

RELATED FOUNDATIONS:

- Student Engagement

RESOURCES:

- [Online storybook](#) for Murray & Bird: Water Works!

Classroom Conversation Starters

ACTIVITY GOAL: To teach students the importance of staying hydrated and to encourage students to drink water.

ACTIVITY INSTRUCTIONS:

1. Visit the [Middlesex-London Health Unit website](#) to download a copy of Murray & Bird: Water Works! storybook.
2. Read the book for the class.
3. Use the prompts below to help facilitate a classroom discussion:
 - a. Why does a seed/plant need water? See [How Does a Seed Become a Plant](#) (video)
 - b. Why do our bodies need water? E.g., Keeps us hydrated, regulates body temperature, replenishes body fluids, etc.
 - c. How does your body let you know that you are thirsty? Refer to [Unlock Food](#) and [BrightBites](#) (pages 3-4).
 - d. What are some activities that make you feel thirsty?
 - e. How do you like to drink your water? E.g., warm or cold, in a water bottle, still vs. carbonated, etc.
 - f. What foods can you get water from? E.g., vegetables and fruits
 - g. When do you drink water or other beverages? E.g., with a meal, with a snack, on its own, when it's warm outside, when being active or playing sports, etc.

Ideas to complement this activity:

- Use [Farm Food 360° Virtual Tours](#) to show students where different foods come from.

