

Mindful Hydration Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ The supplementary worksheets.
- ▶ A small plastic paper cup of water per child.
- ▶ Colouring pens / pencils.

L.O:

- ▶ To understand the importance of staying hydrated for my body.
- ▶ To understand how to identify the wholesome things that keep my mind 'hydrated'.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Discuss with the class the importance of staying hydrated and together see if the pupils can think of some of the consequences of being dehydrated. If the class is having trouble then suggest such things as 'headache', 'tiredness', or 'sore throat'.

MAIN TEACHING (10mins)

GUIDANCE – The children do not have to drink the water for this exercise, or if you do not feel it to be appropriate you can simply have the children think of something that makes them feel calm or at peace without drinking the water.

Introduce the concept of mind hydration by asking the class if they can guess what percentage of the brain is water. Any suggestion between 70 - 80% can be accepted as the answer is 75%.

Lead the class onto the topic of mindful hydration, the act of being calm whilst sipping on water. When we are taking time to drink water, encourage the children to find a safe, quiet space to sit, hold their cup or water bottle with both hands, sip the water with their eyes shut and let their mind drift.

If they are having trouble letting their mind drift, then suggest they think of peaceful scenes or something that makes them feel calm or at peace.

MAIN TASK - Mindful Hydration (15mins)

GROUP DISCUSSION – Together talk about what makes for a peaceful scene.

Using the supplementary Mindful Hydration worksheet, have the class recall the things they thought about whilst drinking the water, and tell them to draw a picture of it around Hypnor, creating the perfect habitat for her based on your thoughts.

PLENARY (2mins)

Ask for volunteers to share their worksheets and explain what it was they drew or wrote about and why it makes them feel calm.

DID YOU KNOW!

The human body is made up of 60% water - see the Biology lesson plan if you'd like to explore this more with the class.

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CHILDREN'S SHEET

Help Hypnor get hydrated and stay calm by sharing your peaceful and calming thoughts that you have whilst drinking water. Around Hypnor draw your very own happy place for her to be in and enjoy.

