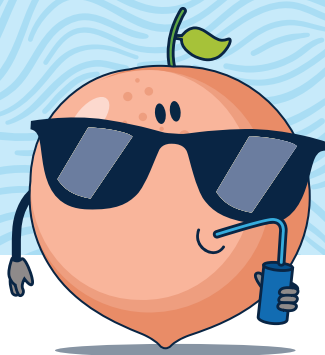




Early Childhood Education Activities for Promoting Water



INTRODUCTION

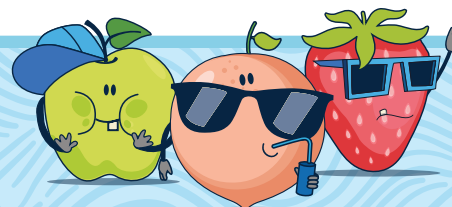
Healthy hydration habits start in early childhood! Because young children spend the majority of their day in child care, it is important that safe drinking water is available at all times – served inside and outside, during meals, and be easily accessible throughout the day.

Establishing water drinking habits at an early age protects children's health now and for the future!



LESSON PLAN SUMMARY	DID YOU KNOW?
<ol style="list-style-type: none">1. Coloring Crown2. Fruity Popsicles3. Does Water Help Us Grow?4. Sink or Float5. RYB Storytime	<ul style="list-style-type: none">◆ 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 childrens' 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.

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



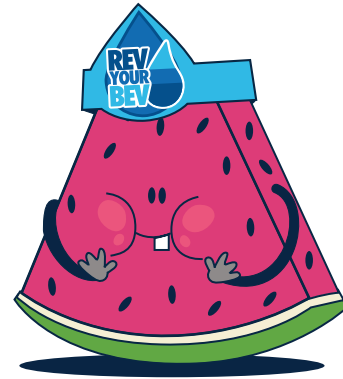


ACTIVITY #1: COLORING CROWN

INTRODUCTION

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!



MATERIALS

Picture of Water Crown (provided)

Markers, colored pencils and/or crayons

Scissors

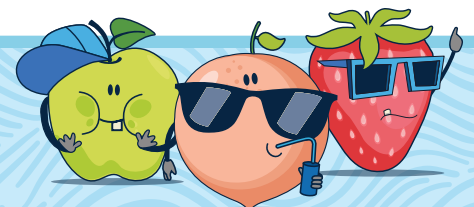
Tape, glue or paste

TALKING POINTS AFTER ACTIVITY

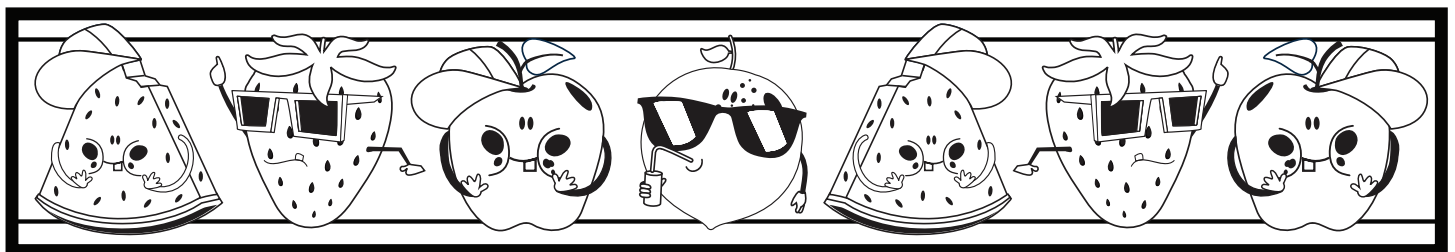
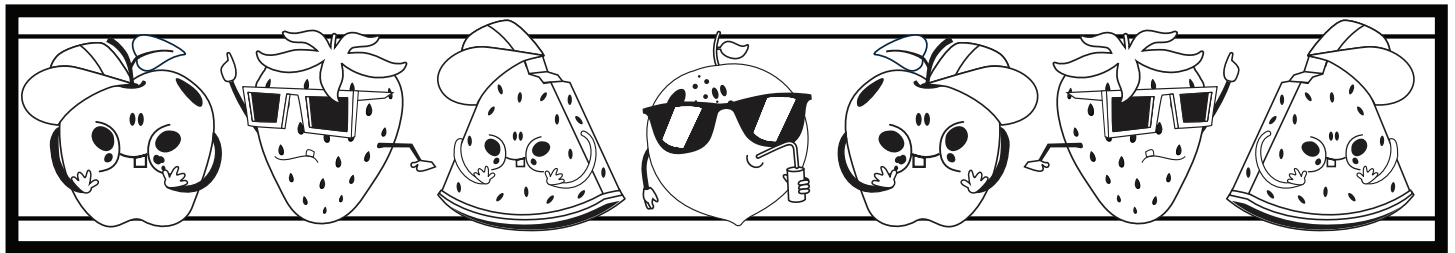
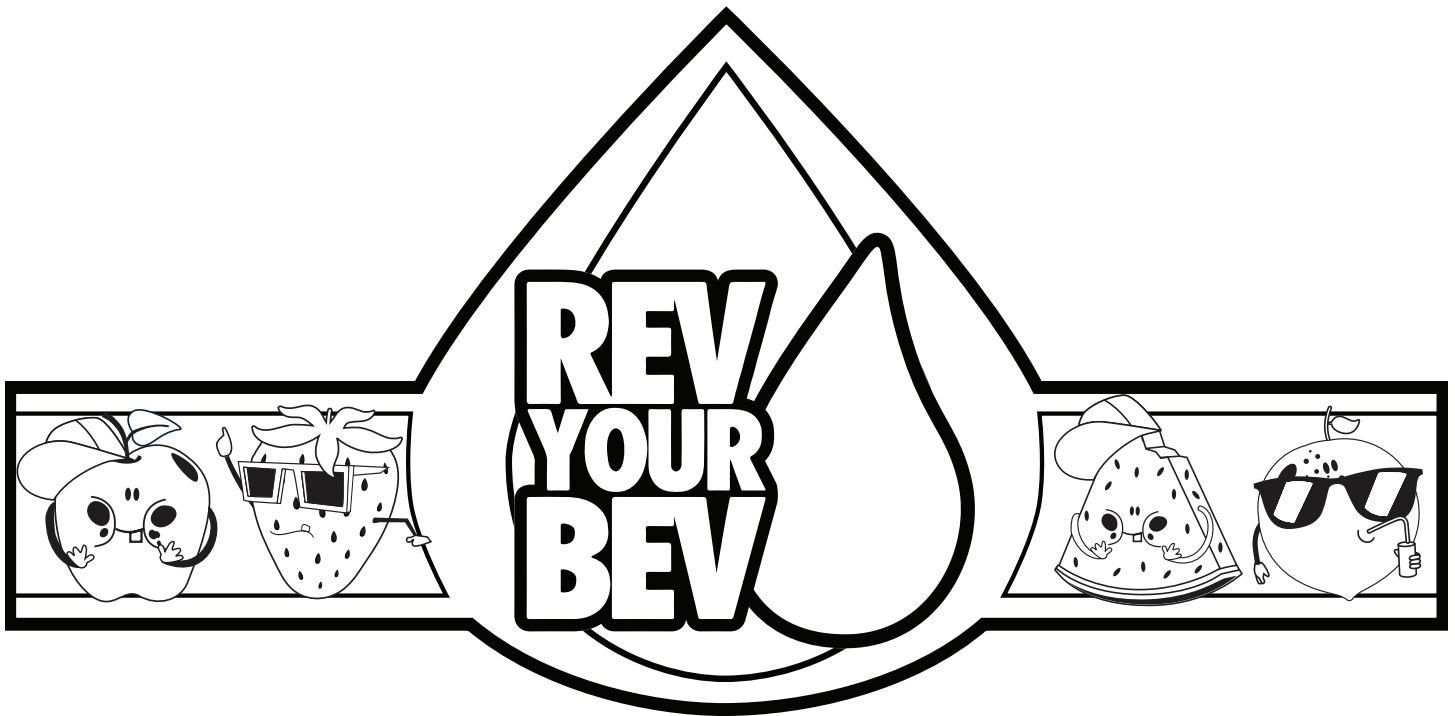
- Today is going to be a fun-filled, water-fueled day.
- We'll learn about the importance of water, how it affects our health and how much fun it can be!

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!



ACTIVITY #1: COLORING CROWN



CONGRATULATIONS

Congratulations to the author of this lesson, Suzanne Woskobunik, at the Valley Health Child Care Center in Winchester, Virginia, and the grand prize winner of the Rev Your Bev Lesson Plan Contest.

ACTIVITY #2: FRUITY POPSICLES

TALKING POINTS BEFORE ACTIVITY

- It's important to drink water.
- Water is healthy.
- We need to drink water all throughout the day.
- What's the color and flavor of plain water?
- When we add fresh fruit to water, how will it change the color and flavor of it?
- While cutting each fruit, ask about the shape, color, flavor (sweet or sour). Let the children enjoy tasting each fruit.
- Demonstrate each part of the activity. Have multiple lemon squeezers, eye droppers, etc. Every child will have a turn to work each tool.

TALKING POINTS DURING ACTIVITY

As the children are squeezing the juice and filling the trays, talk to them about the differences they see.

- How hard is it to squeeze the fruit?
- How much juice comes out of fruit?
- What fresh fruit did they like the best?
- Is it hard to use the eye droppers?
- Talk about the ice cube trays.
- How to pour a little water in each cube of the tray.
- Why aren't the popsicle sticks standing straight up?
- When will the water freeze? Lots of open-ended questions.

FOLLOW-UP IDEAS

When the ice cubes are ready, give the children one of each fruit you worked with. Let them taste and see the differences and similarities. Ask them how else they enjoy water? Ask the children what happens when the ice cube melts. Leave some cubes in cups for them to see the outcome. When melted, ask them to try the water; does it still taste fruity? Ask how vegetables or other healthy foods would taste in the water?

INTRODUCTION

Using water, fresh fruit, a lemon squeezer, ice cube trays and popsicle sticks, children will make healthy and delicious popsicles.

MATERIALS

Lemon squeezers (provided)

Bowls

Eye droppers (provided)

Ice cube trays (provided)

Popsicle sticks (provided)

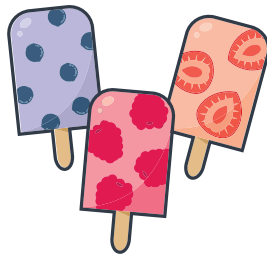
Access to a freezer

Several different types of fruit such as strawberries, watermelon, lemons.

Paring knife

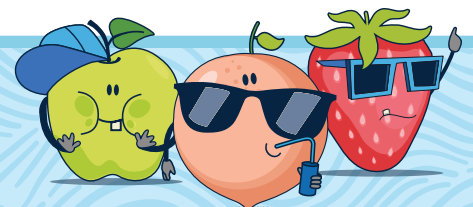
Cutting boards (provided)

Gloves



INSTRUCTIONS

1. Using the cutting board and paring knife, start to cut the fruit into pieces.
2. Talk about each fruit – its shape, color, taste, etc.
3. Have the children take turns and use the lemon squeezer to juice the fruit into different bowls.
4. The children will then use an eye dropper to place some drops of the fruit juice into the ice cube trays. Then fill the rest of the tray with water and place a popsicle stick into each cube of the tray.
5. Place the ice cube trays in the freezer.
Once frozen, enjoy a delicious ice cold treat.



CONGRATULATIONS

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 Rev Your Bev Lesson Plan Contest.

INTRODUCTION

Children will be planting two different cups with the seeds provided by **Virginia Agriculture in the Classroom**. 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.

Check out <https://va.agclassroom.org/> for more info on school programs!

MATERIALS

- 8 oz. cups
(2 for each student, with 1 of each pair having the Rev Your Bev logo) (provided)
- Medium sized bag of potting soil
- Seed packets (provided)
- Spray bottle full of water (provided)
- One roll of plastic wrap
- One 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, using index fingers and thumbs to sprinkle them gently all around the prepared soil. They can then use spoons once more to cover the seeds with another few scoops of soil to cover the seeds, but leaving space at the top for growth.
3. For the cup labeled with the Rev Your Bev logo, have a teacher help the children spray over the soil with three or four mists of water. Then help the children to cover both cups with plastic wrap. (This helps ensure minimal moisture loss for the watered plant, and keeps everything the same for the un-watered plant).
4. Have children place their cups on a sunny ledge or, preferably, a window sill.

ACTIVITY #3: DOES WATER HELP US GROW?

TALKING POINTS BEFORE ACTIVITY

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

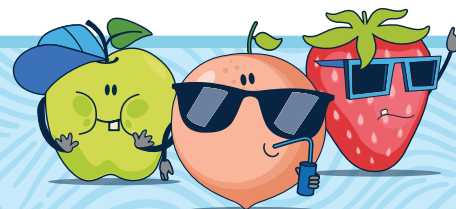
- We need LOTS of water to grow up and be healthy.
- So why do you think we need water for those things?
- Do you know what vitamins and minerals are?
(Important things in our food that help keep us healthy and help us grow.)
- Water helps those vitamins and minerals go into our bodies and do their jobs,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

TALKING POINTS DURING ACTIVITY

- What kind 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 re-pot 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

Congratulations to the author of this lesson, Casey Childs, at the Minnieland Academy at Heathcote in Haymarket, Virginia, and one of the winners of the Rev Your Bev Lesson Plan Contest.

ACTIVITY #4: SINK OR FLOAT?

INTRODUCTION

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!

MATERIALS

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

Included in this kit:

Eraser

Ping Pong Ball

Rubber Duckie



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.

WHAT THE CHILDREN WILL BE DOING DURING THIS ACTIVITY

- Children will demonstrate understanding and beginning knowledge of density.
- Children will build vocabulary.
- Children will form a hypothesis related to a learning activity.

INSTRUCTIONS

1. Have the children help you fill the tub or basin $\frac{3}{4}$ full of water.
2. Drop each item in the water one by one and discuss the results.
3. Graph your results and compare them with the children's predictions at the end of the experiment.

TALKING POINTS BEFORE ACTIVITY

Before starting, briefly discuss each object.

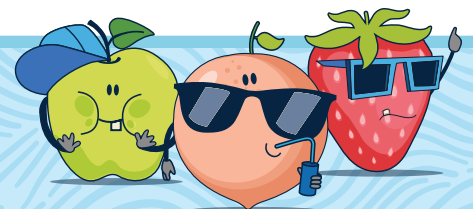
- Is it heavy or light? Introduce and explain the word density.
- Ask the children to predict if each item will float at the top of the water or sink to the bottom.
- Write down predictions to refer to during and after the experiment.

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 #5: REV YOUR BEV STORYTIME

INTRODUCTION

It is important for children to understand all the things water helps us do and that living things need water. During this story, students join Captain Hydro and find out all the important ways water helps throughout the day.

MATERIALS

Book: *Water All Day Long*



INSTRUCTIONS

1. Read *Water All Day Long* to your students.
2. While reading the story, highlight with your students each time Captain Hydro and our friends drink water.
3. Share with the class that:

Water is important for many things.

When you're thirsty, water is the best choice.

Water can also be flavored with different fruits and is still healthy.

TALKING POINTS AFTER ACTIVITY

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

ANSWER: Water

“All living things need water. How does water help our bodies?”

ANSWER SUGGESTIONS:

We need water to help us grow.

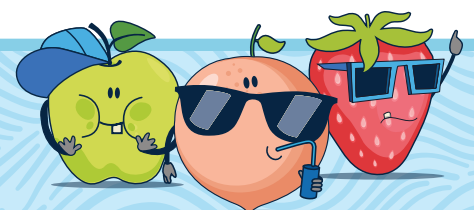
Water helps our bodies more.

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

Water helps us stay active on the playground.

Water helps us stay smart.

Water keeps us from being thirsty.





PARENT ACTIVITY: INFUSED WATER TASTING

INTRODUCTION

A child's beverage preferences and health habits are established in early childhood.

Sugar-sweetened beverages are the only food or beverage that have been directly linked to obesity, a leading cause of heart disease, type 2 diabetes, and some cancer. Hosting an Infused Water Tasting event offers parents a fun way to encourage water drinking at home – and establish habits early to protect children's health now and in the future!

MATERIALS

Beverage dispensers

Small cups

Rev Your Bev recipes

Cleaned and sliced fruit or vegetables

Gloves for serving

INSTRUCTIONS

1. Set up a table with cups and two or three infused-water choices (visit RevYourBev.com for recipe ideas). Fill the dispenser(s) with fresh, sliced fruit/vegetables.
2. Invite parents to sample each one.
3. Talk to parents about the importance of water, about ways to encourage more water consumption at home, and how to make water more fun. (see Talking Points for ideas)
4. Offer recipe cards for parents to take home.

TALKING POINTS FOR PARENTS

Why does water matter?

- Nearly one in four 2-5 year-olds are overweight or obese.
- Drinking a sugary drink (or two) per day increases your risk for type 2 diabetes by 25%.
- Sugary drinks are the largest source of added dietary sugar.
- Young children are drinking too many – 8 in 10 drink one sugary drink per day.

Why is water the best choice?

- Zero calories, no sugar
- Prevents weight gain
- Protects teeth from cavities
- Saves money
- Supports learning
- Hydration

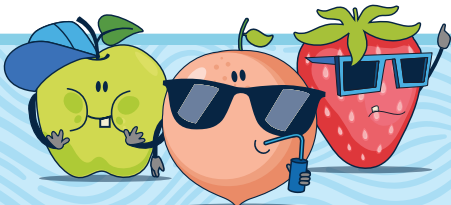


Ways to support water consumption:

- Make water freely available, indoors and outdoors, if playing outside.
- Offer water to children; those who are able can “self-serve.”
- Teach children that water is healthy and refreshing.
- Drink water in front of your children; be a role model for healthy beverages!

ADDITIONAL TIPS FOR SUCCESS

- Invite parents to volunteer to help plan.
- Add the sliced fruit/veggies to the water at least an hour prior so the water has time to absorb the ‘infusion.’
- Work with partners, school leaders, teachers and local parent coordinators to develop objectives for the evening and draft an agenda that includes activities to engage parents in the material.
- Use several ways to notify parents, such as sending an invitation home with children and posting on your program Facebook page or website.





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