

## WATER DRINKING CHART

**TYPE OF ACTIVITY:** Math

**KEY CONCEPT:** Drink water



### OBJECTIVES:

- › Children will count and chart the number of cups of water they drink.
- › Children will name drinking water as a way to keep their bodies healthy.
- › Children will begin to identify “W” as the first letter of “water.”

### MATERIALS:

- › Individual cups for each child
- › Markers or crayons
- › Water chart (see template)

### PROCEDURE:

1. Set-up: Create a “Water Drinking Chart” (see template). Write each child’s name in one of the spaces. If needed, create several charts so each child has a space.
2. Introduce the chart by talking about the importance of drinking water to keep their bodies healthy. Read the words, “Water Drinking Chart” to them. Encourage children to name the beginning letters of the words.
3. Allow children to find their names on the chart and identify the beginning letter of their name.
4. Give children small cups with their names on them, and tell them to cross out a cup on the chart each time they finish a cup of water.
5. Remind children at different times to drink water and mark the chart each time. Encourage children to count how many cups of water they’ve had.



### ADAPTATIONS/EXTENSIONS:











**Family involvement:** Have the children chart their water drinking at home. Give them a chart, and encourage all family members to track their water intake.

## Day 11: Drink Water

For more activities, visit [eathealthybeactive.net](http://eathealthybeactive.net)

Write each child's name on the chart below. Record how much water is consumed by drawing Xs through the cups of water.

## WATER DRINKING CHART

NAME	WATER CONSUMED
	
	
	
	
	
	
	
	
	
	

**Day 11: Drink Water**

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