



# WENDY'S WATER-FILLED WORLD

## AN ADVENTURE IN HYDRATION!

Story and Activity Book



NAME:.....

## Created by Megan Fitzgerald

The purpose of this activity book is to help aid students in learning that Water is the best drink for hydration to be healthy kids.

Students will to be educated by highlighting the importance of drinking water for overall health and that staying hydrated will keep them alert and focused, and that it can keep their bodies at a safe and healthy temperature, and may improve cognitive functioning.

This resource was specifically created for the ACA Health Benefits Resource Competition.



Story Book

### More Information

Drinking Water and Your Health. <https://www.healthdirect.gov.au/drinkingwater-and-your-health>

Hydration Tips for Children. <https://www.healthdirect.gov.au/hydration-tipsfor-children>

How to encourage children to drink water.

<https://www.waterlogicaustralia.com.au/resources/blog/encourage-children-to-drink-more-water/>



***Because we care...***



Meet Wendy, a joyful little girl who loves exploring the wonderful world that God made. Today, she embarks on a divine adventure to learn about water, the gift from Heaven that sustains all life.



Before her journey begins,  
Grandma lovingly reminds  
her, 'God gave us water as a  
precious gift to keep us  
healthy and strong. Never  
forget to drink it, Wendy'.





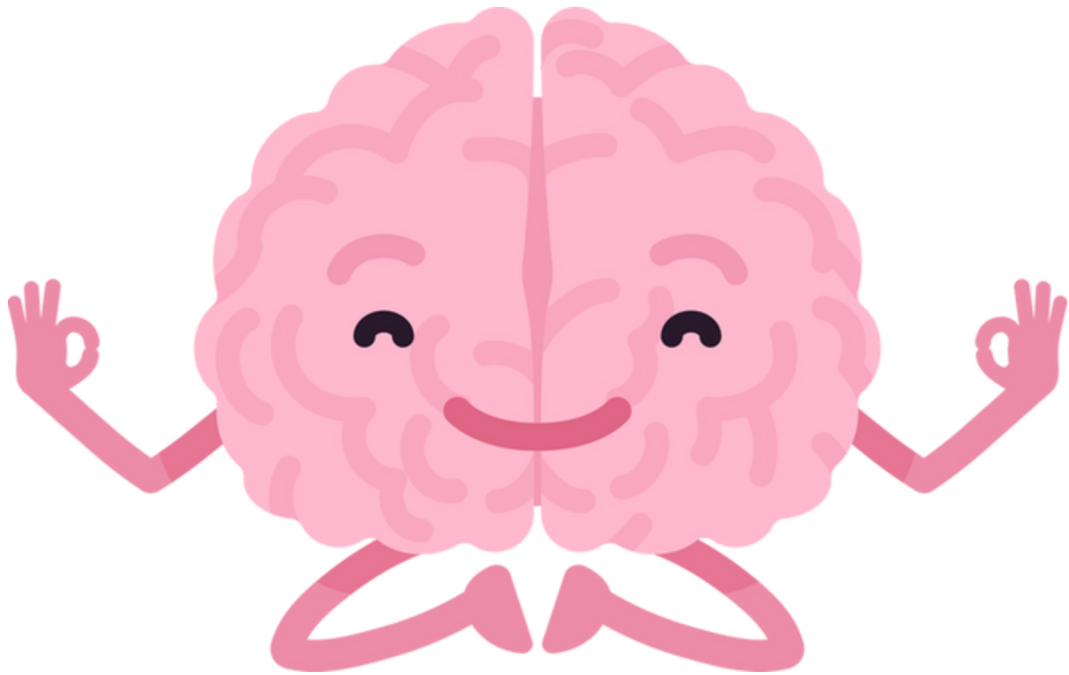
In the magical forest,  
Wendy meets Tim the  
Talking Tree who says,  
'Water is God's blessing  
that helps both plants and  
people grow strong'.



With each sip, Wendy feels energised. She joyfully exclaims, 'Thank you, Lord, for this amazing gift of water that helps me feel so strong!'



At Memory Lake, she  
realises that just as God  
helps us remember his love  
and wisdom, water aids our  
memory and helps keep our  
minds sharp.



Feeling her mind filled with clarity, Wendy feels thankful. 'Wow, water truly is a miracle liquid that God provided for our well-being'.



Sunny the Sun greets  
Wendy and reminds her,  
'Just as God's love warms  
our hearts, water helps to  
keep our physical bodies  
cool'.



Wendy realises that staying hydrated is like experiencing God's love - refreshing, necessary, and life-giving.



Wendy returns home and tells her Grandma all about her adventure. 'You were right, Grandma. God's gift of water is amazing!'





Wendy now understands the divine importance of staying hydrated. She makes a promise to take good care of the body God gave her.

**Will you join her?**

# THE HYDRATION ACTIVITY ADVENTURE BOOK



*Discovering the Wonders of Hydration,  
One Sip at a Time*





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# HYDRO HIGHLIGHTS: DIVE INTO WATER WISDOM!

## Why Hydration Matters

Fun Fact 1: Did you know that our bodies are made up of around 60% water?

Fun Fact 2: Dehydration can affect your concentration and even your mood!

## Dehydration Symptoms

When we don't drink enough water...

😓 We might get headaches.

😞 We might feel grumpy or upset.

🤯 It can be hard to think clearly.

🧠 We might find it tough to focus in class.

☀️ Especially when it's hot or when we're running and playing, we need more water to feel good!

## Tips for Staying Hydrated

Sip, Don't Gulp: It's better to take small sips of water throughout the day than to chug large amounts at once.

Set a Reminder: Use a timer to remind you to take a sip every hour.

Eat Water-Rich Foods: Foods like cucumber and watermelon can also help keep you hydrated.

## Water in the Bible

*Verse 2: John 4:14 - "Whoever drinks the water I give them will never thirst."*

# WENDY'S WATER-FILLED WORLD

## REFLECTIVE QUESTIONS

After Reading Wendy's Water-Filled World, answer the following questions.

- ❶ Why did Grandma remind Wendy to drink water before her adventure?

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- ❷ What did Tim the Talking Tree tell Wendy about water?

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- ❸ What happened to Wendy's mind when she drank water at Memory Lake?

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- ❹ What did Sunny, the sun, remind Wendy about when it comes to drinking water?

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- ❺ At the end of the story, what promise did Wendy make about water? Do you think it's a good promise to make for yourself too? Why or why not?

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# WATER WORD SEARCH



FIND THE HIDDEN WATER WORDS

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| G | R | I | C | H | A | O | I | T | Y | A | B |
| B | Y | R | O | M | E | M | Y | T | F | I | G |

WATER

LIFE

BLESSING

HYDRATE

GIFT

MEMORY

HEALTH

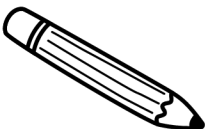
STRONG

BRAIN

# CREATE YOUR HYDRATION HERO



Design your own Hydration Hero, who helps you remember to stay hydrated and teaches you the importance of drinking water. Remember to give your Hero a name!







# HEALTHY BEVERAGE CHOICE CHALLENGE

Learn about drinks and choose the healthiest ones

Number the drinks from 1 to 5.

Number 1 is the healthiest and 5 is the least healthy.

☐

## **Fruit Juice**

Lots of vitamins but also lots of sugar!

☐

## **Soda**

Sweet and fizzy but has no good stuff your body needs.

☐

## **Milk**

Full of calcium and good for bones!

☐

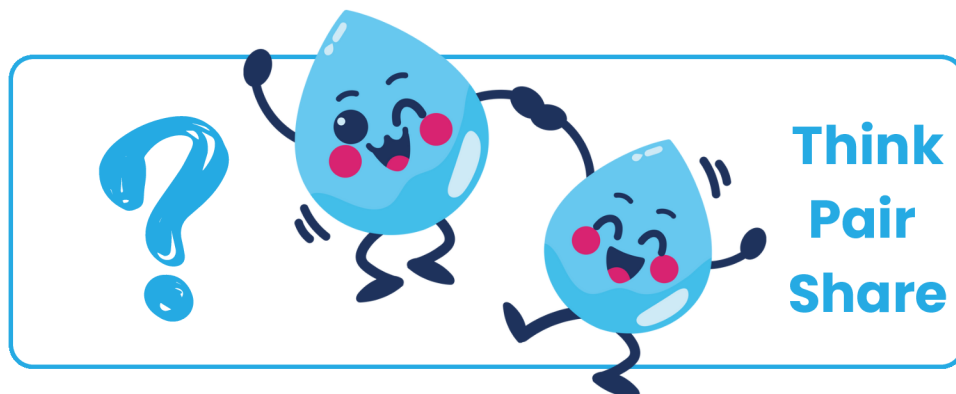
## **Sports Drink**

Good after running around but also has lots of sugar!

☐

## **Water**

No sugar and the best for staying hydrated!



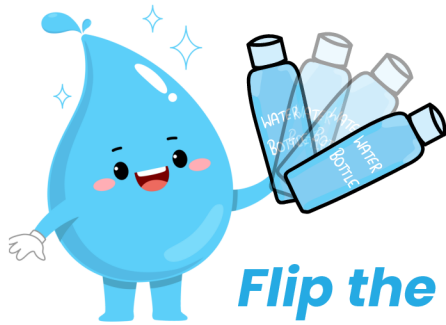
Why did you rank the drinks the way you did?

How could you encourage others to drink more water?

When do you think you might need to drink more water?

# FUN WATER GAMES

## WHAT GAME WILL YOU PLAY?



### *Flip the Water Bottle!*

**What to do:** Fill an empty water bottle a third with water and try to flip it so it lands standing up! Take turns and see who can do it the most times!

**Why we play:** It's fun, and we learn about balance and water!

**What you need:** An empty water bottle and water.



### *Water Relay Race!*



**What to do:** Split into two teams. Each team has a bucket of water and an empty container. Run and fill the container with a cup of water as fast as you can! The team who fills the container first wins!

























































**Why we play:** We learn about teamwork, moving fast, and water is essential for us!

**What you need:** Two Buckets, two containers and two cups.

# WATER WONDERS: MY DAILY SiPS!

Let's be healthy and happy by sipping more water every day!

Colour a drop each time you drink a glass of water;  
aim for 8 drops a day

| Mon   | Tues  | Wed   | Thurs   | Fri  | Sat   | Sun   |
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# HYDRATION EXPLORER EXIT TICKET

*Wrap up your hydration adventure by  
sharing what you've learned*

One thing I learned:

.....

.....

My favorite activity:

.....

.....

Questions or wonders:

.....

.....

Hydration pledge:

.....

.....

# **THE HYDRATION ACTIVITY ADVENTURE KIT - TEACHER/USER GUIDE**

## 1. Introduction

Welcome to "The Hydration Activity Adventure Kit", a comprehensive Christian-based educational resource meant to illuminate primary-aged children about the crucial role of water and hydration in sustaining a healthy lifestyle. Every student will be given their own activity booklet.

## 2. Objectives

- To educate students on the vital role of hydration in our body and mind.
- To instill holistic health, well-being, and Christian values.
- To stimulate reflective and creative thinking about the importance of water.
- To encourage the development of responsible hydration habits.

## 3. Detailed Instructions for Implementation

### i. Starting the Journey:

- Initiate a lively discussion on what students already know about water's importance
- Introduce the varied activities in the booklet, ensuring each student has one.

### ii. Facilitating Activities:

*For each activity in the booklet:*

#### 1. Hydration Highlights:

- Instructions: Lead a brief, interactive discussion on the facts presented, encouraging students to share their experiences or knowledge. Scan the QR Code to enter the related Kahoot Quiz.



#### 2. Wendy's Water-filled World:

- Instructions: Assign reading segments or scan the QR Code to play the digital flipbook version, pausing to discuss the story's unfolding events and learned hydration concepts.



#### 3. Questions about Wendy's World:

- Instructions: Facilitate a discussion based on the questions provided, encouraging thoughtful responses and reflections written in their booklets.

#### 4. Water Word Search:

- Instructions: Ask students to complete the word search, emphasising the relevance of the words to the topic of hydration.

#### 5. Create Your Hydration Hero:

- Instructions: Provide diverse art materials and guide students in illustrating their unique hydration heroes. Organise a sharing session afterwards.

#### 6. Healthy Beverage Choice Challenge:

- Instructions: Direct students to differentiate between healthy and unhealthy beverages, emphasising the importance of making informed choices.

## 7. Fun Water Games:

- Instructions: Organize and oversee games, linking the activities to real world applications of hydration knowledge.

## 8. Water Wonders: My Daily Sips Tracker:

- Instructions: Guide students on effective hydration tracking by colouring in one drop for each glass of water consumed.

## 9. Hydration Explorer Exit Ticket:

- Instructions: Wrap up by having students complete the exit ticket, reflect on their learning, and express any remaining questions or thoughts.

## 4. Interdisciplinary Ideas

- Science: Explore the scientific properties of water and its role in human biology.
- English: Utilise the activities to enhance reading comprehension, vocabulary, and reflective writing skills.
- Maths: Integrate lessons on measurement and volume about the water games and intake tracking.
- Arts: Incorporate lessons on design principles and creative expression through the "Create Your Hydration Hero" activity.

## 5. Alignment with Christian Worldview

This resource intertwines Christian principles, emphasising the divine importance of water as God's gift, and fosters a Christian approach to healthy living.

## 6. Alignment with the Australian Curriculum v9 Outcomes and General Capabilities

Our Hydration Adventure Kit is meticulously crafted to align with crucial elements of the curriculum, ensuring students acquire vital knowledge and skills as they navigate through the engaging activities. Here's a breakdown of the alignments:

PDHPE Outcomes:

Our resource caters explicitly to the following Personal Development, Health, and Physical Education (PDHPE) outcomes across stages 1, 2 and 3, emphasising healthy and safe choices: AC9HPFP06, AC9HP2P06, AC9HP4P09.

Each activity within the resource aims to empower students to make informed decisions regarding their health and safety, focusing on the importance of hydration.

General Capabilities:

In addition to meeting PDHPE outcomes, our activities also align with several general capabilities:

- Critical & Creative Thinking: Fostered through Healthy Beverage Choice and Create Your Hydration Hero activities.
- Digital Literacy: Promoted through interactive digital quizzes and resources.
- Social & Personal Capabilities: Built through collaborative games and reflective activities.

## 7. Assessment Tools

### a. Questions about Wendy's Water-filled World:

- Assessment Type: Formative Assessment.
- Description: Reflective questions about the story allow educators to gauge students' comprehension and interpretation of the material, assessing their understanding of hydration's importance.



#### b. Kahoot Quiz (Dive into Knowledge):

- Assessment Type: Formative Assessment.
- Description: Reflective questions about the story allow educators to gauge students' comprehension and interpretation of the material, assessing their understanding of hydration's importance.

#### c. Healthy Beverage Choice Challenge:

- Assessment Type: Formative & Summative Assessment.
- Description: This challenge allows teachers to assess students' ability to apply knowledge about healthy beverage choices in practical scenarios.

#### d. Hydration Explorer Exit Ticket:

- Assessment Type: Summative Assessment.
- Description: The exit ticket provides a snapshot of what students have learned about hydration and what lingering questions they might have, aiding in assessing the overall understanding and effectiveness of the resource.

#### e. Water Wonders: My Daily Sips Tracker:

- Assessment Type: Self-Assessment.
- Description: Students self-monitor and reflect on their hydration habits by tracking daily water intake, promoting awareness and responsibility for their health.

### 8. Conclusion

"The Hydration Activity Adventure Kit" is a multifaceted resource that fosters appreciation and understanding of hydration and Christian values. It's designed to enhance students' learning experiences and encourage them to adopt healthy hydration habits, seamlessly integrating educational objectives from various disciplines, including English and maths. Feel free to modify and adapt the guide and activities to meet your instructional objectives and accommodate the diverse learning needs of your students. Have a delightful time discovering the wonders of hydration with your students!

### 9. Answers to Activity Questions

#### *Wendy's Water-filled World Reflective Questions*

##### 1. Why did Grandma remind Wendy to drink water before her adventure?

- Grandma reminded Wendy to drink water because it is a precious gift from God that keeps us healthy and strong. She wanted Wendy to stay hydrated and care for her health during her exploration.

##### 2. What did Tim the Talking Tree tell Wendy about water?

Tim the Talking Tree told Wendy that water is God's blessing and helps plants and people grow strong.

##### 3. What happened to Wendy's mind when she drank water at Memory Lake?

- When Wendy drank water at Memory Lake, her mind filled with clarity. The story also draws a parallel between how God helps us remember His love and wisdom and how water aids our memory and helps to keep our minds sharp.

##### 4. What did Sunny, the sun, remind Wendy about when it comes to drinking water?

Sunny, the sun, reminded Wendy that just as God's love warms our hearts, water helps to keep our physical bodies cool. It emphasises the importance of staying hydrated to regulate body temperature, especially when active or under the sun

### 5. At the end of the story, what promise did Wendy make about water?

- At the end of the story, Wendy understands the divine importance of staying hydrated and promises to take good care of the body God gave her by staying hydrated, valuing water as God's gift to ensure health and vitality.

### Additional Reflection Question:

- Do you think it's a good promise to make for yourself, too? Why or why not? (This is a reflective question and can be answered personally by each individual.) Generally, it is a good promise because valuing and taking care of our body is vital. Staying hydrated is crucial for our physical wellbeing and acknowledging it as a divine gift adds a layer of spiritual gratitude and consciousness towards utilising it wisely and appreciatively.

### Healthy Beverage Choice Challenge Questions

Numbering the Drinks:

1. Water: No sugar and the best for staying hydrated! #1
2. Milk: Full of calcium and good for bones! #2
3. Fruit Juice: Lots of vitamins but also lots of sugar! #3
4. Sports Drink: Good after running around but also has lots of sugar! #4
5. Soda: Sweet and fizzy but has no good stuff your body needs. #5

### Think, Pair, Share!

#### 1. Why did you rank the drinks the way you did?

- Example Answer: *I ranked water as #1 because it is the healthiest option with no sugar and it is the best for staying hydrated. Milk was second due to its calcium content and benefits for bones. Fruit juice and sports drinks, despite having some benefits, were ranked lower due to their high sugar content. Soda was ranked the least healthy as it has no nutritional benefits and contains a lot of sugar and other additives.*

#### 2. How could you encourage others to drink more water?

- Example Answer: *You might encourage others to drink more water by sharing the knowledge about its health benefits and the importance of staying hydrated for overall well-being. Implementing a fun water-drinking challenge, a water-tracking app, or a marked water bottle showing hourly intake can also be fun and encouraging. Providing easy access to clean, fresh water and adding natural flavours using fruits or herbs may also enhance its appeal.*

#### 3. When do you think you might need to drink more water?

- Example Answer: *One might need to drink more water during and after physical activities, during hot weather to prevent dehydration, or when sick to help their body recover. It's also important to increase water intake when one has consumed a lot of salty or sugary foods, or caffeinated beverages to help balance out and hydrate the body.*

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