



Hydration: Pee-Power! (Kidneys) Lesson Plan

Audience: Students ages 9 years and older

General program objective: Participants will demonstrate an understanding of the importance of staying hydrated.

Specific program objective: Participants will identify how hydration plays a role in kidney health.

Behavior change strategy: Self-Efficacy

Educational activities:

- 1) **Elicit**—ask the students what they know about the kidneys and their function.
- 2) **Explain**—play the provided video for the students.
- 3) **Expand**—have the students reflect on the information provided in the video
- 4) **Exit**—have the students write a personal statement about hydration and health.

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/iBnmiC1tHys>
- Optional: three empty cups, a bottle of clean water, kitchen sponge (without the scrubbing side), some dirt

Procedure:

- 1) Ask the students what they know about hydration and the kidneys' function (they can write their thoughts, answer in small groups, or discuss as a class):
 - What is something everyone does when they first wake up in the morning?



- When you go to the bathroom, a lot of fluid comes out. Who knows why?
 - How do you think your body removes waste from your cells doing all their hard work every day?
- 2) Introduce the short-form video and play for the students.
 - 3) Ask the students to reflect on the video (they can write their thoughts, answer in small groups, or discuss as a class):
 - Staying hydrated is healthy for the kidneys. Why is that?
 - What is the kidney's job?
 - What makes the kidney's job easier?
 - Why is it important to stay hydrated?
 - 4) Have the students write a statement about why they believe staying hydrated will benefit their own personal health.
 - Option to share out loud if time allows.

Further enrichment:

Perform a kidney filtration experiment. Pour half the clean water into one cup and add some dirt to make it dirty water. Pour the dirty water through the kitchen sponge and into a cup (this is the kidneys filtering the blood). Then, flip the sponge over and pour the second half of water through the sponge into a second cup (this is the kidneys making urine to expel waste from the body).

Notes: