



## HEALTHY BEAR SAYS, "DRINK WATER"

**TYPE OF ACTIVITY:** Large group

**KEY CONCEPT:** Drink water



### OBJECTIVES:

- › Children will identify drinking water as an important way to keep their bodies healthy.
- › Children will list different ways people drink water.

### MATERIALS:

- › Healthy Bear puppet
- › Flip chart paper
- › Markers
- › Book: *A Cool Drink of Water* by Barbara Kerley



### PROCEDURE:

1. Have Healthy Bear tell the children that he likes to drink water, and ask them why we need to drink water. Suggested phrases:
  - a. *Why do we need to drink water? Water hydrates our bodies. "Hydrate" means to fill your body with enough water to stay healthy.*
  - b. *I really like to drink water after riding my bike or going for a long walk. Water cools my body off and replaces water I lose when I sweat.*
  - c. *Even when we play quietly, our bodies need water. When you feel thirsty, water is great to drink. It helps your body work better.*
2. Have Healthy Bear introduce the book, *A Cool Drink of Water*. Read the book and give children opportunities to make observations about the pictures of people around the world drinking water in different ways. Help them see that everyone in the world needs water. Suggested phrases:
  - c. *What are the different ways you see people drinking water?*
  - d. *How do people carry water in different places?*
3. Help children make a list of times to drink water during the day. Write their ideas on flip chart paper.
4. Remind children that Healthy Bear is still very thirsty. Have children tell him, "Healthy Bear, drink your water!"

**ADAPTATIONS/EXTENSIONS:**

**Creative thinking:** Encourage children to think of ways they can remember to drink water. Try some of the children's ideas (e.g., making a sign, decorating a water bottle).

**Go for a walk:** Go on a nature walk and take water bottles along. Remind children to drink their water.



**Day 11: Drink Water**

For more activities, visit [eathealthybeactive.net](http://eathealthybeactive.net)