



## DRINK YOUR WATER SONG

**TYPE OF ACTIVITY:** Music

**KEY CONCEPT:** Drink water



### OBJECTIVES:

- › Children will state that drinking water keeps our bodies healthy.
- › Children will demonstrate listening and memory skills by singing the words and acting out the motions of the song.

### MATERIALS:

- › Flip chart paper

### PROCEDURE:

1. Set-up: Write the words to “Drink Your Water” on flip chart paper.
2. Introduce children to the song. Sing it one time through by yourself. While singing the song, point to the words on the flip chart and demonstrate the motions (drinking a glass of water, motions for home and school, motions for morning and night). Encourage the children to make the motions while singing along.
3. Have children sing the song and act out the motions with you.

### ADAPTATIONS/EXTENSIONS:

**Language:** Ask children to name places where we see water. Write down children’s words on a flip chart. Some examples might be puddles, wells, fountains, drinking fountains in the classroom, swimming pools, bird baths, etc.

**Literature:** Read the book *A Cool Drink of Water* by Barbara Kerley. Talk about the different ways that people drink water all around the world.



## Day 11: Drink Water

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

## DRINK YOUR WATER SONG

(Sung to the tune of "The Itsy Bitsy Spider")

*Drink, drink your water* (pretend to drink water)

*When you're hot or cool.*

*Drink it at home* (pretend to drink water)

*And drink it at school.*

*Drink it in the morning* (hold hands over head like sun)

*And drink it at night.* (pretend to sleep)

*Drink, drink your water,* (pretend to drink water)

*So your body works right.*



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