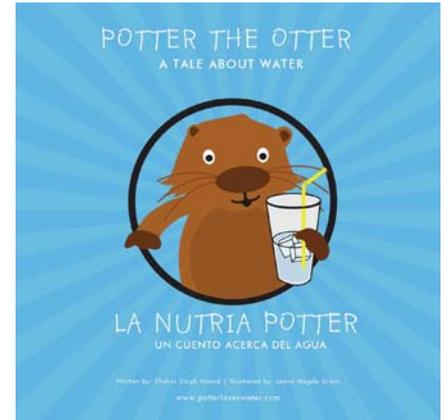


**Recommended Book**

“Potter the Otter - A Tale About Water” by Shalini Singh Anand

**Book Summary:** Potter the Otter follows his parents’ example as they drink water every day. Potter invites his friends on a picnic and encourages them to drink water in place of sugary drinks to help them grow and keep their bodies healthy.



**Lesson Objectives**

Students will:

1. Discover the different ways that water helps our body.
2. Learn the importance of replacing sugary beverages with water.
3. Discuss ways to make sure to get enough water each day.

**Activity Summary:**

Students will discuss the importance of drinking water and provide ways they plan to drink more water throughout the day and at home. They will join Potter the Otter in spreading the word about water by writing messages to be read on morning announcements.

**Lesson Format**

1. Explain that our bodies are made up of 60-70% water and that we need water in order to stay healthy.
2. Read the book aloud to students. Optional interactive activity: When a character drinks water, have students wave their arms in the air to celebrate the healthy choice.
3. Use the following guide to lead a discussion about the book:
  - a. Name some reasons why Potter likes to drink water every day.
  - b. Why did Potter tell Toad that water is a better choice than soda? Explain that soda has lots of sugar.
  - c. Goose and Moose were drinking 100% fruit juice, which is a good “sometimes” drink, because it comes from fruit. Why do you think Potter suggested water when they were running and playing? Explain that water is best for hydration and helps us to cool down our bodies after being active.
  - d. Potter convinced the skunks to drink water instead of punch and the kangaroos were drinking juice pouches. Why did Potter tell them to drink water instead? Explain that punch and the juice pouches contain lots of sugar and have very little fruit juice, if any. Water is the healthier choice, because it contains no sugar.
4. Have students discuss different ways that they can make sure to get enough water throughout the day. Some ideas might include carrying a reusable water bottle, replacing sugary drinks with water, and making sure to drink water after being active.
5. Explain that we can get some of our water from the foods that we eat, such as fresh fruits and vegetables. Ask students to see if they can think of foods that have a lot of water in them. (Hint: watermelon, tomatoes, cucumber, peaches, peppers.)

**Materials**

- Recommended Book
- Pencil
- Paper

**Spread the Word About Water!**

Explain to students that they will have the opportunity to let their excitement about drinking water “spill over” with the school and families. To get started, write the phrases below on the board and have students copy them on a blank sheet of paper. Tell them to leave space to complete each sentence with their own words.

1. I plan to drink more water, because...
2. In order to drink more water each day, I will...
3. We should always make sure to drink water when we...
4. Water is healthy for your body, because...

Ask for volunteers to read their responses in front of the class. Have the class vote on the top 10 messages and have students read them on the morning announcements.

Have students brainstorm additional ways to spread the word around school and at home. Some ideas may include posters, door decorations, student letters home, and social media campaigns using selfies of students and teachers drinking water.



# READ FOR HEALTH



**Potter the Otter – A Tale About Water...**  
 Your child learned how drinking water is important for their health. We read about Potter the Otter, whose parents teach him that water is healthy and helps him grow. He shares this message with his friends and so is your child!

## Did You Know...

- Our bodies are made up of 60-70% water – our blood, digestive juices, and sweat are mostly water, and it is also in our organs and muscle cells.
- Children need to drink water throughout the day and after play to re-hydrate and help regulate their body temperature. Dehydration can cause headaches, tiredness, lack of concentration, confusion, and dry skin and mouth.
- In addition to drinking water, we can also get water from foods that we eat, such as fresh fruits and vegetables.
- Water contains no calories, so replacing sugary beverages with water will reduce calories and sugars your family consumes.



## Learn More About Water at Home!

Try this experiment at home to see how plants, like people, use water:

- Fill a clear glass with water halfway
- Place 3-4 drops of food coloring in the water and stir
- Cut a 3-4 inch piece of celery with leaves attached and place it in the water
- Watch how the colored water moves through the veins of the celery plant
- This is how water is carried through our bodies through our blood

## Take Action!

Be a healthy role model for your child and take the plunge to drink more water!

- Replace one sugary drink with water each day
- Keep a water bottle filled throughout the day and make sure to drink water in front of your child
- Add pieces of fruit or veggies that you are eating to your water for added flavor



