

Mindful Thirst Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ Fill My Belly Children's worksheet
- ▶ Pens and/or pencils

L.O:

- ▶ To Understand that what I put in my body is important.
- ▶ To be able to recognise what is good and what is not so good for me.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Tell the class that around one in three fish caught for human consumption contain micro plastics. Ask the class to talk about where these microplastics may have come from and why they might be harmful to us.

GUIDANCE – Microplastics are microscopic pieces of plastic usually less than 5mm in length that pollute the environment.

MAIN TEACHING (10mins)

GUIDANCE – With the children's worksheet we will be thinking about what kinds of things different types of sea creatures would eat, apart from plastic. Highlight that this is a reference to being mindful of what we put in our own bodies.

Tell the class that just like the sea creatures, what we eat can have a big effect on how we feel and different foods can make us feel different ways.

Ask for volunteers to share what their favourite foods are, if you notice that there are a lot of suggestions that could be considered bad for you, see if the class can substitute them for something healthier.

Now ask the class to suggest how eating healthier could impact the body and mind, looking for such

answers as more energy, clearer skin, stronger bones and a happier mood.

MAIN TASK - Mindful Thirst (15mins)

GROUP DISCUSSION – Remind the class about microplastics and how they find their way into lots of sea creatures. Together think about different types of sea creatures and what they might like to eat.

The worksheet displays a selection of sea creatures that all eat slightly different things. Just like us they need a healthy diet, that doesn't include plastic, to feel good. Have the class draw in the belly of each sea creature what they think would be a healthy meal.

PLENARY (2mins)

GROUP DISCUSSION – Together discuss what some of the class drew into the bellies of the sea creatures and why they think this would be a healthy diet choice.

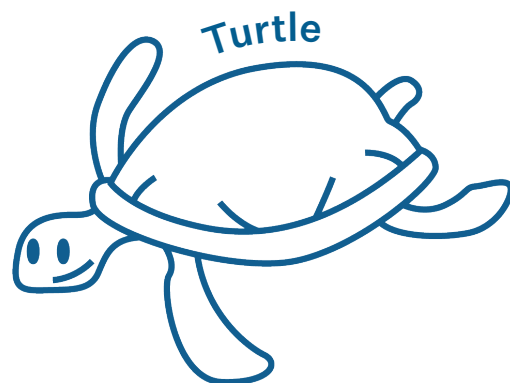
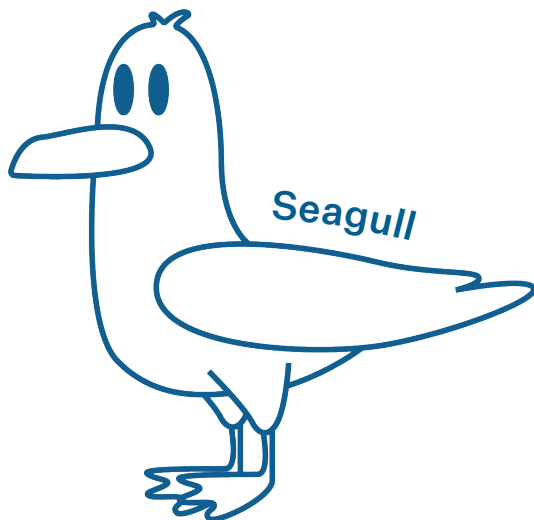
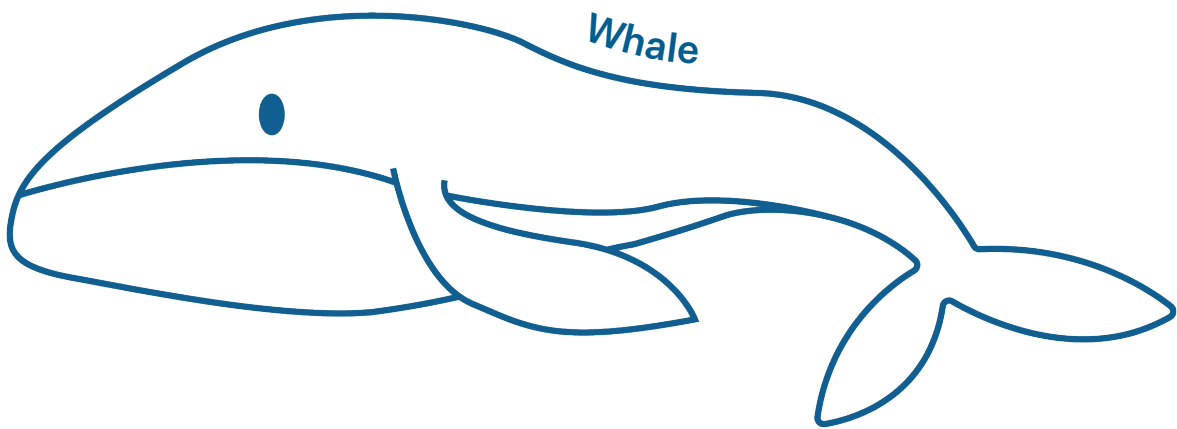
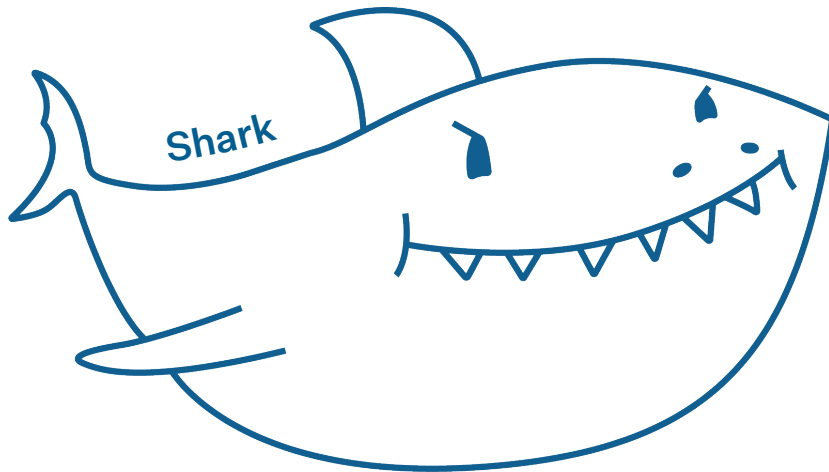
DID YOU KNOW!

Between 4.8 and 12.7 million tonnes of plastic pieces are dumped into our oceans every year. Why not explore the instructional writing literacy lesson and write a guide on how to recycle.

Mindful Thirst Worksheet

CHILDREN'S SHEET

Here is a selection of different types of sea creatures that all eat slightly different things.
Just like us they need a healthy diet that doesn't include plastic to feel good.
Draw in the belly of each sea creature what you think would be a healthy meal for them.



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