



Hydration: Gatorade Lesson Plan

Audience: Parents/Caregivers

General program objective: Participants will recognize the importance of hydration of children in their care.

Specific program objective: Participants will identify the importance of hydration, sugar, and electrolytes for active children.

Behavior change strategy: Self-Efficacy

Educational activities:

- 1) **Elicit**—have students write down and/or discuss what they understand are the importance of hydration, sugar, and electrolytes in the human body. (Option to present “Electrolytes” before this lesson.)
- 2) **Explain**—play the provided video for the students.
- 3) **Expand**—have the students reflect on how their previous understanding is different from that which is demonstrated in the video.
- 4) **Exit**—have the students brainstorm and list other beverages that are appropriate for active children to drink.

Length of time to complete: 10-15 minutes, depending on length and depth of conversation

Materials Required:

- Note paper and writing utensils
- Multi-media display (e.g. computer monitor, projector, or SmartScreen)
- Access to the internet and YouTube: <https://youtube.com/shorts/ZpQHvFy5L3o>
- Optional: Printouts of “Hydration Bingo” for each student

(Procedure on Page 2)



Procedure:

- 1) Request students to write and/or discuss in small groups what roles hydration, sugar, and electrolytes have in the human body.
- 2) Ask the students these questions to help encourage understanding and discussion:
 - *Why is it important to stay hydrated?*
 - *What does the body do with sugar?*
 - *Does anyone know what an electrolyte does?*
- 3) If the participants are unable to answer the questions above, offer some insights on the subject. Examples might include:
 - *Water is used in almost every chemical reaction in the body; what does that mean to you about its importance?*
 - *Sugar is the primary source of energy for the brain, and the only source of energy for red blood cells; how does that change your beliefs about sugar?*
 - *Electrolytes help water do its job; how does this affect one's health?*
- 4) Introduce the short-form video and play for the students.
- 5) Ask the students to write and/or discuss in small groups what the video described about hydration, sugar, and electrolytes.
- 6) Allow the students to compare insights in small groups:
 - What do you understand differently after watching the short video?
 - What do you understand the same?
 - What questions do you still have?
 - Option to answer lingering questions.
- 7) Have the students brainstorm (either individually or in small groups) a list of beverages that are appropriate for active children.
 - Note: Any beverage that does not exceed the daily limits of sugar (24g) or sodium (2,000mg) is arguably acceptable. (Option to present “Ugh, Water!” for drink ideas.)

Further enrichment:

Play “Hydration Bingo” with the class (see attached).



Hydration Bingo

Talk with your classmates to find who can answer for each of these scenarios. Write the classmate's name in the space at the bottom of each square to claim it. The first to complete a line wins! (Or, set up the challenge and see who can complete the entire chart.)

Keeps a water source nearby when sleeping.	Currently has a water bottle designed to be reused.	Limits alcohol and caffeine.	Limits alcohol and caffeine.	Enjoys melons or citrus weekly.
Enjoys coconut water.	Orders water at a fast-food restaurant.	Currently has a carbonated beverage.	Waters down store bought juice at home.	Drinks more than 1L (33 oz) of water a day.
Currently has a beverage that is not plain water.	Eats more than 5 servings of fresh produce a day.	Free Space	Uses a water filter at home.	Currently has fresh produce with them.
Knows the location of the closest drinking fountain.	Keeps water in the car for emergencies.	Enjoys soups for dinner.	Currently has a single use water bottle.	Hikes or goes on long walks with water.
Drinks more than 2L (66oz) of water a day.	Limits high sugar beverages.	Currently has an electrolyte drink.	Offered water to someone else recently.	Drinks water first thing in the morning.