

Water You Teaching?

Help your students learn about the importance of water.

Not only is water the best way to quench your thirst, it also sets the stage for improved health and learning. Water keeps students hydrated, which can help improve concentration and cognitive function. Plus, it's a healthy alternative to sugary drinks like soda, sports drinks and juice boxes.

Here are a few ideas on how you can get more water into the school day.

Group Trips to the Water Fountain

After recess, or perhaps before tests, lead your class to the water fountain for a drink to hydrate up.

Allow Water in the Classroom

If you don't already, allow students to bring their own water bottles to class to sip on throughout the day.

Classroom Infused Water

One day a week, bring a jug of infused water to share with your students. Try a new recipe each week, and encourage your students to make their own at home. You could even set up a rotating infused water schedule, where students take turns creating and bringing their own infused water recipes to share with the class. Find inspiration at ShapeYourFutureOK.com.

Teach Students How Much They Need Every Day

Educate your students about how much water they should be drinking. Reference this chart:

All children 4-8 32 oz. (about 2-3 glasses*)



Boys 9-13 52 oz. (about 4-5 glasses)



Girls 9-13 44 oz. (about 3-4 glasses)



Boys 14-18 72 oz. (about 6 glasses)



Girls 14-18 52 oz. (about 4-5 glasses)



**One glass is equivalent to 12 oz.*

Find delicious infused water recipes and more healthy tips at ShapeYourFutureOK.com.

