



Oliver's team talk

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Publication for

Teach! TEACHERS CORNER

What do all living things have in common? They all need water to survive. For humans, water makes up more than half of your body weight, and you can't go more than a few days without drinking any water.

Did you know that drinking water is not the only way your body gets enough fluids? Although the best way to get enough water is to drink it, you also consume water in the foods you eat. Fruit, for example, has water, which is what makes it so juicy. Soups, oatmeal, and yogurt are just a few examples of other foods that contain a good amount of water. In fact, studies have found that consuming more foods with a high water content can help fill you up so you don't eat as much. It would take a lot of food to get your body enough water, so don't forget to drink your water too.

Excite! READY, SET, GO!

To get your students thinking about water, try this lesson from the Kansas Foundation for Agriculture in the Classroom.

- Have students split into groups of two and trace each other on butcher paper, newsprint, or the sidewalk. Explain that 70 percent of their bodies are composed of water and have them illustrate this onto their paper by splitting their tracing into 10 parts and coloring 7 of the 10 parts.
- Because one gallon of water weighs 8.3 pounds, students can calculate how many pounds of water are in their bodies if they know their weight. Multiply their weight by .70 and divide by 8.3 gallons. For example, a student that weighs 90 pounds would have approximately 7.6 gallons of water in their body.
- Show students a grape and a raisin. Tell them that a grape is 81 percent water. Ask them the difference between the raisin and the grape.

For the complete lesson plan, go to http://www.ksagclassroom.org/Lessons/water/3-4/h2o_in_us.pdf

Activate! MAKE YOUR MOVE

Nothing works up a thirst like getting active. Try these activities to get your kids moving and thirsty:

- Jumping Rope
- Duck Duck Goose
- Hopscotch
- Freeze Tag
- Double Dutch
- Relay Races

After you work up a thirst, take time for a water break!

Motivate! SPREAD THE WORD

Make drinking water easy and fun

Everyone is more likely to drink water if you keep it handy. By allowing students to keep water bottles at their desks, they will be able to sip water throughout the day. This will keep them focused and even help eliminate headaches caused by dehydration, especially on hot summer days.

You don't have to spend tons of money on plastic water bottles. Buy a reusable water bottle in your child's favorite color and they will carry it everywhere. Don't forget to wash it regularly to get rid of germs.

Make **HEALTHY CHOICES** for Life!

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