



Early Childhood Education  
Activities for Promoting Water



## ABOUT THIS LESSON PLAN GUIDE

This Lesson Plan guide 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!

# THANK YOU



This resource is brought to you by the Virginia Foundation for Healthy Youth.



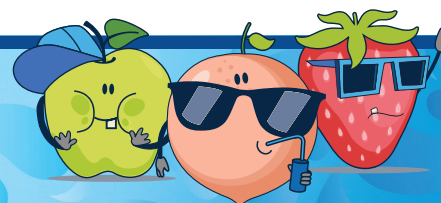
# INTRODUCTION

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"><li>1. Coloring Crown</li><li>2. What Does Hydration Look Like?</li><li>3. Fruity Popsicles</li><li>4. Sink or Float</li><li>5. RYB Storytime</li></ol>	<ul style="list-style-type: none"><li>◆ Dietary preferences are established in early childhood.</li><li>◆ Drinking water can help children feel more alert and energized.</li><li>◆ Children get fewer cavities when they drink water. Water contains fluoride which protects teeth and prevents cavities.</li><li>◆ Water makes up 60% of childrens' bodies, so it is important to keep them hydrated.</li><li>◆ Active kids need to drink 1/2 to 2 cups of water for every 15 to 20 minutes of physical activity.</li></ul>







# 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! Be sure to tag us on social at [@revyourbev](https://twitter.com/revyourbev)



## MATERIALS

Picture of Water Crown (provided)

Markers, colored pencils and/or crayons

Scissors

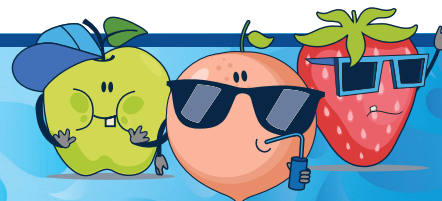
Tape, glue or paste

## 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!

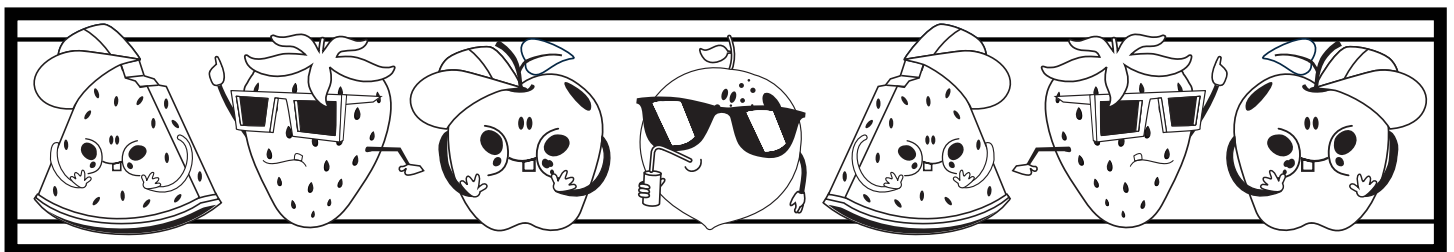
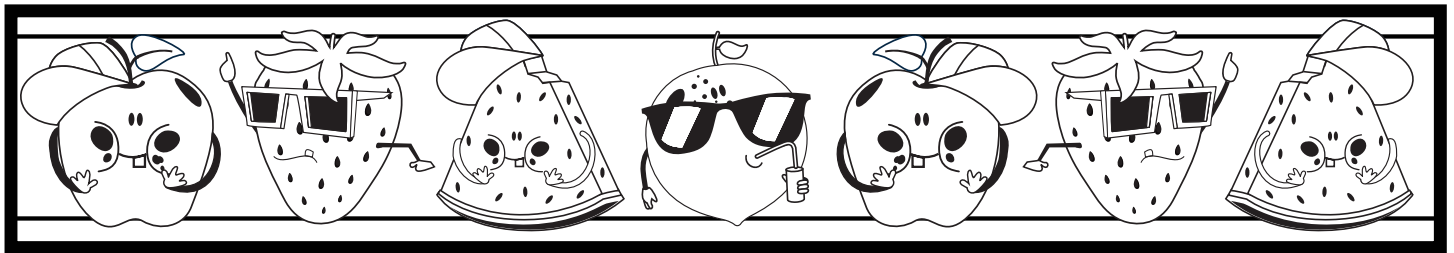
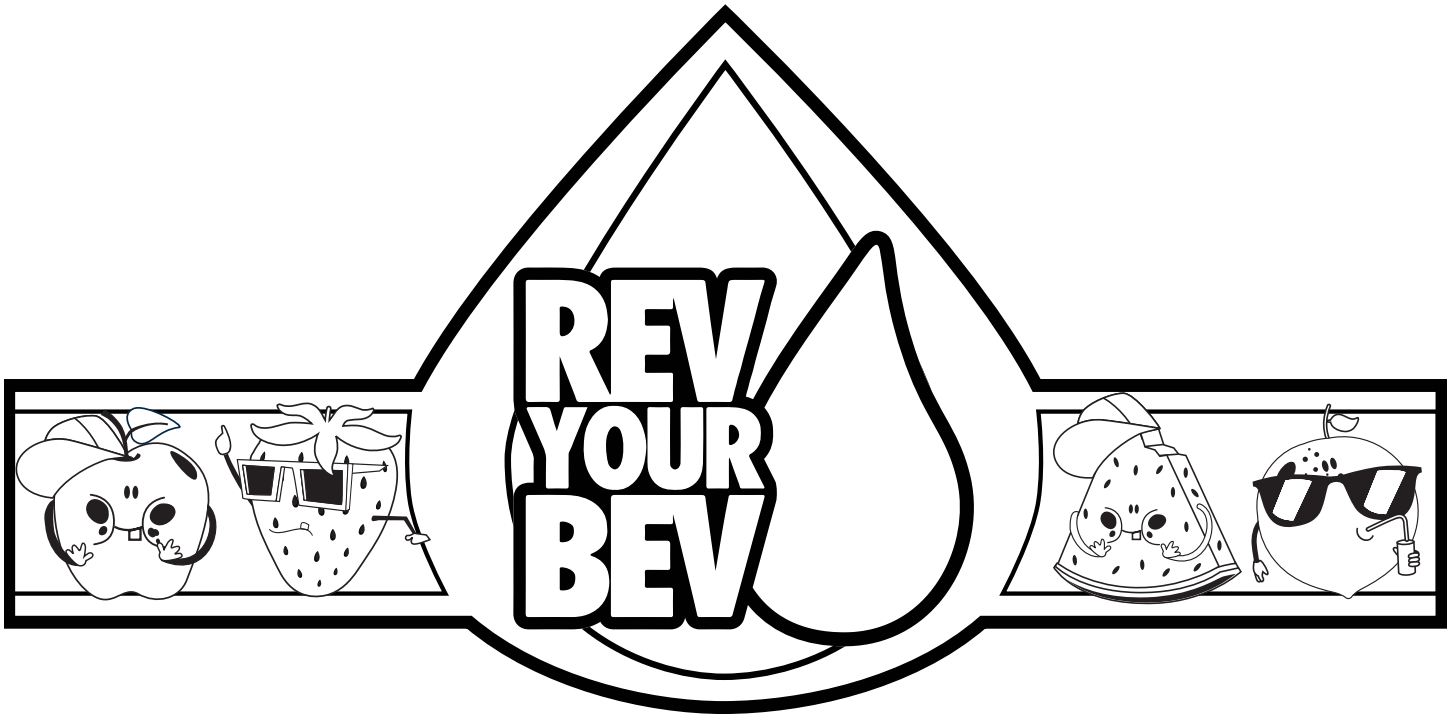
## INSTRUCTIONS

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 Deb Miller, from St. Anne's Catholic School in Bristol, Virginia, for submitting the 2022 winning lesson plan!

# ACTIVITY #2: WHAT DOES HYDRATION LOOK LIKE?

## INTRODUCTION

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)

Prediction & Observation Forms  
(included in lesson plan)



## TALKING POINTS BEFORE ACTIVITY

- Define the word hydration and dehydration (see below) 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, organs like our heart, blood and much, much more.
- But inside our bodies is 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.
- To stay hydrated we need to drink plenty of water every day.

## TALKING POINTS DURING ACTIVITY

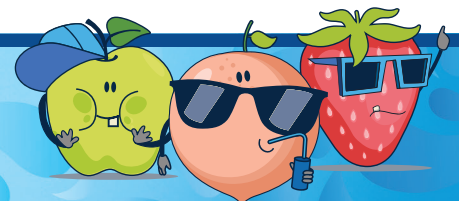
- Ask open-ended questions. What does the snow look and feel like when it is dehydrated? What happened when the snow had no water? How did the snow change when it got enough water? What do you think happens to our bodies if we don't get enough water?

## 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 days.

## INSTRUCTIONS

1. Gather class as a whole group.
2. Open discussion by asking if anyone has heard of the word "hydration." Then define hydration for them. Explain that we are going to do an experiment with snow related to hydration.
3. Pour the pretend (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's dehydrated. When it is dehydrated it is now able to work correctly to turn into snow. Ask the kids to predict what will happen if we add water.
4. Fill out the prediction form as a group.
5. Then slowly add water 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.
6. Fill out observation form as a group.



# ACTIVITY #2: OBSERVATIONS & PREDICTIONS FORM



In this activity, we will be adding water to hydrate our “pretend” powdered snow.

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## PREDICTIONS

What do you think will happen to the “pretend” snow when we add the water? (Write down children’s responses)

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## OBSERVATIONS

What do you notice happening to the “pretend” snow when the water was added? Give details on what it looks and feels like. Discuss if the predictions were correct.

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## CONCLUSION

Make a conclusion statement with the class (think of cause and effect). How did water affect the snow and make a comparison to how water affects our bodies.

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# ACTIVITY #3: FRUITY POPSICLES

The author of this lesson is Suzanne Woskobunik from the Valley Health Child Care Center in Winchester, Virginia. It premiered in the Rev Your Bev Lesson Plan Guide in 2021.

## 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



## 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. 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.**

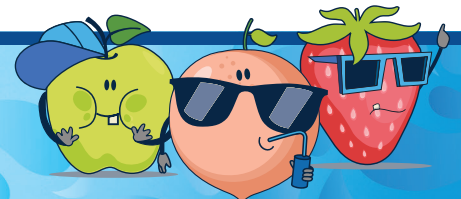
- How hard is it to squeeze the fruit?
- How much juice comes out of fruit?
- What fresh fruit did they like the best?
- Is it hard to use the eye droppers?
- Talk about the ice cube trays.
- How to pour a little water in each cube of the tray.
- Why aren't the popsicle sticks standing straight up?
-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

## 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.



The author of this lesson is Casey Childs from the Minnieland Academy at Heathcote in Haymarket, Virginia. It premiered in the Rev Your Bev Lesson Plan Guide in 2021.

## 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 Ducky



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.**

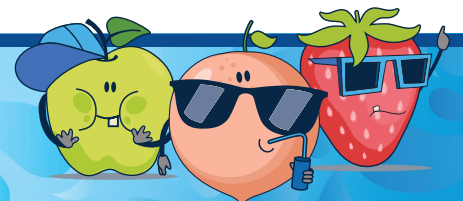
- Is it heavy or light? Introduce and explain the word density.
- Ask the children to predict if each item will float at the top of the water or sink to the bottom.
- Write down predictions to refer to during and after the experiment.

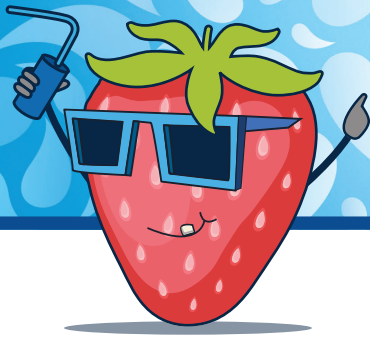
### TALKING POINTS DURING ACTIVITY

- 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*



To download the Spanish version of this book and find additional resources, scan the QR code below.



## 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

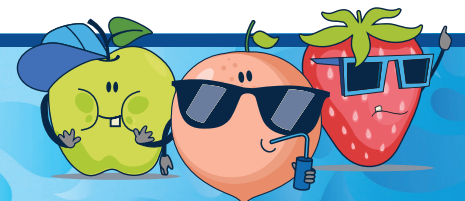
**“Which drink to you think is the healthiest for our bodies?”**

ANSWER: Water

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

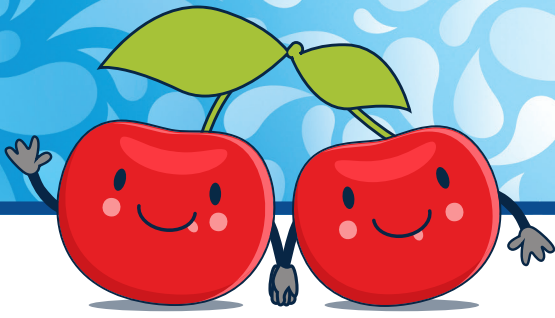
ANSWER SUGGESTIONS:

- 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](http://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.

To visit our website and check out delicious water recipes, scan the QR code.



## TALKING POINTS FOR PARENTS

### Why does water matter?

- 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

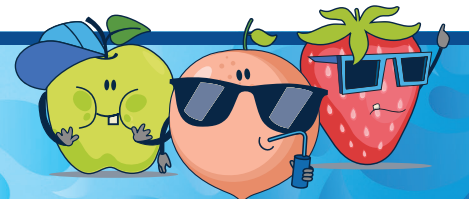


### Ways to support water consumption:

- 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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