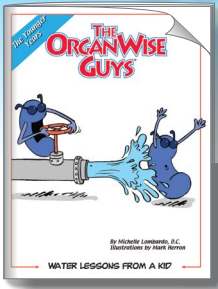




(Use this link to access all content.)




Read **Water Lessons From a Kid**


(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)


Complete the following activity pages:


**UNDERSTANDING WATER LESSONS**

Read each sentence and draw a line from the sentence to the picture that best describes that part of the "Water Lessons from a Kid" story.

Papa Kidney is surprised when he has twins! 

Sid and Kid are having WATER fun in the rain. 

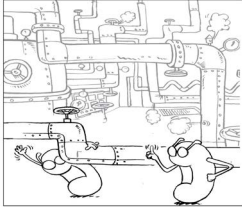
Healthy fruits and veggies are loaded with water! 

Sid and Kid are hydrating with a healthy glass of water. 

Language Arts/Reading: Health

**WATER PLANT DESIGNER**

The Kidney Brothers want your help in making their family's new water treatment plant a fun, colorful place to work. Color the picture below with your suggestion of how they should paint it. Write about your favorite part of the story.



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Healthy Lifestyle: Writing

Watch the 3 short companion videos:



WHAT DO KIDNEYS DO.MP4



GRAPES NEED WATER TOO.MP4



WATER SAFETY.MP4

If time allows . . .

**FOODS OF THE MONTH**  
Year-round activities and newsletters

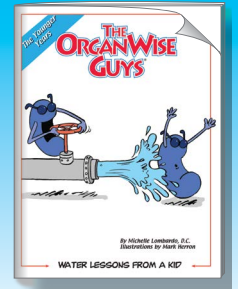
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

**WISERCISE**  
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. [digital.organwiseguys.com/wisercise/warm-up-videos](http://digital.organwiseguys.com/wisercise/warm-up-videos)



## Water Lessons From a Kid Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

### **Nutrition/Health Topics Covered:**

The function of the kidneys, water/hydration, fruits, vegetables, healthy snacking, physical activity, dehydration, water safety, try new healthy foods

### **Storybook - Lesson Objectives/Key Concepts:**

- To explain the function of the kidneys
- To discuss water-rich foods – fruits and vegetables
- To highlight that fruits and vegetables also contain vitamins, minerals, and fiber AND water
- To discuss the concept of dehydration
- To use crayon colors to depict dehydration levels

### **Activity Sheets - Lesson Objectives/Key Concepts:**

- To recount the order of events from the story
- To encourage children to write about their favorite part of the story/do a coloring sheet

### **Short Videos/Songs - Lesson Objectives/Key Concepts:**

- To review the function of the kidneys
- To describe the concept of dehydration using a 'grapes versus raisins' example
- To remind children of the importance of being safe in the water

### **WISERCISE – Lesson Objectives/Key Concepts:**

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

### **Foods of the Month - Lesson Objectives/Key Concepts:**

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

### **Materials Needed/Suggested:**

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd Grade student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)