

LESSON TITLE: *Water Lessons from a Kid*

Recommended Grade Level: 2nd Grade

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: Understanding the importance of drinking enough water every day

Character Focus: Self-responsibility, self-discipline

Integrated Curriculum Concepts*:

- Nutrition: Fruits and vegetables contain water, nutrients, and fiber
- Language Arts: Active listening
- Health Science: Understanding the function of the kidneys/concept of dehydration
- Social Studies: Developing self-help skills

Key Concepts:

- Drinking plenty of water
- Making healthy food choices
- Importance of physical activity

What you need for the Lesson:

- *Water Lessons from a Kid* book
- The Kidney Brothers beanie (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book or download the Activities Sheets found beneath the book.

Getting Ready:

- Read and familiarize yourself with the book.

Note to Helper:

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show the illustrations.

* Reminder to check out state specific curriculum standards for this story and all OrganWise Guys materials at <https://organwiseguys.com/curriculum/>.

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
Today we are going to meet a couple of new OrganWise Guys characters named Sid and Kid Kidney, also known as The Kidney Brothers. They love everything having to do with water! Listen closely, I may ask some questions about the book.	As you read the book, have the students answer any questions or interact if they are supposed to. Sit the Kidney Brothers next to you and read the book (WITH ENTHUSIASM)!	Sit quietly and listen until interactive parts of book.
Do you remember which organs in the body Sid and Kid are? (ANSWER: the kidneys)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is The Kidney Brother's favorite drink? (ANSWER: water)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What's the main job of The Kidney Brothers? (ANSWER: to filter out impurities in the body)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What food items are full of water? (Answer: fruits and vegetables)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Fruits and vegetables also contain what? (ANSWER: nutrients and fiber)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
On what type of healthy bread did Sid and Kid eat their sandwiches? (ANSWER: whole grain)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is it called when your body does not have enough water? (ANSWER: dehydration)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

Optional Follow-up Activity (if using companion activity books):

- Use pgs. 27 and 28 in the Companion Activity Book or download Activity Sheets found below the book.
- Watch *H2Ohhhhh!* found in the Bonus Video section. (This video is approximately 20 minutes in length.)