

Soak It Up

Introduction: As students “Walk Across Texas!,” they are helping to keep their bodies strong and healthy. Hydrating, or keeping enough water in their bodies, is especially important when they are physically active in the hot Texas climate. In this lesson, students use wet and dry sponges to learn about hydrating their bodies. This lesson is adapted from a lesson idea on the PE Central website at: <http://pecentral.org/lessonideas/ViewLesson.asp?ID=6109>.

Grade Level and Subject: Kindergarten and 1st Grade Health Education

TEKS: Health Education 1A

Materials: A small piece of sponge for each student, water source (cups, a sink, etc.), planting seeds that can be used on a sponge, and one small dish to hold the “wet” sponge

Activity:

1. Begin class by explaining what hydration means and why it is important to our bodies, especially when we are active. (For example: “It helps keep you cooler in the summer,” or “You might not feel as tired if you drink enough water.”) Tell students that our bodies are made mostly of water, and it works best when it has lots of water.
2. Give students bone-dry sponges, and let them try to clean their desks with them. The sponges will not work very well without water – and neither do our bodies. Next, completely saturate the sponges, and let students wipe their desks. Students should see that the hydrated sponges work great – just like our hydrated bodies. However, the sponges will lose water over time and not work as well, which is similar to how our bodies sweat and lose water as we work. Students should see the connection. For sponges and our bodies to function best again, water has to be replaced.
3. Next, have students scatter seeds on a dry sponge and scatter seeds on a wet sponge, which is sitting in a small plate to which water can be added. When the seeds sprout, students will make a better connection regarding water being necessary to “life” and will connect it to the previous descriptions about how our body works with water.

Evaluation: Observe students for participation in the activities.



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