

Health - VCHPEP062 | VCHPEP077

Learn about the importance of water for their health and wellbeing.

Resources

- Water for Life book
- Choose Tap hydration poster
- Choose Tap maze
- Fountains and Drains board game
- Music

Outline (60 minutes)

1. Why do we need water? (10 minutes)

- Brainstorm how and why we need water.
- Ask students if items needs water (stand up - yes, sit down - no).

2. Read the *Water for Life* story (10 minutes)

3. Review the Choose Tap hydration poster (15 minutes)

- Uncover how different parts of the body need water.

4. Activity (20 minutes)

- Foundation to Year 2 - Choose Tap maze
- Year 3 to 6 – Hydration charades

Each small group is provided with an action to act out to the class. The class must try work out which body part is relates to. A fun way of learning how water helps your body.

Extension activity - play the Fountains and Drains board game

