

Sioux Empire Water Festival Teacher Guide

Hello, it was a pleasure creating this content on the importance of hydration for 4th graders!

First, please watch the video. When you're done, we've put together two projects to encourage a little more interaction. First, we developed an online jeopardy game for the kids to play and review the video. We think the kids would have fun playing this game as a class or with a student partner.

https://jeopardylabs.com/embed/?jeopardy_id=23398730

Second, during our live presentation in the past we have filled a water jug with 60 pounds of weight to have the kids feel how much 60 pounds actually is.

Water Festival Materials

1. 7.5 gallons of water
 - a. 1 – 5-gallon water container
 - b. 2 – 1-gallon jugs
 - c. 1 – half gallon jug

Use any configuration of these. The main purpose is a visual demonstration of what all the water in the body would look like if put into bottles



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Examples of 60 pounds:

It would be easiest to use a water cooler that can be loaded with weight. Make sure container has at least one handle.

1. Sidewalk salt
2. Sand
3. Gym weights

Place container on floor for safety. Have students lift one side at a time, individually, to how heavy 60 pounds is. This demonstrates what all the water in the body would feel like, and is a representation of where the majority of body weight comes from.



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Thanks for tuning into our presentation on the importance of proper hydration. Use as much or as little of the content as you please. We just wanted to give the kids a good experience. Thanks for choosing our presentation!