



Feel good

Finding fluids

Stage

2

45 mins



Skills builder



Aim of activity

Staying healthy is thirsty work. Find out if you're drinking enough and set yourself targets for the future.

What you'll get out of it

- Understand how much water you should drink.
- Discover how much you drink every day.

What you'll need

- Pens
- Paper
- Non-toxic permanent markers in different colours
- A large measuring jug
- Several glasses or mugs
- Empty 500ml plastic bottles, 1 per girl
- Electrical tape (optional)
- Stickers (optional)



WE DISCOVER, WE GROW

Girlguiding



Feel good

Note to leader

Children age five to eight should drink one litre of water everyday. Children age eight to ten should drink a litre and half of water everyday. Adapt this activity to the age of your girls.

Did you know that about two thirds of your body is made of liquid? This is used up by our body all the time, so it's really important to keep it topped up.

What to do

1 Let's start by finding out how much you drink a day. One at a time fill up the glasses or mugs with how much you think you drink each day. For example, you could fill half a glass for your morning juice and another for your drinks during break time at school.

2 Empty your glasses into the measuring jug and write down how much you currently drink.

3 Once everyone has done this, come together as a group. Talk about how much you drink every day. Are you drinking at least one litre?

4 You're going to make a tool to help you drink enough each day. Grab a water bottle each. Using the marker or electrical tape, mark three lines around your bottle so that it is split into four even sections. Make sure the lines are thick, so you can see them easily.

5 To keep track, label each section with the times you're going to aim to drink each section by.

Top tip

To reach your target of one litre, you'll need to drink one section every hour and a half and drink two full bottles a day. For example, you could label your sections:

- 8am, 2pm
- 9:30am, 3:30pm
- 11am, 5pm
- 12:30pm, 6:30pm

To reach your target of one and a half litres, you'll need to drink one section every hour and drink three full bottles a day. For example, you could label your sections:

- 8am, 12pm, 4pm
- 9am, 1pm, 5pm
- 10am, 2pm, 6pm
- 11am, 3pm, 7pm

6 Next, decorate your bottle. You could use markers in different colours to draw pictures or stick on some fun stickers. Make sure you don't cover up your labels and lines.

7 Now you can keep track of how much water you're drinking each day. Try to use your bottle over the next week to drink your litre every day.

Take it further

Keep up the thirsty work! Why not use a calendar to mark off every day that you've drunk enough? How long can you last?