



"I EAT RIGHT"

Mindful Hydration

TODAY WE DID:

Today we did a 15 minute lesson about hydration and 30 minutes of physical activity with your child.

TODAY MY CHILD LEARNED:

Today, we learned about being mindful of hydration. We talked about how being mindful means to purposefully pay attention to our body and our surroundings to address our needs!

We talked about some of the ways we can be mindful about hydration, and our water intake. There are a few symptoms we can look for to know when we are dehydrated, like:

- Mental fatigue
- Memory problems
- Feeling tired/unfocused
- Being grumpy
- Feeling thirsty or hungry

HEALTHY HABIT OF THE DAY:

I will drink fresh, plain water with every meal tomorrow.



WHAT DID WE TALK ABOUT TODAY?

Today, we talked about the importance of staying hydrated! We learned that dehydration is when there is a lack of fluids in your body, but drinking water can get you hydrated again so your body can carry out its normal functions.

We learned that water is better for you than other sugary drinks with other additives. Sugary drinks can often contain chemicals, colorants, and other additives that could have negative effects on our health. We learned that there are different ways we can enjoy water without adding artificial ingredients, like adding fruits and vegetables like cucumbers or berries!

We learned that water is also important for our health because half of our body weight is made up of water! We talked about how it is important to listen to our bodies to sense the signs of dehydrations when they occur

QUESTIONS TO ASK YOUR CHILD TO CONTINUE THE DISCUSSION FROM TODAY:

Q: What are the benefits of drinking water?

A: We won't be as tired, thirsty, or unfocused.

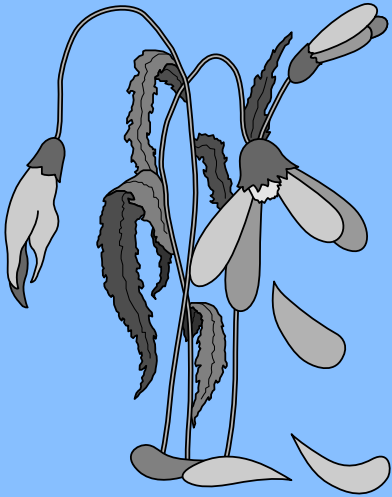
Q: What percent of your body weight is water?

A: 50%

Q: Is gatorade enough to hydrate you, or is plain water better?

A: Plain water is always the best option to hydrate with.

What happens when we get too dehydrated?



We are a lot like plants when we are dehydrated. When a plant needs water, it starts to wilt and gives you signs that it needs water!

Headaches and mental fatigue

Thirst

Muscle fatigue and cramping

What are the signs?

Keeps your skin healthy and clear

Maintains your bodily fluids

Energizes your muscles

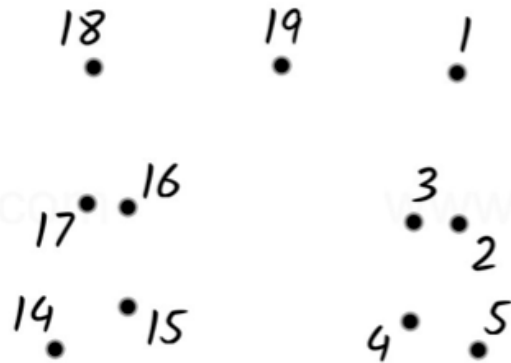
What does water do for you?



Connect the Dots!

Kids, connect the dots to show the secret to hydration, and then color it in using your creativity!

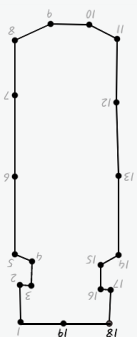
**Kids must
drink multiple
cups of fluid a
day to stay
hydrated**



**Water can
improve your
mood and keep
you energized!**



Key



**You can add flavor to
your water by adding
natural ingredients
like fruits and
veggies!**

