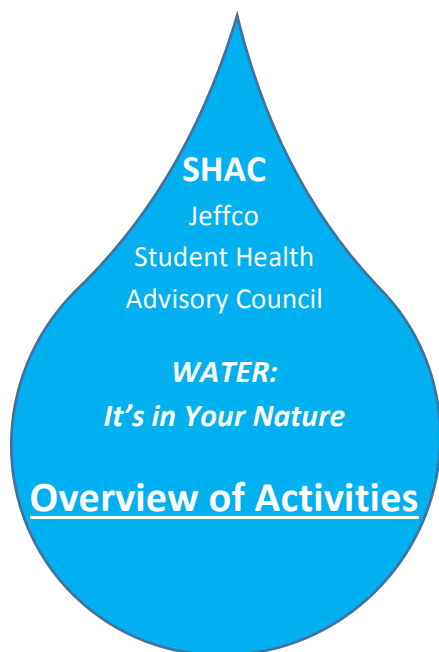


WATER: It's In Your Nature



Healthy Beverage Classroom Activities Overview

Each school year, student leaders from the Jeffco Public School's Student Health Advisory Council (SHAC) create resources or a campaign to engage their peers in messages of health. Our ongoing mission is:

Pioneering the way toward balanced, healthy lifestyles and a quality learning environment by giving students a voice in health and bringing district-wide awareness and education around physical and mental well-being

Interested in getting students invested in the benefits of drinking water and understanding the consequences of sugary drinks? If so, you've come to the right place! This year, SHAC has partnered with the regional Healthy Beverage Partnership and the local Jeffco Sips Smart Coalition to bring you "WATER: It's In Your Nature".

SHAC's goal of spreading awareness about healthy beverage consumption starts with classrooms like yours. This classroom resource includes four fun, engaging, educational activities designed by student leaders from SHAC. Students will learn about dehydration and how much water their body needs, discover interesting facts about water and sugary drinks, and engage in making their own voices heard within their school. These activities are designed to take about 15 minutes each, but feel free to adapt them to the culture and time available in your classroom. The activities included in this resource are listed on the following page. We encourage you to try them all and spread the word about the benefits of drinking water!

Learn more about SHAC by visiting us at tinyurl.com/jeffcoshac

Visit our partner's campaign website at <http://www.hidden-sugar.org/> for additional resources and educational information on the consequences of sugary drinks.

SHAC is powered by a partnership with Kaiser Permanente and their investment in youth engagement. Visit their website at <http://artsintegratedresources.org/programs/youth-engagement/> for more information.

1. Water Conducts The Brain: A SHAC Produced Video

SHAC has created a film about the dangers of sugary drinks and the benefits of water! The film runs less than 10 minutes and will engage students with a fun storyline that will surely make them realize that water is the way to go. We want the best for students and this video will begin to encourage healthy habits that can keep us well for the rest of our lives!

2. Water ‘Bout Me?: Hydration Station Calculator

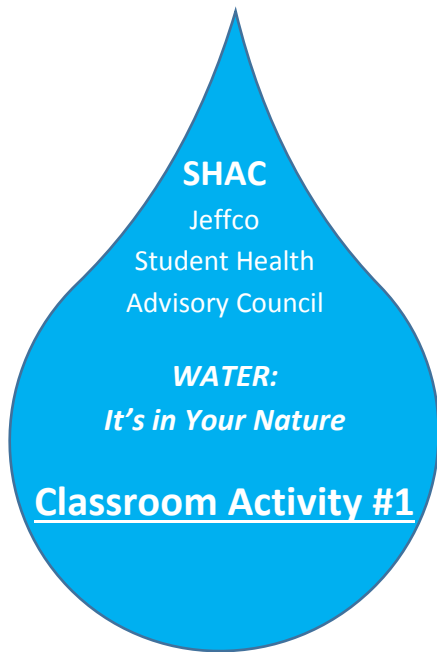
SHAC has developed a quick easy assignment called Hydration Station that will help students learn about themselves and the amount of water they need to drink to stay healthy. This assignment includes: easy instructions for the teacher, 15 simple questions, and a hydration calculator.

3. Ready...Set...WATER!: Kahoot/Trivia Game

Most teachers know the excitement that rushes through students when the word *Kahoot* is mentioned. What’s better than being able to learn while playing a quiz game on your phone? Nothing! SHAC has developed a simple *Kahoot* quiz with only 15 questions that are fun and engaging. All you have to do is log into *Kahoot* and find the SHAC quiz. If using the *Kahoot* does not work for your classroom, we have also included the trivia questions and answers so you can conduct a classic trivia match!

4. You Can’t Bottle Creativity: PSA Challenge

A public service announcement is a perfect way for students to create their own message on the topic of water and make their voices heard. Students will be encouraged to make the PSA and present it to their school during announcements. This is a creative way for students to inform others about the benefits of drinking water.



WATER:

It's in Your Nature

Student Created Video

SHAC members wrote, produced and starred in a video that is educational, entertaining, and inspires healthy living. Follow the link below to enter the hydrosphere, where you will learn about our body's most natural fuel. Water: it's in your nature!

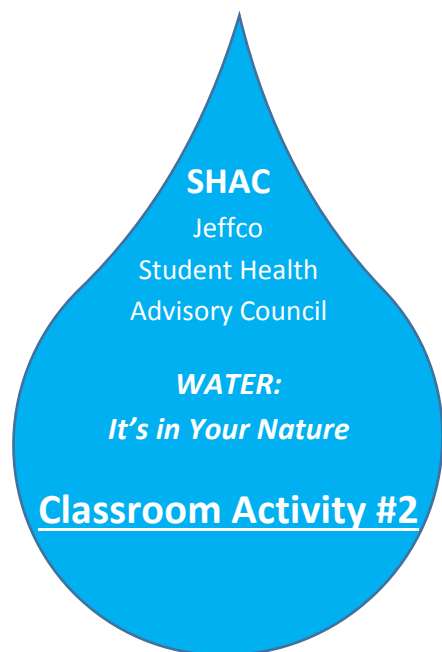
Link to video

<https://drive.google.com/file/d/0B-4aPb2pSQJENVVZWTZncTJXRzg/view?usp=sharing>

If for any reason you have trouble viewing the video through the link above, you can also find the video posted on the SHAC website: tinyurl.com/jeffcoshac

Enjoy!

Hydration Station



Help students learn about themselves and the amount of water they need to drink to stay healthy. This assignment includes: easy instructions for the teacher, 15 simple questions, and a hydration calculator.

Instructions for Teacher:

1. Pass out one copy of activity to each student. (Some answers may feel personal, so doing the activity individually and in writing is recommended.)
2. Direct students to read instructions and circle “yes” or “no” beneath each of the following 15 questions.
3. Proceed to the Water Calculator and follow steps to calculate how much water each student should be drinking every day.
4. Encourage students to keep track of how much water they drink per day for one month, urging them to reach their calculated intake! One option would be to return a few weeks later and ask students if they have noticed a difference by following through with their goal.

Visit our partner’s campaign website at <http://www.hidden-sugar.org/> for additional resources and educational information on the consequences of sugary drinks.

Hydration Station: Dehydration Test

In an effort to spread awareness about healthy beverages within your entire school, it is important to set a positive example to other students by drinking water throughout the day! But, are you drinking enough water? Is there a chance that you could even be mildly dehydrated? According to Boston College, $\frac{2}{3}$ of Americans do not drink enough water. Please answer 15 questions below to identify symptoms of dehydration and proceed to calculate exactly how much water YOUR body needs in one day.

Are you drinking enough water? Here are possible symptoms of dehydration...

1. Is your mouth frequently dry?
a. yes b. no
2. Do you have dark circles under your eyes?
a. yes b. no
3. Is your skin dry? Do you have chapped lips?
a. yes b. no
4. Do you feel like you stay sick for longer than normal?
a. yes b. no
5. Do you feel fatigued or lethargic?
a. yes b. no
6. Do you experience hunger pangs?
a. yes b. no
7. Do you experience digestive problems or constipation?
a. yes b. no
8. Do you experience reduced urination?
a. yes b. no
9. Do you experience mood swings or irritability?
a. yes b. no
10. Do you crave sweet or salty foods frequently?
a. yes b. no
11. Do you have chronic bad breath?
a. yes b. no
12. Do you suffer from skin breakouts?
a. yes b. no
13. Is your urine frequently yellow?
a. yes b. no
14. Do you battle poor concentration?
a. yes b. no
15. Pinch the skin on the back of your hand for a couple of seconds and then release. Does it take a while for your skin to smooth out again?
a. yes b. no

If you answered YES to ANY of the questions above, your body would benefit from paying attention to daily hydration. But, how much water does YOUR body need? Go to the next activity to find out!

Hydration Station: Hydration Calculator (in ounces)

1. Take the number of your current body weight and divide that number in $\frac{1}{2}$. (ex. If you weigh 190 pounds, $\frac{1}{2}=95$)

Number of your body weight _____/2=_____ base ounces of water

This is the base number of ounces of water you should drink every day.

2. Consider your activity level. You sweat and lose water while exercising, so you need to make up for that lost water! Add 12 ounces of water for every 30 minutes of exercise you do in a day. (ex. Add 24 ounces for 60 minutes of exercise)

of minutes you exercise _____/30=_____ x12=_____ additional ounces of water

3. Now add your base ounces and additional ounces for the total ounces of water your body needs in a day.

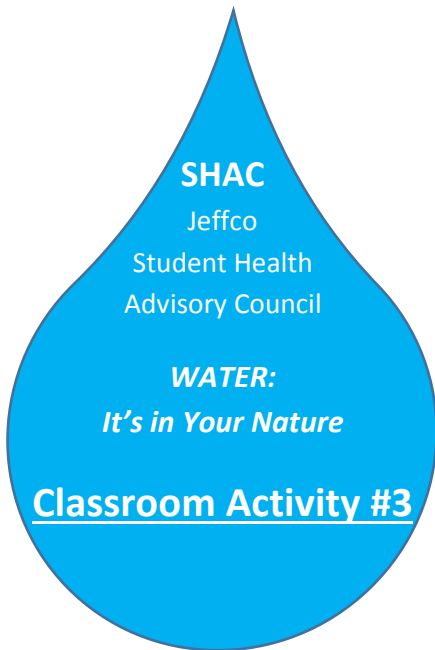
Base ounces _____ + additional ounces _____ = _____ TOTAL ounces of water your body needs per day

4. With this total in mind, you now have a daily GOAL for hydration! Can you drink your goal amount of water every day for a month? Keep track on the calendar below and see how you feel after a month of being hydrated!

Month _____ Start Date _____						
S	M	T	W	T	F	S

Works Cited for Hydration Station

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Healthy Beverage Trivia/Kahoot

What exactly is a Kahoot? Well Kahoot describes itself as “a collection of questions on specific topics. Created by teachers, students, business-people and social users, they are asked in real-time, to an unlimited number of 'players', creating a social, fun, and game-like learning environment.”

For a fun and engaging method of learning about water and its role in a healthy lifestyle, simply follow the instructions below to the Healthy Beverage Kahoot! If you prefer a classic, device-free trivia match for your classroom, we have included the questions and answers found in the Kahoot.

Heads Up: Kahoot requires students to have devices. Cell phones are the most convenient but computers will work. The questions need to be displayed for the entire classroom to see using a Smartboard, projector, or similar device. If every student in the classroom does not have their own device, feel free to group students in teams.

Instructions for Teacher:

1. Follow the Kahoot link below on the computer connected to the Smartboard:
<https://play.kahoot.it/#/k/1e57da14-ec3d-4c7d-84f7-fa6e98602067>
2. Click *Play*.
3. Click *Play Now*.
4. Click *Classic*.
5. Students will have to join via the game pin given at the top of the page. In order to do this, students must go to <https://kahoot.it> on their personal devices. At this time, they will be allowed to join the game and enter their names into the roster. Ensure the game pin is clearly displayed.
6. Students will show up in the player category under the names they entered when joining the game
7. Once all students are logged in, press start and enjoy the game!

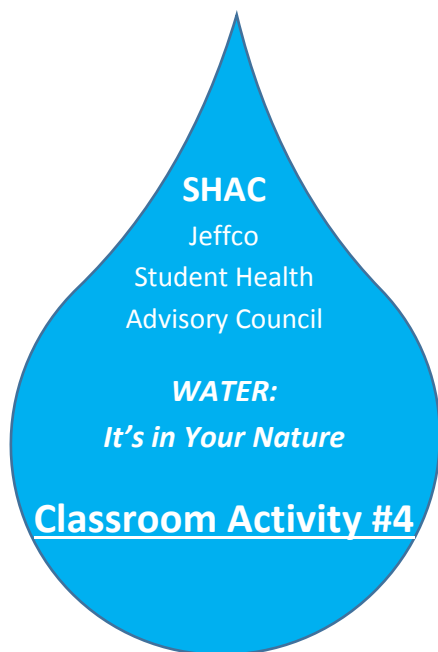
Below are the complete trivia Questions for a device-free game option.
Correct answers are underlined in bold.

2

1. How much of the Earth's freshwater is locked in the ice caps?
 - a. One-half
 - b. Two-thirds**
 - c. One-third
 - d. All of it!!
2. Which animal consumes the most water per pound of body weight?
 - a. Zebras
 - b. Horses
 - c. Cows**
 - d. Elephants
3. What percent of the brain is water?
 - a. 65%
 - b. 73%**
 - c. 50%
 - d. 85%
4. What animal doesn't have to drink water at all?
 - a. Kangaroo Rat**
 - b. Impala Antelope
 - c. Pygora Goat
 - d. Merino Sheep
5. How many people die each year from water related diseases?
 - a. 2 million
 - b. 3.4 million**
 - c. 5.1 million
 - d. 1.5 million
6. On average, how far do people in rural Africa & Asia have to walk daily to get drinkable water?
 - a. 4 miles
 - b. 1 mile
 - c. 3.7 miles**
 - d. 5.2 miles
7. Where is most of the world's fresh water located?
 - a. Antarctica**
 - b. Europe
 - c. Asia
 - d. North America
8. How long does it take for a person to die of dehydration?
 - a. 7 days
 - b. 5 days
 - c. 15 days
 - d. 10 days**
9. How much sugar do you consume in a year with one soda a day?
 - a. 35 pounds**
 - b. 20 pounds
 - c. 15 pounds
 - d. 10 pounds
10. Which body part contains the most water?
 - a. Heart
 - b. Kidney

- c. **Lungs**
 - d. Stomach
11. How many people don't have a safe supply of water?
- a. 500 million
 - b. **2 billion**
 - c. 750 million
 - d. 1 billion
12. How many fewer calories do you eat when you drink a glass of water before a meal?
- a. **75 calories**
 - b. 0 calories
 - c. 100 calories
 - d. 35 calories
13. In the US, how much water does the average person use per day?
- a. **80-100 gallons**
 - b. 60-80 gallons
 - c. 70-95 gallons
 - d. 20-50 gallons
14. What percentage of a living tree is water?
- a. **75%**
 - b. 70%
 - c. 60%
 - d. 65%
15. Freshwater animals are disappearing _____ times faster than land animals.
- a. Four
 - b. **Five**
 - c. Two
 - d. Three

PSA Classroom Challenge



Spreading awareness to a whole school starts with classrooms like your own. We think that a fun and effective way to reach a whole school is through morning announcements, from students like yourself. You know your school better than anyone! You know what's most effective, and what has the greatest impact spreading messages to your peers. The goal of this activity is to get students excited about the health benefits of drinking water.

Instructions to Students:

1. Write a catchy public service announcement in 5 minutes. It should fit the format your school uses (video, newsletter, intercom etc.) Be mindful of any time restrictions your school may have on the length of announcements. The class may work in small teams or individually.
2. Include at least one of these topics as the focus of your announcement:
 - a. The healthy benefits of drinking water
 - b. The consequences of sugary drinks
 - c. The responsibility of living a healthy life
3. Have each person or group present their announcement to the class.
4. Vote on the announcement to present to the whole school. Or, you can choose more than one and do a campaign of announcements for a whole week!
5. Visit our partner's campaign website at <http://www.hidden-sugar.org/> for additional resources and educational information on the consequences of sugary drinks.

Keep the Following in Mind When Developing Your Announcement:

1. Be direct and concise in your announcement. Your audience should be able to understand the information quickly and recall it easily.
2. It should be entertaining but appropriate for a school setting.
3. Try and present a friendly, positive tone throughout the message.
4. Grab the audience's attention! Something silly, funny, or surprising can get students engaged.