



Hydration: “Ugh, Water!” 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 forms of hydration they prefer.

Behavior change strategy: Self-Efficacy

Educational activities:

- 1) **Elicit**—ask the students what drinks they enjoy during the day.
- 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 list of drinks they enjoy and when.

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/44EirDZYp3E>
- Optional: poster paper and drawing utensils

Procedure:

- 1) Ask the students to discuss what they usually drink during the day (they can write their thoughts, answer in small groups, or discuss as a class):
 - What do you typically drink when you feel thirsty?
 - What do you like to drink when it's a hot day?



- Who likes to drink water?
 - Do you think there is more than one way to stay hydrated?
- 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):
 - What's the most important thing when it comes to staying hydrated?
 - The video says to limit sugar and salt in your drinks, why do you think that is?
 - What do you think of the drink options presented in the video?
 - 4) Have the students write a list of hydrating drinks they enjoy and when they like to have them most.
 - Option to share out loud if time allows.

Further enrichment:

Have the students create posters to advertise the importance of hydration and show some hydrating drink choices. Option to work individually or in small groups.

Notes: