



## HYDRATION

**TYPE OF ACTIVITY:** Science

**KEY CONCEPT:** Be physically active/Drink water



### OBJECTIVES:

- › Children will explain that physical activity causes our bodies to lose water through sweat.
- › Children will describe and compare wet and dry sponges.
- › Children will explain why drinking water during and after physical activity is important.

### MATERIALS:

- › Dry sponges
- › Water
- › Bowl



### PROCEDURE:

1. Begin by talking with children about physical activity and sweat. Explain that when we are physically active, or moving our bodies, cool themselves by sweating. Suggested phrases:
  - a. *When we move our bodies we get hotter. The body cools itself by sweating.*
  - b. *When we sweat, we lose water through our skin. We need to drink water to keep our bodies hydrated. Has anyone heard that word before? Do you know what it means? Being hydrated means our bodies have enough water to work the way they are supposed to work.*
2. Distribute dry sponges, and encourage children to observe them. Invite them to look at the sponges, feel them, and talk about their observations. Suggested phrases:
  - c. *How did you use a sponge? What is its job?*
  - d. *How does your sponge feel right now? If you tried to wipe the table with this sponge, how would it work?*
3. Invite the children to try to use the dry sponges to wipe off the table. Encourage them to talk about how it works. Explain that the dry sponge is dehydrated, so it does not have enough water in it. When it is like this it can't do its job.
4. Have children place their sponges in bowls, and encourage them to wet the sponges with the water. Allow children to explore the differences between dry and wet sponges. Discuss how the sponges feel different as they absorb the water.

5. Invite the children to use the wet sponges to wipe off the table. Help them make a connection between the wet sponges and the importance of drinking water to keep their bodies healthy during physical activity. Suggested phrases:
- a. *Because the sponge has become saturated with water, it can now do its job.*
  - b. *Our bodies are like sponges. If our bodies don't have water, it is hard for them to do their jobs and stay healthy.*
  - c. *When we are physically active, our bodies use up water by sweating. We need to drink more water when we are physically active, so our bodies have enough water to keep moving.*

#### ADAPTATIONS/EXTENSIONS:

**Art:** Encourage children to decorate their own water bottles or cups. Help them put their names on the bottles or cups, and encourage them to refill them and drink water throughout the day.

