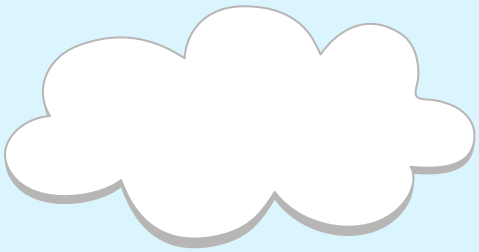
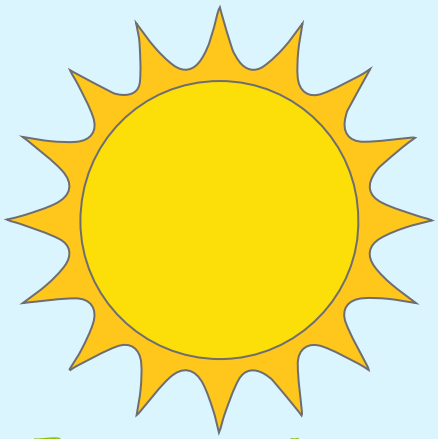
Where do we get drinking water?

THE WATER CYCLE

Condensation
Water collects and forms clouds.



Evaporation
When the sun gets warm, the water rises.



Collection
Water gathers in oceans, lakes and rivers.

Precipitation
When the clouds get heavy, it rains, hails or snows.

"Our water comes from rain that flows into rivers and lakes."

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Grow Healthy Kids just add water

PROVIDERS' GUIDE

OVERVIEW As part of the New Meal Patterns, beginning October 1, 2017, providers ***must offer drinking water*** in addition to making it available. It can often be challenging to get kids to drink the right amount of water they need throughout the day. The goal of this toolkit is to help you teach the importance of drinking water, encouraging them to drink more. We have created a full week of fun, water-themed activities for you to incorporate into your cirriculum.

MATERIALS INCLUDED IN THIS TOOL KIT

- Providers Guide including a week of lesson plans
- Visual Aides
- Children's Activity Book
- Additional Activity Pages

WEEK AT A GLANCE

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Learn It	*Our Bodies & Water*	*Where does water come from?*	*Who needs water?*	*How we use water?*	*Fun with Water*
Make It		*Rain Drops*	*Drink Like a Elephant*	*Ice Painting*	
Sing It	*Sesame Street: Water Song*			*W-A-T-E-R*	*Drink More Water*
Try It	*Flavored Water*	*Flavored Water*	*Foods With Water*	*Flavored Water*	*Watermelon, Kiwi Popsicles*
Play It		*Water Cycle*	*Animal Zoo*	*Water Yoga*	*Water Sponge Game*
Read It	*Water Poem*	*A Raindrop's Journey*	*Drinking Animals*	*A Cool Drink of Water*	*I Am Water*

MONDAY

Learn It *Our Bodies & Water*

Monday's lesson is learning about how our bodies are made of water and why it's important to drink it.

Materials needed

- Children's Activity Book - print one for each boy and girl (double sided), fold in half to create book.
- Providers Guide
- Stand on scale
- Calculator
- 3/4" Foil Star Stickers
- Crayons

Activity Book

Have each child open their activity book to the center page called, "Water & Me".

Talking Point "Our bodies are made of 65% water."

Weigh each child and write down their weight in their activity book, then use calculator to determine how much of their body is water.

Have each child color the body outline to the 65% line.

TIP - show them examples of things that weigh as much as their water weight.
Example: If a child weighs 35lbs., 65% of their body weight is about 22lbs.
(same weight as a tire, bag of dog food, etc.)

Water Challenge

Determine how many glasses of water each child should drink each day. See chart.

Write age and amount in activity book.

Have them color the number of glasses for their age.

Challenge your children to drink that amount each day.

Keep track with stickers on the water log inside their activity book.

Tell their parents about the challenge so they can keep track at home.

How much water should kids drink per day?

ONE & TWO YEAR OLDS

1-2 8oz. glasses*

THREE TO FIVE YEAR OLDS

3-5 8oz. glasses*

SIX TO THIRTEEN YEAR OLDS

6-8 8oz. glasses*

* Based on one 8oz. glass per year of age until 8 years old.

MONDAY

Sing It *Sesame Street: The Water Song*

Over here and over there, water everywhere.

Water in the pool. Keeping us cool.

Up in the clouds and down it goes.
It's pumped to our homes, where the water flows.

Water cleans you up, sitting in the tub.
Water cleans the floor
when you scrub, scrub, scrub.

Home to the fish. Splash and splish.

Puts fire out. Helps seeds sprout.

Sailing on the water, cruising on a boat.
Let the water move you as you float, float, float.

Water helps the plants and animals grow.

And when the water gets cold, we get ice and snow.

With no water,
We'd be so thirsty and hot.

So let's be thankful for the water we've got.

Water is a gift, so don't waste it.

Turn it off when you're done.
We'll have enough for everyone.

Youtube Link to play video is:
https://youtu.be/CwpHMPH-WbM

Try It *Flavored Water*

Sometimes the trick to getting children to drink more water is to disguise it with some of their favorite fruits and colors. Throughout the week we will be trying different flavored waters and other foods that are hydrating. After the week is finished, write down each child's favorite flavored water in their book so parents can Try It at home.

Strawberries, Lemon & Mint

32 oz. pitcher of water & ice
3 lemons, sliced
6 strawberries, thinly sliced
4 mint leaves

Read It

Water Keeps Me Healthy

Water keeps me healthy.
So I drink it through the day.

It helps my knees bend smoothly,
so I can go out and play.

If I'm thirsty, tired, feeling weak,
I know that is a clue.

To drink more water right away,
because it's the right thing to do.

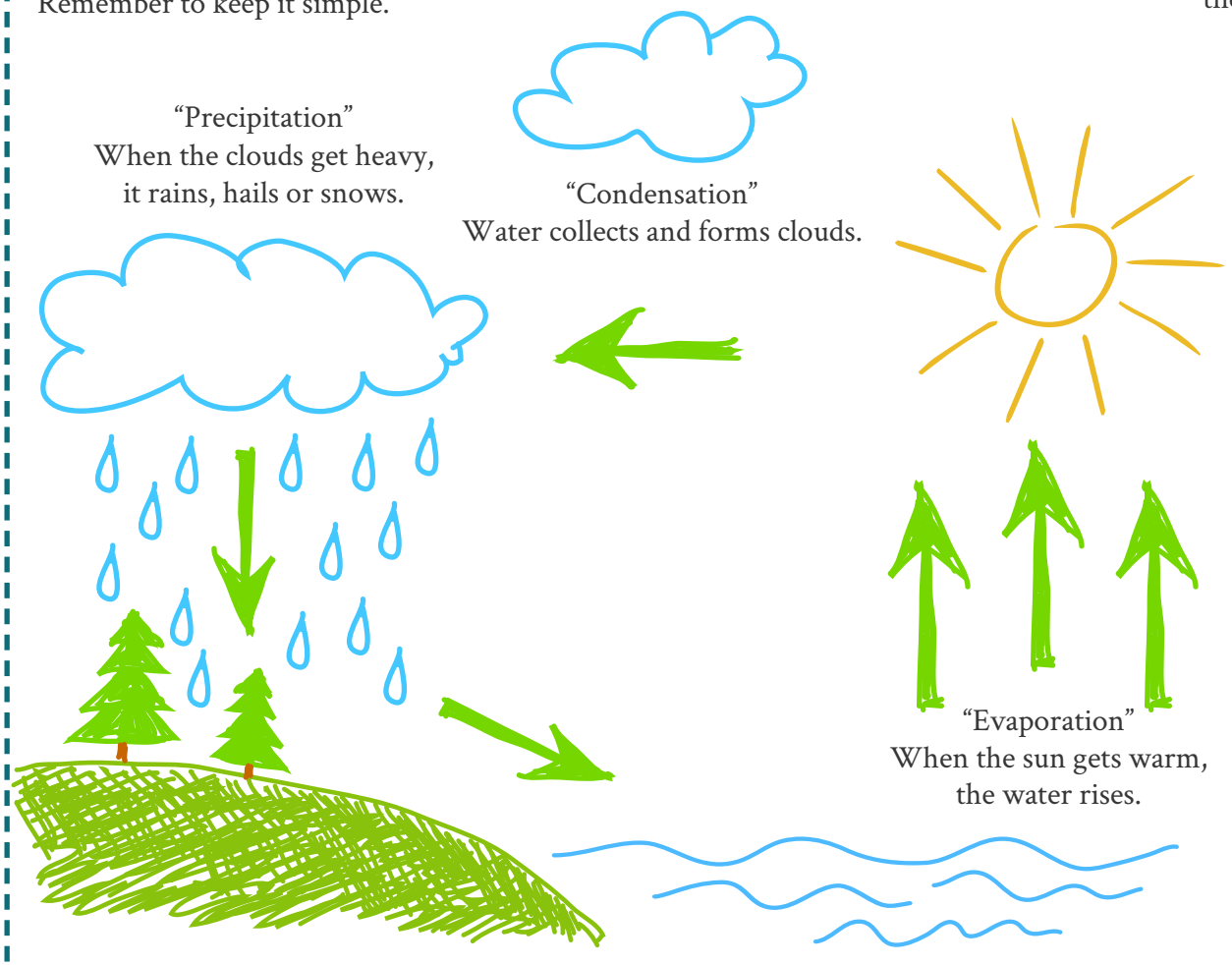
NOTES

TUESDAY

Learn It *Where does water come from?*

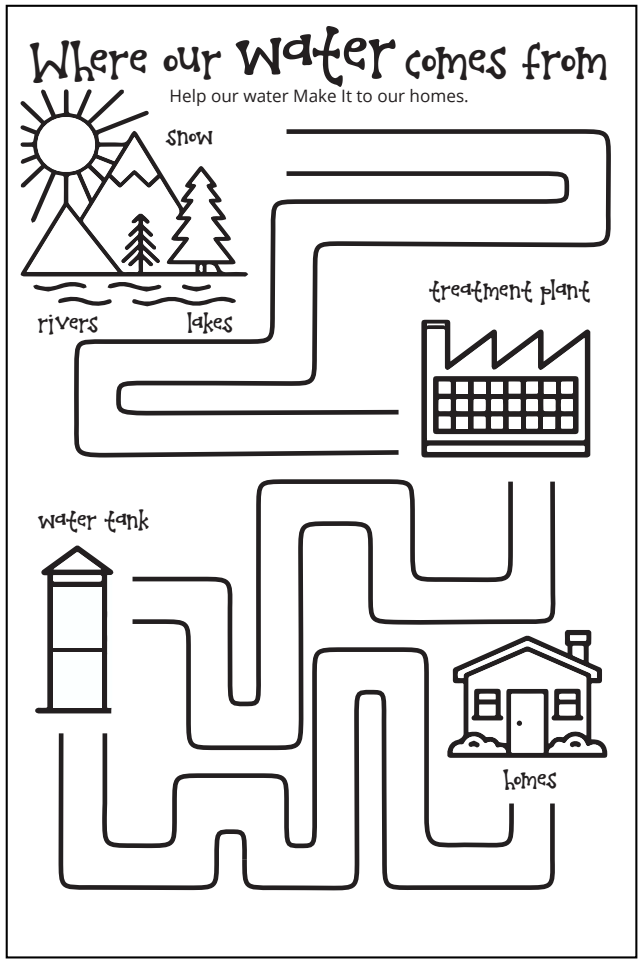
Tuesday's lesson is about where water comes from. Show them the water cycle and where/when water is brought to our homes. Use the water cycle handout and refer to the activity page inside their books.

Remember to keep it simple.



Talking Point: Explain how using the water cycle and how our drinking water comes from collection spots like lakes and river then goes through a treatment plant to Make It drinkable, then another collection tank, then to our homes.

When it goes down the drain, it goes back to a treatment plant, then back to the ocean, lakes and rivers. Then cycles again.



Page from Activity Book

TUESDAY

Make It *Raindrops*

Materials

- Dark blue tissue paper
- Light blue tissue paper
- Scissors
- Wax paper
- Glue
- Paint brush
- Bowl
- Pen
- Hole punch
- String
- Tape

What you'll do

Cut out the tissue paper into 1-inch squares.

Tape a large piece of wax paper to the table.

In a bowl, stir together a 50/50 mixture of water and glue.

Paint a layer of glue over the top of the wax paper.

Stick the tissue paper squares to the wax paper, alternating colors, then paint over the squares with the glue mixture.

Let the glue dry.

Draw small and large rain drop shapes on the wax paper once the glue is dry.

Cut out the rain drop shapes and punch a hole in the top of each one.

Thread the rain drops on the string and use tape to hang the banner in the window.

Play It *Act Out the Water Cycle*

What you'll need

- Your children
- Blue ball of some sort to act as "water"

How to play

Divide your kids into four groups or pairs, depending on how many children you have (you can also do each role as a group).

Give each group a role to play: Rain, Cloud, Ocean, Sun

Start the ball with the Rain group.

Have the Rain group wriggle their fingers and move their arms/hands downward, resembling rain.

Rain group will pass the ball to Ocean group. Describe precipitation.

Have the Ocean group, with their arms out wide to their sides, wave their arms in wave-like motion to resemble ocean. The ocean collects the rain.

Ocean group will pass the ball to the Sun group next.

The Sun group will first make a big circle with their arms above their heads, resembling the sun.

Then they will do the opposite of rain by wiggling their fingers/arms upward, resembling vapor.

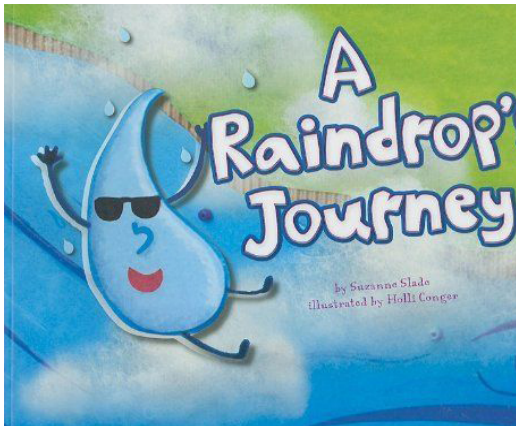
Cloud group is next. The cloud group will get the ball and pretend they are floating in air.

Then drop lower and lower to the ground as if they are getting heavy.

Then the ball returns to the Rain group.

Repeat as many times (cycles) as you want until your children understand the process of the water cycle.

TUESDAY



Read It

The Raindrop's Journey

By Suzanne Slade

Where did that raindrop come from? And where is it going next? A raindrop's journey is filled with thrills, spills, and chills. Pack your bags, and get ready to follow it through the water cycle.

Try It

Raspberries & Lime

32 oz. pitcher of water & ice
1/3 cup of raspberries
4 lime slices

Stir, cover, and let it sit in the Refrigerator for 1 hour, or overnight for more flavor.

NOTES

WEDNESDAY

Learn It *Who needs water?*

Humans are not the only living thing that needs water. Talk with your kids about how animals and plants need water too.

Ask them if they know what the largest animal on land that needs water to survive. (answer is the elephant)

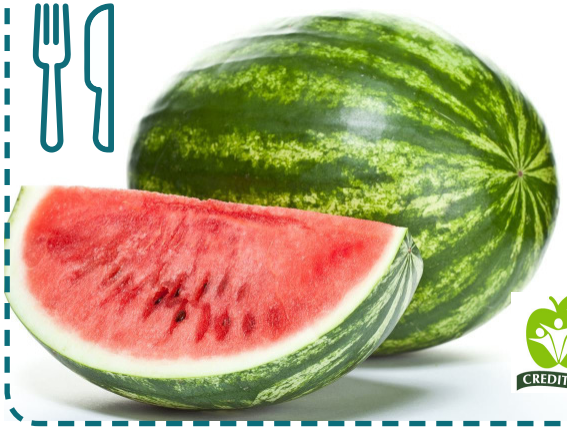
Ask them do they know how an elephant drinks? They use their trunks to help them bring water to their mouths. Many thought they drank from their trunks like straws.

But what if they did use their trunks like straw?
See activity to the right.

Try It *Foods with Water*

An elephant's favorite treat is watermelon. Watermelon is a great source of water. It's in the name! There are many fruits and vegetables that contain water. Try a few from this list and explain how they are a good source of hydration.

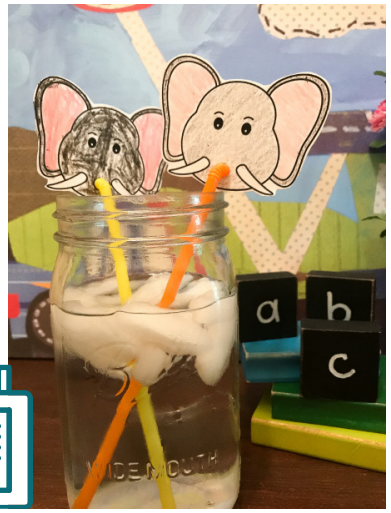
Cucumber	96% water
Tomato	94% water
Watermelon	93% water
Strawberries	92% water
Cantaloupe	90% water
Peaches	88% water
Pineapple	87% water
Oranges	87% water
Raspberries	87% water
Apples	84% water
Grapes	81% water
Potatoes	80% water
Bananas	74% water



Make It a #cacfpcreditable snack by combining a 1/2 cup of fruit with 1/2 cup of veggie.

Make It *Drink Like An Elephant*

What if elephants really did use their trunks like straws?



Materials

- Scissors
- Bendy Straws
- Glasses of water
- Hole Punch
- Card stock
- Elephant Cut-outs *(included in toolkit)*

Instructions

Print elephant cut outs onto white card stock.

Let each child color their own elephant.

Once they are done have them cut the elephant out (if child is not old enough, teacher should cut them out).

Use a hole punch to cut out dotted circle mark for straw.

Insert straw, elephant should rest within the bend of the straw.

Let children drink from their water glasses using their trunks.

FUN alternative, show them how elephants really use their trunk by using your thumb to cover one end of the straw while it's submerged in water. Water will collect inside the straw and will release when you take your thumb off, allowing you to bring the water to your mouth without drainging it out of the straw.

WEDNESDAY

Play It *Animal Zoo*

Supplies and Preparation

- Stuffed or plastic animals. Ask your kids to bring some from home.
- Pretend animal foods (hay, fruits, vegetables).
- Water troughs or bowls, boxes or blocks for animal homes.
- Signs, tickets, play money, maps.
- Zookeeper hats and gloves.

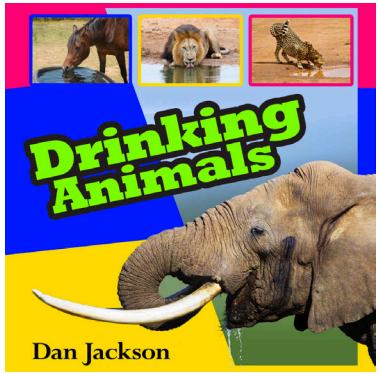
Instructions

Set up a zoo using stuffed or plastic animals. Children become the zoo keepers who give the animals their food and water for the day.

Include zoo maps, signs of animal names, and signs that reinforce key messages such as "Water for Animals," "No Sugar Allowed!"

Include tickets, money, and signs indicating the name of each animal. Have children help you make these items to create the dramatic play area.

Join children in dramatic play to reinforce and extend their ideas about healthy food and drink for animals.



Read It *Drinking Animals*

eBook by Dan Jackson

Drinking Animals is a collection of beautiful real life pictures of animals of all kinds drinking water. Along with the pictures Jackson gives you some interesting facts about the animals and their water needs as well as abilities.

NOTES _____

THURSDAY

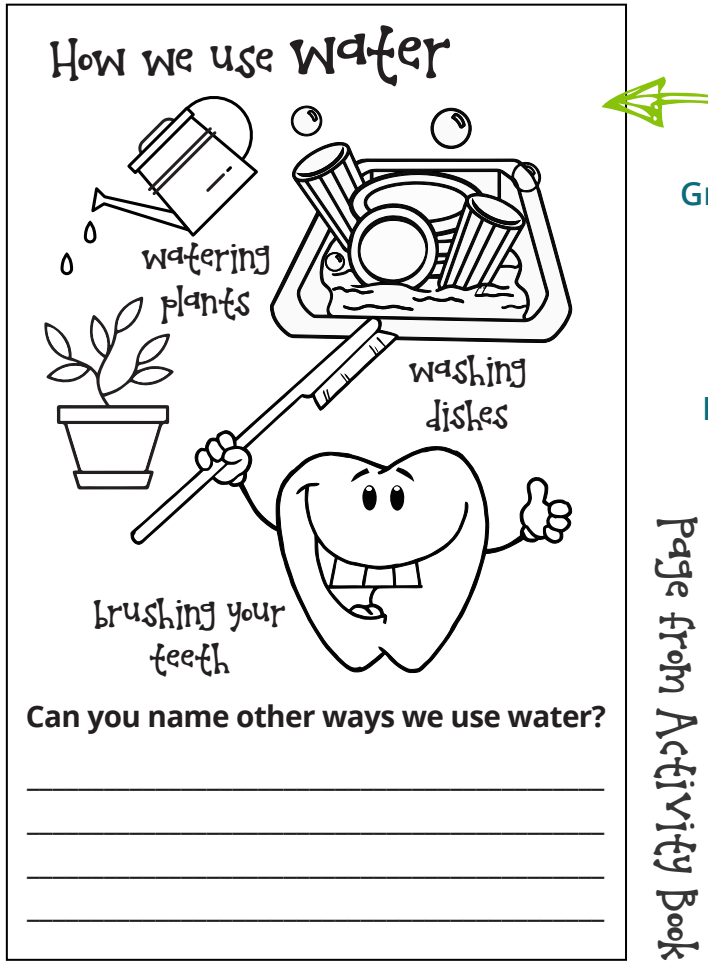
Learn It

How We Use Water Thursday is all about how we use water and when we need more than normal.

Talking Point: Using the activity book, talk about the every day reasons we use water.

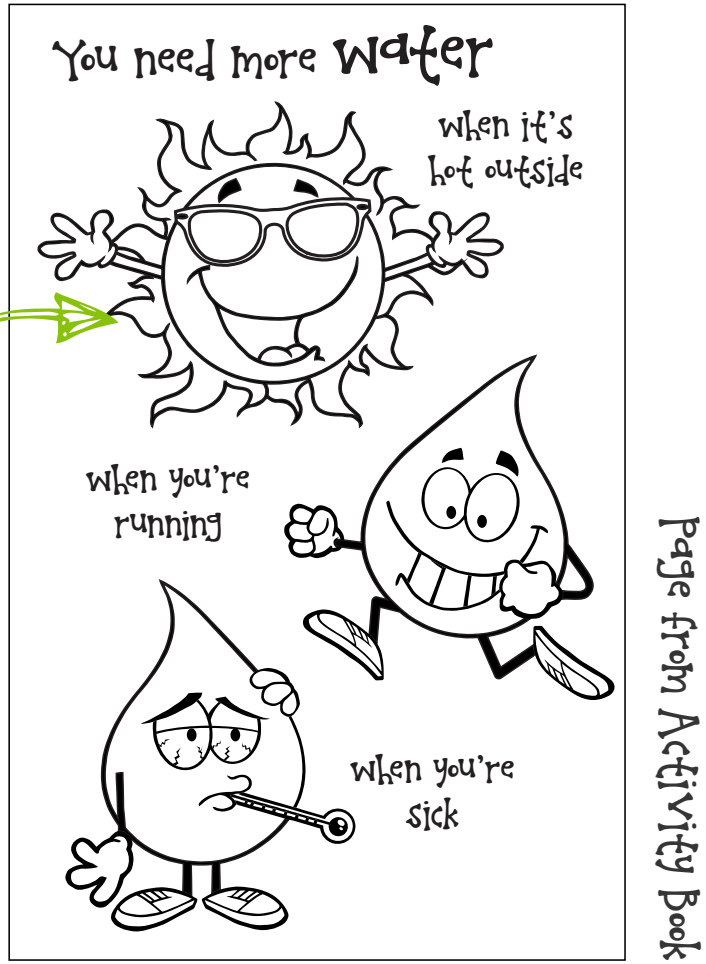
Ask them to think of other ways we use water: bath time, washing clothes, washing the car, etc. Make a list in their activity books.

Talking Point: Next discuss ways we lose water and need to drink more. When we're sick. When we're playing or running. When it's hot out. Make sure to tell them why we lose water and why it's important to replenish



Great for coloring!

More coloring!



THURSDAY

Make It *Ice Painting*

One of the things we use water for is to create ice.

Materials needed

Ice tray | 1 tsp. Flour | Food coloring | Four bowls
Popsicle sticks (craft sticks) | Paper

Instructions

Fill your ice tray with water then empty the water into a bowl. This allows you to have the correct amount of water for your tray. Whisk the flour into the water so that the ice has a less watery consistency. Pour the flour water, 4 blocks at a time into the ice tray then into another bowl. Do this 4 times into 4 bowls for 4 colors. Add your food coloring to these bowls, about 4 drops of color in each bowl. Now pour the colored flour water into the ice mold so that you have 4 ice blocks of each color. Put your popsicle sticks into the colored water. Freeze overnight.

TIP • First put the ice tray in the deep freeze before adding the sticks so that you can balance the popsicle sticks without having them go all over the place when you move the tray. TIP • Twist the ice tray to loosen the ice blocks and Make It easier to remove them for painting. TIP • Take the colored ice out of the freezer 5 minutes before the activity so that it can melt a bit before use. TIP • Use a tray for your paper to minimize mess.

Play It *Water Yoga*

Water is super important for making our bodies move. Here are some fun yoga positions to show your kids.

Boat
1) Balance on your buttocks
2) Lift your feet
3) Are you rocking side to side like a boat in water?

Fish
1) Lay on your tummy
2) Bend your knees up with your feet in the air
3) Lift your chest
4) Can your hands grab your feet?

Bridge
1) Lay on your back
2) Place your hands on the floor beside you
3) Tuck your chin into your body
4) Lift your buttocks up
5) Can you make a bridge that the water will flow under?

Sing It *W-A-T-E-R*

Here is a twist to an old classic.
Sing this to the tune of

Bingo is his name O

"There is something we need to live
and water is its name-o.
W-A-T-E-R,
W-A-T-E-R,
W-A-T-E-R,
and water is its name-o."

Try It

Watermelon & Cucumber

32 oz. pitcher of ice water
7 watermelon cubes
3 cucumber slices
2 mint sprigs

Read It

A Cool Drink of Water

By: Barbara Kerley
National Geographic shows people from all over the world and how they collect and use water.

FRIDAY

Learn It *Fun With Water*

Water can be lots of fun to play in and is a necessity for life, but we must be careful!

Talking Point: Review water safety tips available at safekids.org/watersafety

Make sure everything is complete in each child's activity book. Work together to find all the water words in the fun word search. Use each word as a review for what they learned this week.

WORD SEARCH (REVIEW)

Water Water is very important. Our bodies need it to survive. We use it for many different things. **?** How many things can we name that need water?

Drink We have to drink water every day. **?** How much water do you have to drink everyday?

Wet When it rains, everything gets wet but we need rain for the water cycle. **?** How does the water cycle work?

Cold / Ice When water gets cold it turns into ice. **?** What activity did we use ice for?

Blue When you look at a picture of the earth, water looks blue all around the world. **?** What countries did we learn about in the book A Cool Drink of Water?

water word search

S	W	A	T	E	R
D	E	G	N	I	P
R	T	H	C	L	D
I	C	E	O	N	M
N	A	B	L	U	E
K	S	P	D	K	S

WATER DRINK ICE

WET COLD BLUE

Page from Activity Book

Sing It *Drink More Water*

Finish the week with a fun sing-dance-along from Andy Z

I take a sip, I take a sip,
a sip of cool, clear water.

I take a sip, another sip,
a sip of cool, clear water.

I drink a glass, but not too fast,
a glass of a cool, clear water.

I drink it slow, it's best you know,
to sip some cool, clear water.

I drink more water everyday of the week.
I drink less juice, it's too sweet for my teeth.
And I feel great from my head to my feet,
because water makes me work BETTER!

Now when it's hot, it's really hot.
I need to drink more water.

Because when I sweat, you can bet,
I need to drink more water.

Or when I'm out, running about
I need to drink more water.

Won't overheat, I have a seat,
and sip some cool, clear water.

I drink more water everyday of the week.
I drink less juice, it's too sweet for my teeth.
And I feel great from my head to my feet,
because water makes me work BETTER!

Drink more water, oh, I know you otta... (repeat four times)

Youtube Link to watch video: https://youtu.be/QrWquDo7TzE

FRIDAY

Read It

I Am Water

By: Jean Marzollo

Children can learn about the different states of matter with a rainy day, steam cooking, and ice cubes.

Play It *Wet Sponge, Hot Potato*

On a hot summer day, have your children sit in a circle passing a wet sponge from person to person while the music plays. When the music stops, the child left with the sponge can either squeeze it over their head, or if another is willing, over someone else's head. Soak it again, turn on the music, and resume. Repeat until the kids are drenched and cooled off. Then, take a drinking water break!

Additional Toolkit Resources

- Children's Activity Book (girl/boy)
- Water Cycle
- Drink Like An Elephant Cut-outs
- Additional Activities Handout

NOTES

Try It

Watermelon, Kiwi Popsicles

Celebrate the completion of the Drinking More Water Week with a #cacfpcreditable recipe.

Ingredients

2 cups, diced watermelon
1 cup, sliced strawberries
1 kiwi
1 lime

Directions

1) Juice and zest the lime. Peel the kiwi.
2) Place all ingredients in a blender and puree until completely smooth.
3) Pour mixture into popsicle molds.
4) Freeze at least 3-4 hours, or until solid.

Makes 8-10 popsicles or 3 cups smoothie mixture.

Parent Tips

Here are some quick tips to help your little one drink more water:

1 **make it available at all times.**

2 **make it fun with silly straws & food coloring.**

3 **make it special with their own water bottle or cup with their favorite character on it.**

4 **let them pour their own water.**

5 **limit options and alternate between water and milk.**

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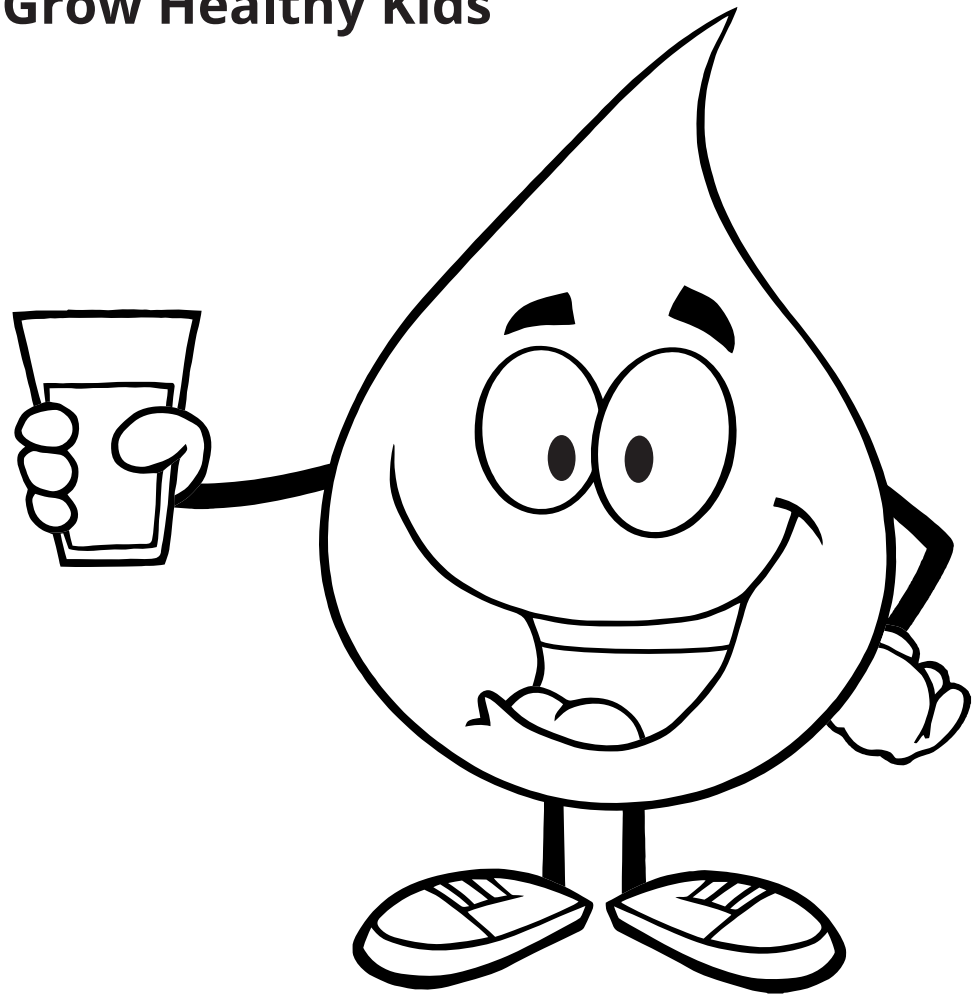


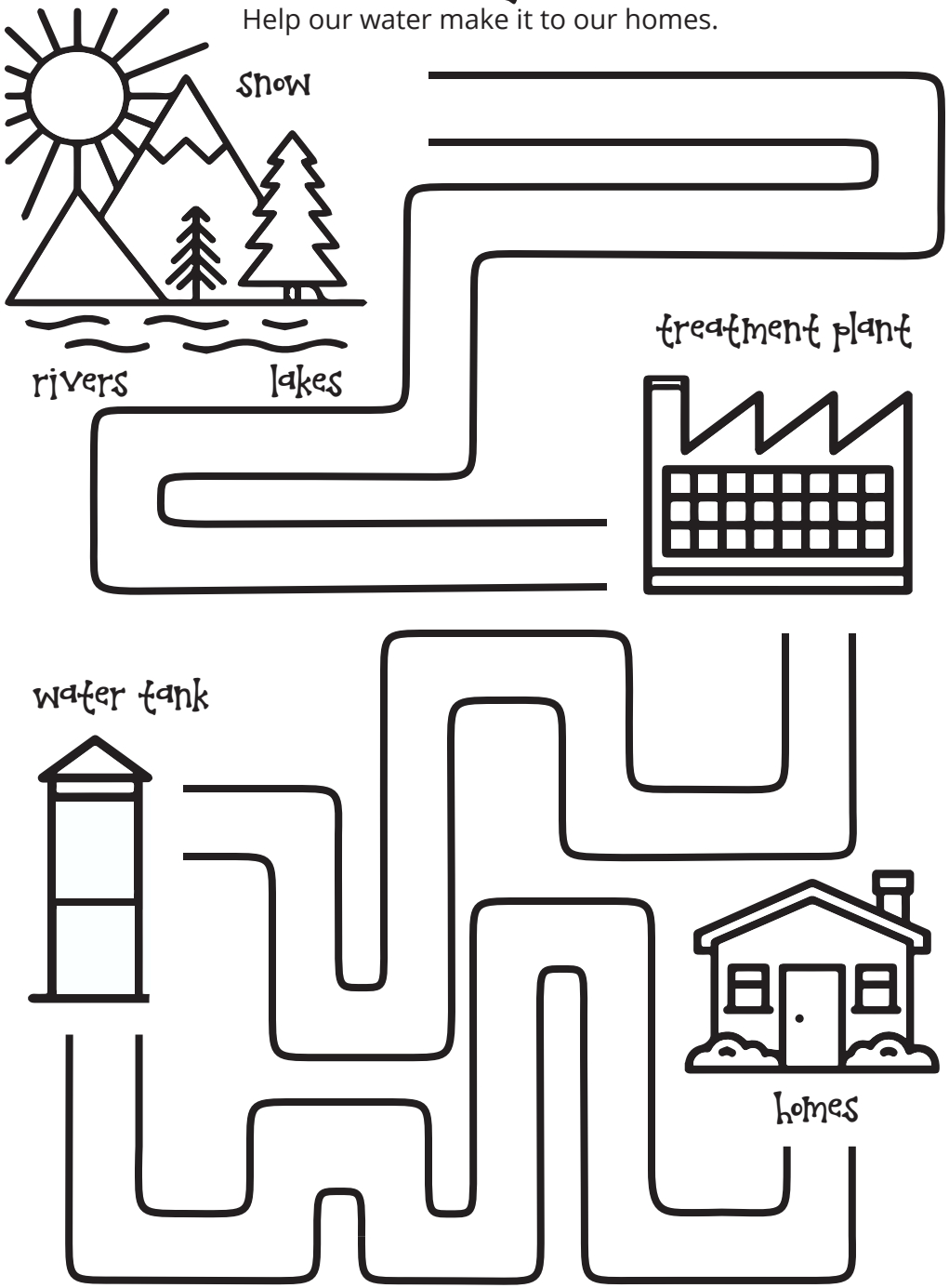
Just Add WATER

This activity book belongs to:

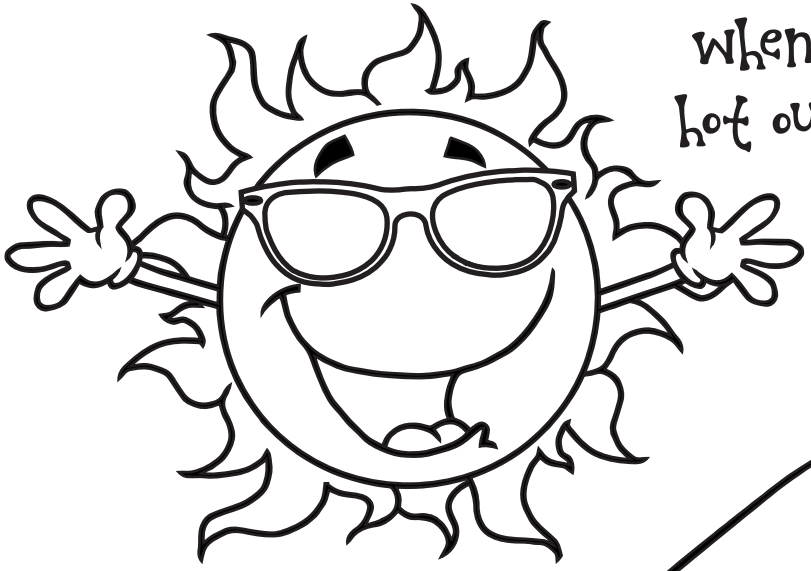
_____

Where our water comes from

Help our water make it to our homes.

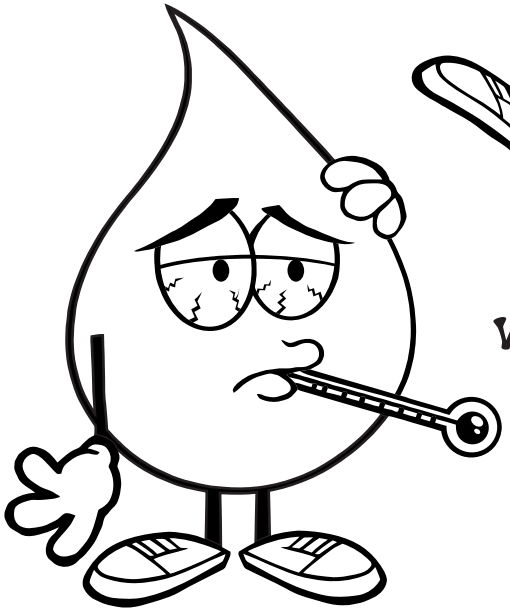


You need more water



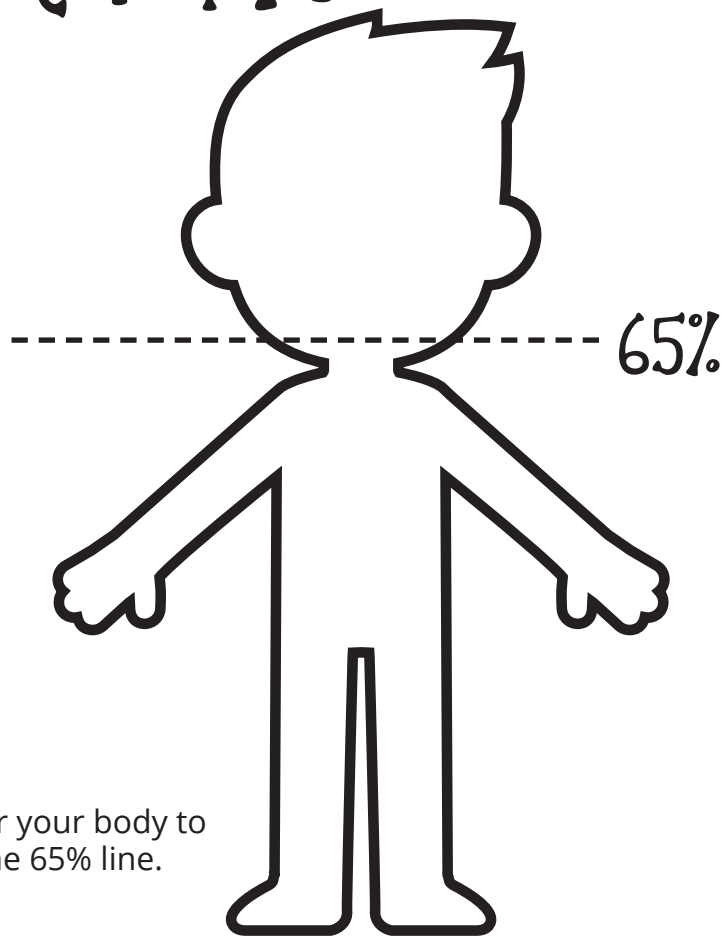
when it's hot outside

when you're running



when you're sick

Water & Me



Color your body to the 65% line.

My body is about 65% water.

I weigh _____ lbs.

_____ lbs. of me is water.

We tried fruit water this week.

My favorite was _____.

I am _____ years old.

I should drink _____ glasses

of water a day.

Color the amount of glasses of water you should be drinking each day.

Water Challenge

I promise to drink my _____ glasses of water a day for one week.
Fill in the stars for each glass you drink.

Look how well I did!

Monday	☆	☆	☆	☆	☆
Tuesday	☆	☆	☆	☆	☆
Wednesday	☆	☆	☆	☆	☆
Thursday	☆	☆	☆	☆	☆
Friday	☆	☆	☆	☆	☆

➔**PARENTS**: Take this page out and post on the refrigerator at home.

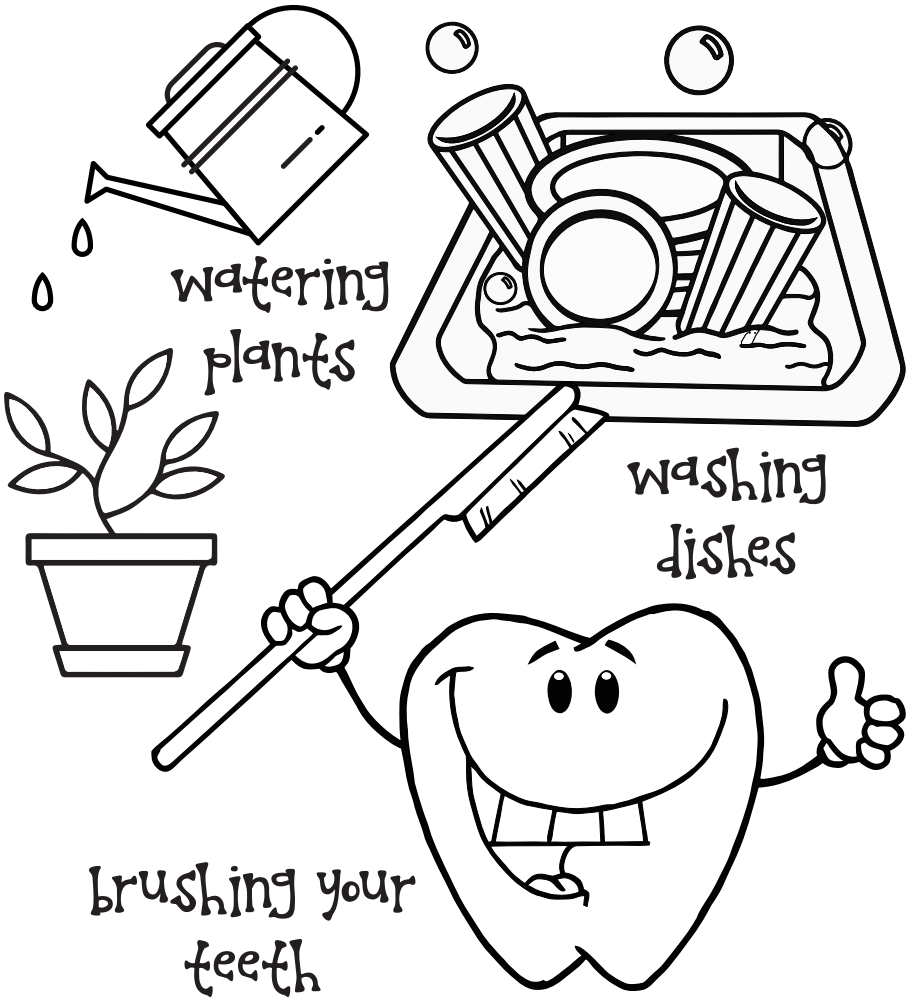
water word search

S W A T E R
D E G N I P
R T H C L D
I C E O N M
N A B L U E
K S P D K S

WATER **DRINK** **ICE**

WET **COLD** **BLUE**

How we use water



Can you name other ways we use water?

_____

_____

_____

_____

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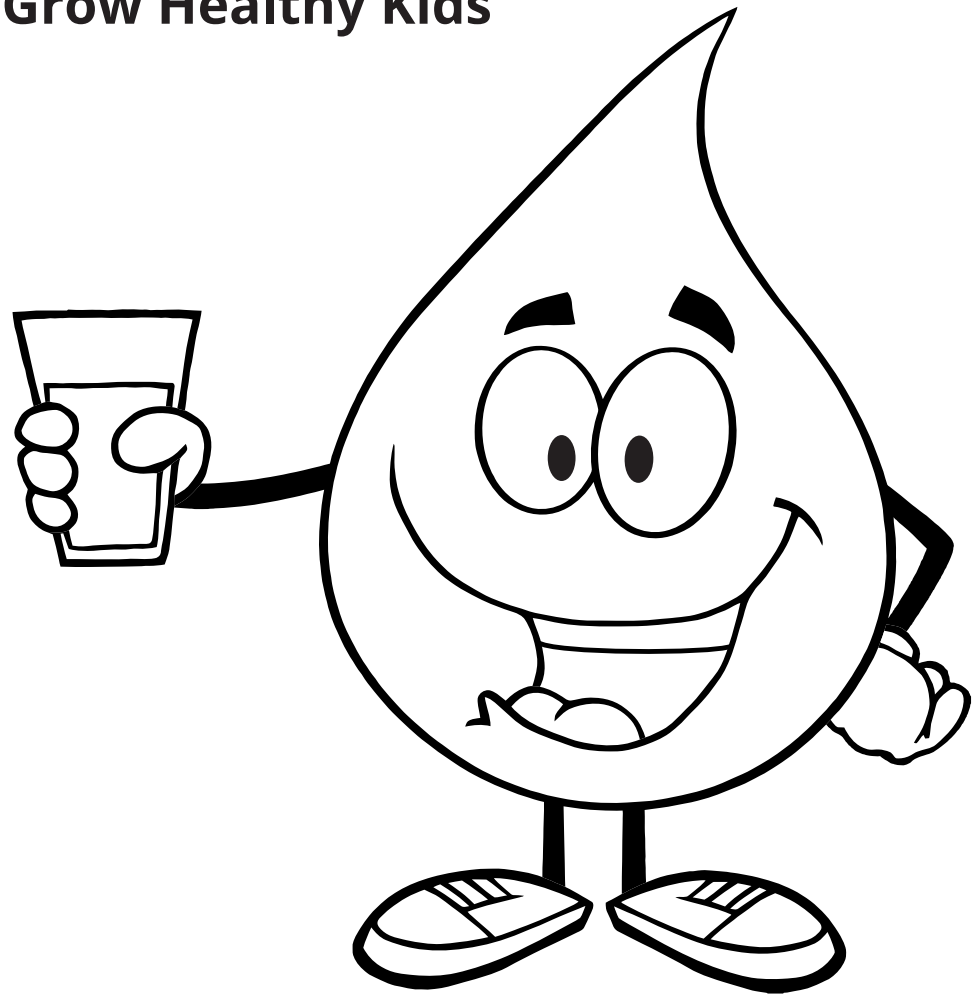

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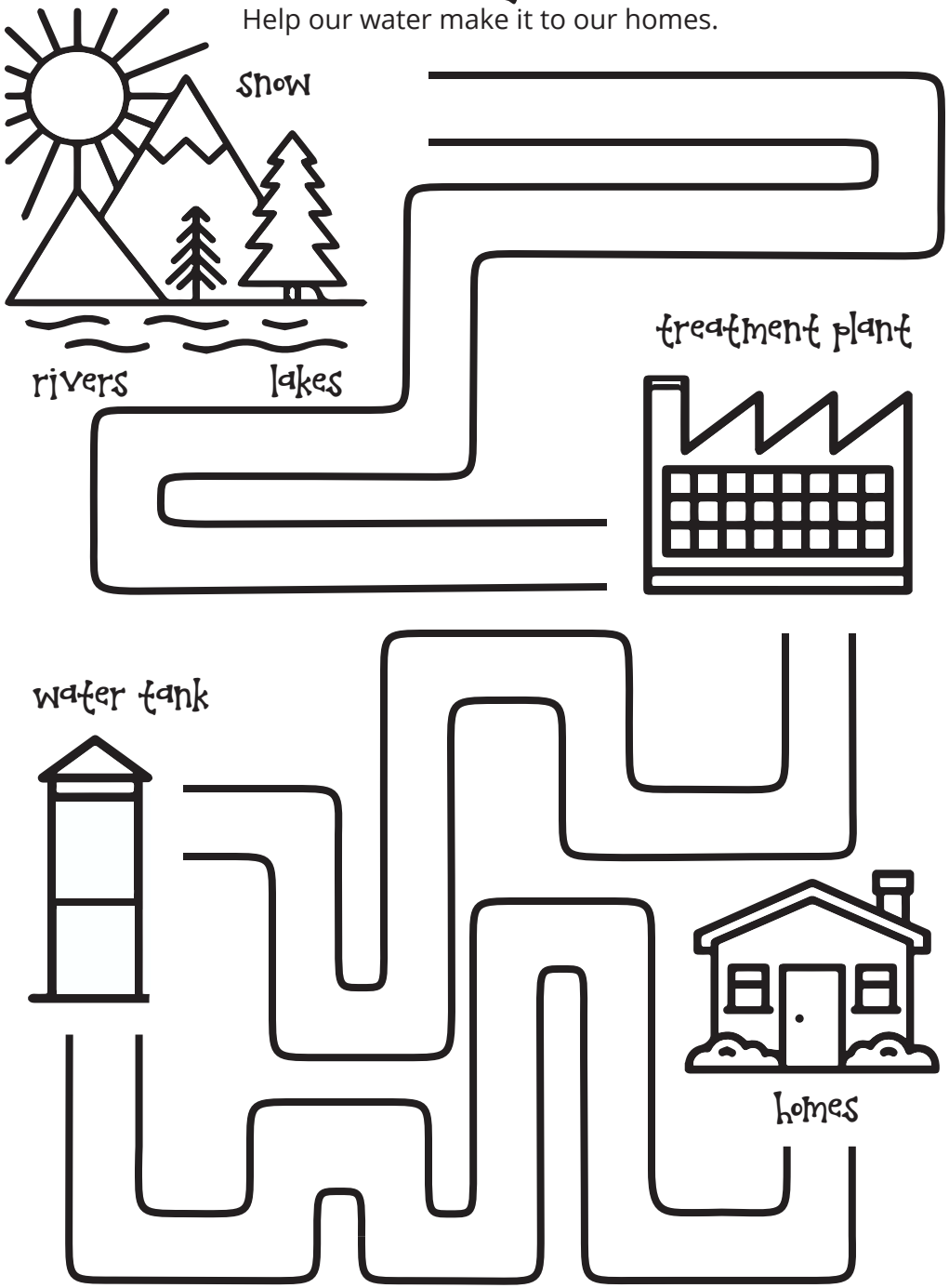
This activity book belongs to:

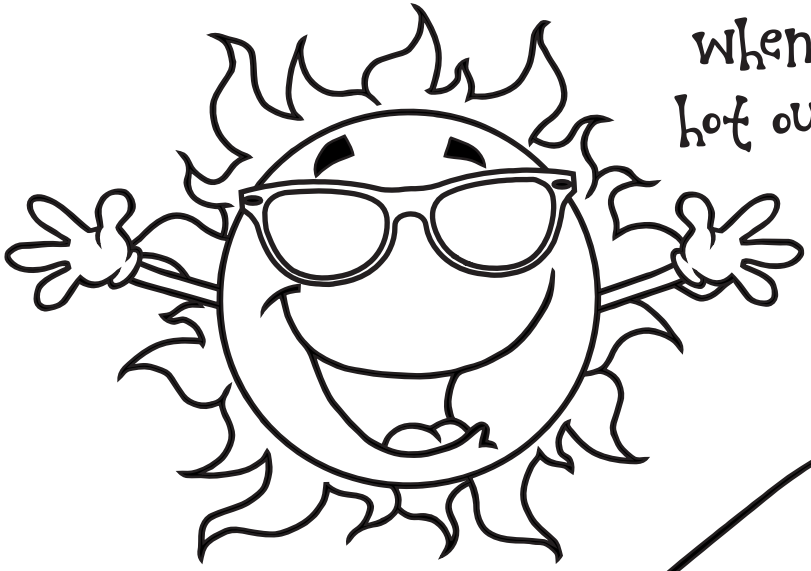
_____

Where our water comes from

Help our water make it to our homes.

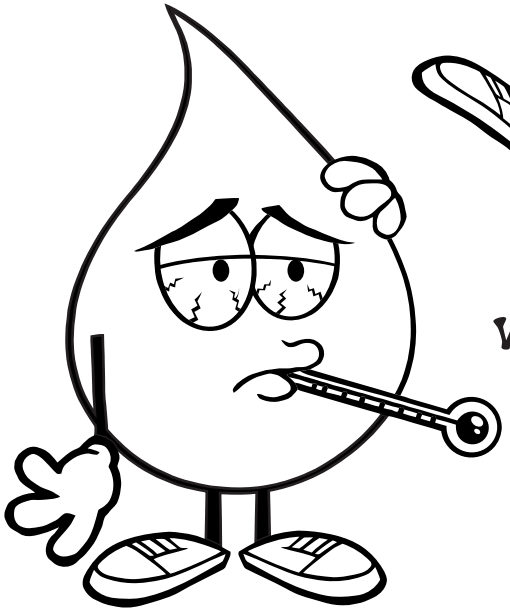


You need more water



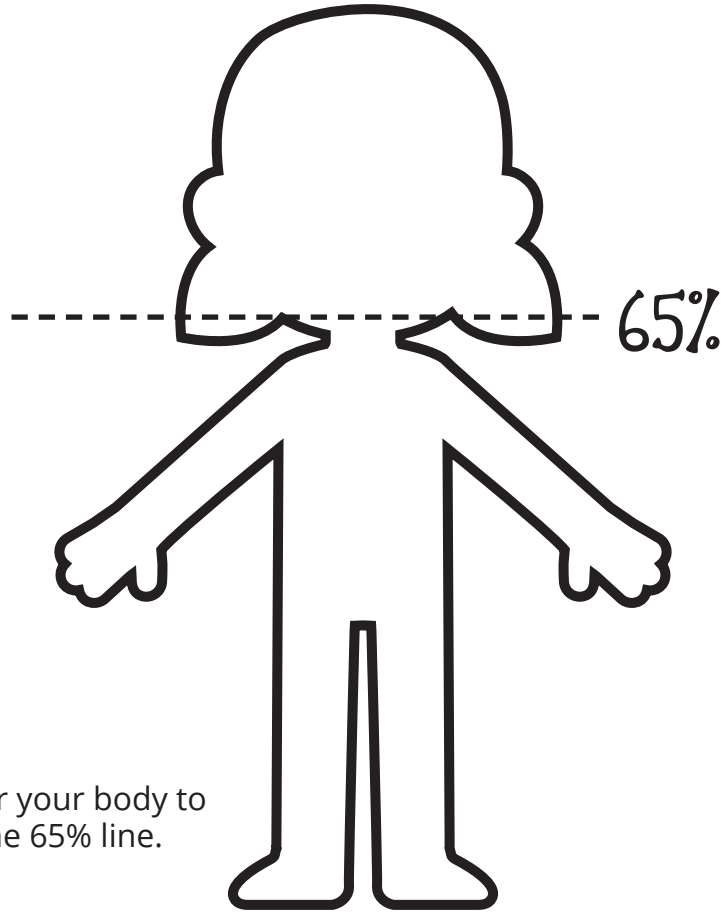
when it's hot outside

when you're running



when you're sick

Water & Me



Color your body to the 65% line.

My body is about 65% water.

I weigh _____ lbs.

_____ lbs. of me is water.

We tried fruit water this week.

My favorite was _____.

I am _____ years old.

I should drink _____ glasses

of water a day.

Color the amount of glasses of water you should be drinking each day.

Water Challenge

I promise to drink my _____ glasses of water a day for one week.
Fill in the stars for each glass you drink.

Look how well I did!

Monday	☆	☆	☆	☆	☆
Tuesday	☆	☆	☆	☆	☆
Wednesday	☆	☆	☆	☆	☆
Thursday	☆	☆	☆	☆	☆
Friday	☆	☆	☆	☆	☆

➔**PARENTS**: Take this page out and post on the refrigerator at home.

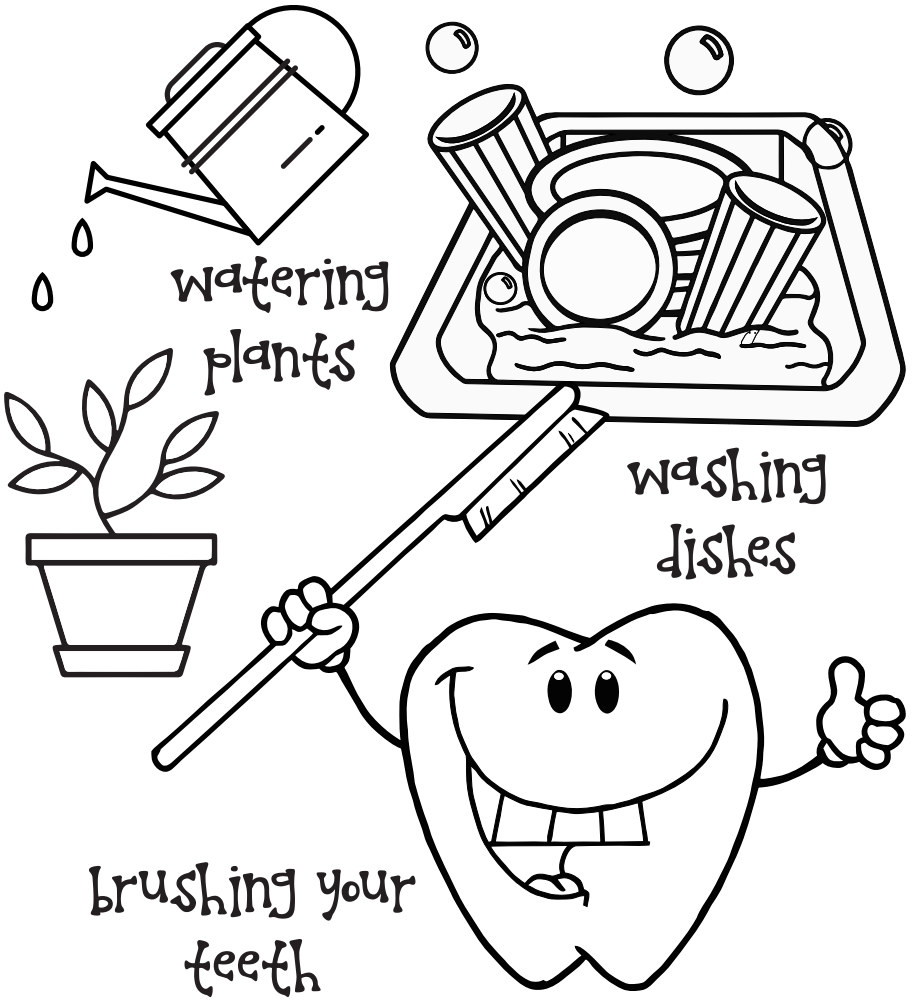
water word search

S W A T E R
D E G N I P
R T H C L D
I C E O N M
N A B L U E
K S P D K S

WATER **DRINK** **ICE**

WET **COLD** **BLUE**

How we use water



Can you name other ways we use water?

_____

_____

_____

_____

Drink like An elephant

What if elephants really did use their trunks like straws?

Materials

- Scissors
- Hole Punch
- Bendy Straws
- Card stock
- Cups of water
- Elephant Cut-outs

Instructions

Print elephant cut outs onto white card stock.

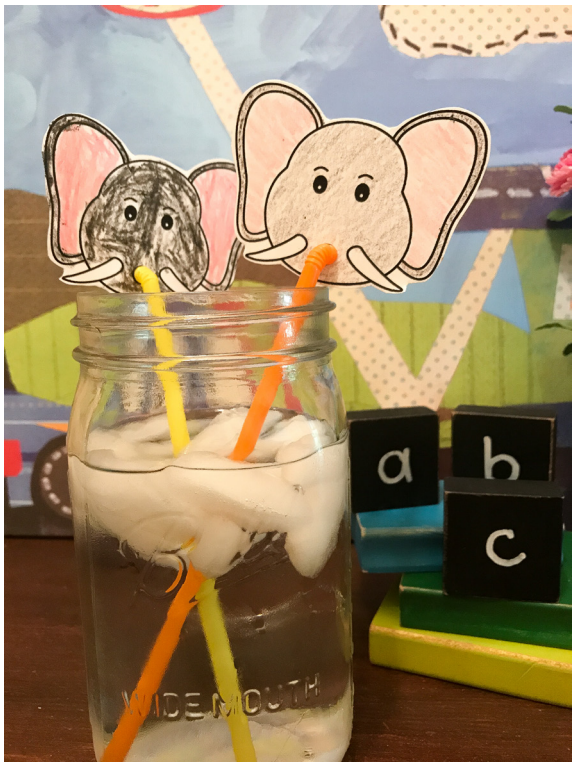
Let each child color their own elephant.

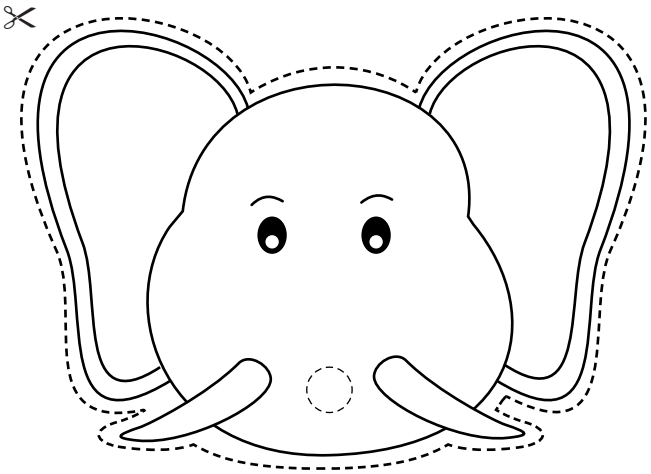
Once they are done have them cut the elephant out
(if child is not old enough, teacher should cut them out for them).

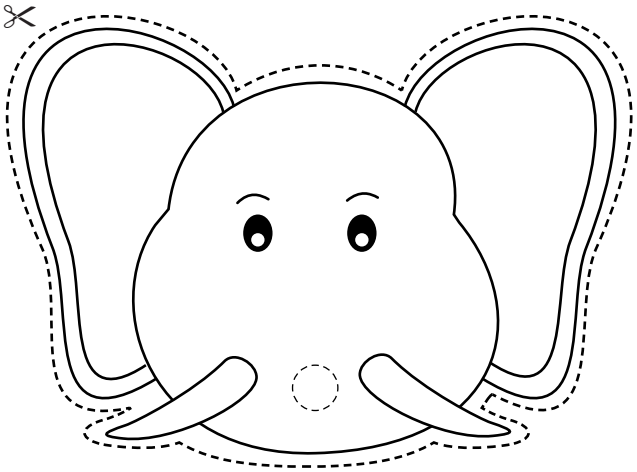
Use a hole punch to cut out dotted circle mark for straw.

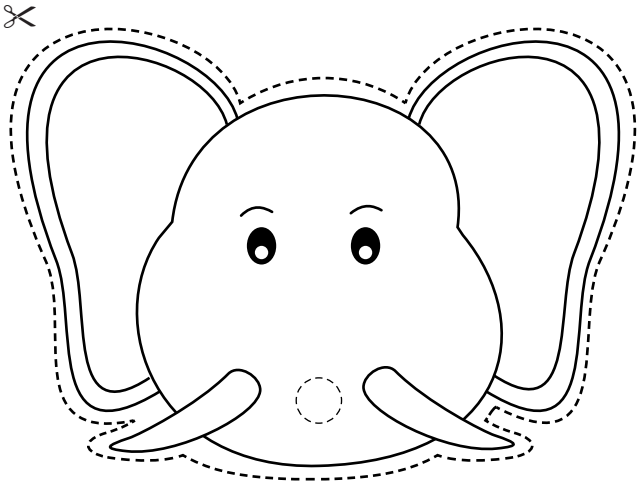
Insert straw. Elephant should rest within the bend of the straw.

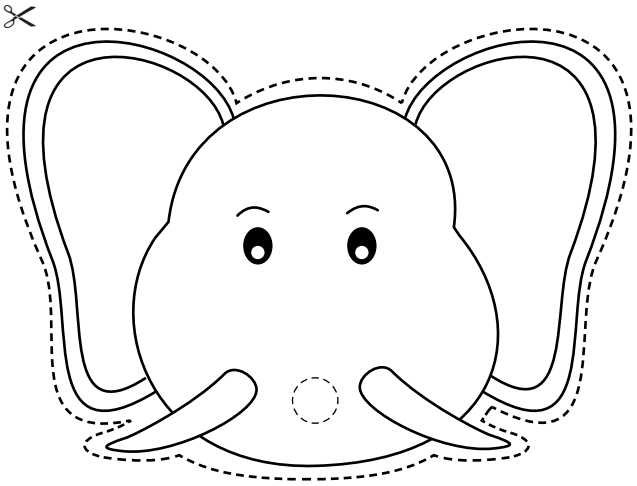
Let children drink from their water cups using their trunks.











Additional Activities

1. **LEARN YOUR LETTERS** as you play with water. On a backyard fence, use side walk chalk to write all of the letters your children have studied. As you call out a letter, the children can spray that letter with a water hose, spray bottle, or water gun. You could also add in shapes for a little more practice!

2. **SET UP A LITTLE POND OF LETTERS.** Ask the kids to fish out letters using nets or spoons. Can they make any sight words you have learned?

3. **USE BOWLING PINS** and attach shapes to each pin. Can the kids use a wet sponge and hit the letter you call out?

4. **WORKING AT THE CAR WASH!** Get out all of the toy cars and outside cars. Let the children create their own car wash with sponges and buckets. They are sure to get everything sparkling clean.

5. **FINE MOTOR PRACTICE:** Practice dropping water from one container to another with an eye dropper or baster. Estimate first how many droppers will it take to fill the other container?

6. **CAN WATER CHANGE COLOR?** Using food coloring, see how many drops it will take to change the color of the water. Predict first how many drops for the water to change color and how long will it take?

7. **SINK OR FLOAT:** Take a nature walk and ask the children to pick up various objects of their own choosing or you can also give them a scavenger hunt list. Ask the children if they think their items will sink or float in the water. Then test each item to see if their hypothesis was correct.

8. **HOW MANY TO SINK?** Ask your children to make a little boat using tin foil. Then, using coins, see how many coins their boat can hold before it sinks.

9. **SENSORY STATION:** Freeze blocks of ice for the children to feel and play with. You can even freeze objects inside and they can use "tools" to pick the ice and recover the object. You can also add water beads to a sensory station. Children will have fun with the squishy texture.

10. **HOW WILL WATER MOVE?** Children love to build and construct. Using pool noodles or materials like PVC pipes and a water hose, see if the children can get the water to move from one container to another.