

## Sioux Empire Water Festival Teacher Guide

Hello, it was a pleasure creating this content on the importance of hydration for 4<sup>th</sup> graders. It was a bummer that we weren't able to do this in person, but we have put together a few resources that should make the transition a little more friendly.

First, attached will be a full video of our presentation. Please go ahead and watch that all the way through. There will be two stopping spots throughout the video. During this time, you will be prompted to discuss two different things. First, the functions of drinking water. The video will tell you to stop and have the students **guess the functions of water**. Upon resuming the video, you will see a countdown and then will go through the functions of water live on video. Second, there is a stop where the kids can complete the **Organ Water Percentages worksheet**. Give the kids a few moments to fill in the worksheet and then we will go through it live on camera. Other than that, the video will continue to be played as normal and should cover all material needed.

We have also put together two projects to encourage a little more interaction. First, we have put together a jeopardy for the kids to play and review the video. It is a neat little game that you can play after the presentation or during some free time.

[https://jeopardylabs.com/embed/?jeopardy\\_id=23398730](https://jeopardylabs.com/embed/?jeopardy_id=23398730)

Second, during our live presentation in the past we have filled a water jug with 60 pounds of weight to have the kids feel how much 60 pounds actually is.

### Water Festival Materials

1. 7.5 gallons of water
  - a. 1 – 5-gallon water container
  - b. 2 – 1-gallon jugs
  - c. 1 – half gallon jug

Use any configuration of these. The main purpose is a visual demonstration of what all the water in the body would look like if put into bottles



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Examples of 60 pounds:

It would be easiest to use a water cooler that can be loaded with weight. Make sure container has at least one handle.

1. Sidewalk salt
2. Sand
3. Gym weights

Place container on floor for safety. Have students lift one side at a time, individually, to how heavy 60 pounds is. This demonstrates what all the water in the body would feel like, and is a representation of where the majority of body weight comes from.



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Thanks for tuning into our presentation on the importance of proper hydration. Use as much or as little of the contents as you please. We just wanted to give the kids a good experience. If you have questions, you can contact Michael Fletcher ([fitnessfinance30@gmail.com](mailto:fitnessfinance30@gmail.com)).