Water and Hydration



ROLE MODELLING

Children learn by watching those around them, so it's really important that practitioners in your setting regularly drink water in front of the children and encourage the use of open cups.

REWARD CHARTS

Why not create a hydration chart in your setting where children can gain a tick every time they drink some water. This is also a great initiative to do with staff too!





Remember children and adults require different amounts of water!



EYFS LINKS

Communication and Language: Introduce the children to new vocabulary such as hydration, water, clear, jugs, fluid, bubbles, straws, fresh, cool, etc.

Maths: Counting, comparing, sizes etc.

Personal, Social and Emotional: Turn taking, team working, self-awareness, independence etc.

WATER PLAY

Water play is a great way to develop both fine and gross motor skills – why don't you get children to transport water from one side of the garden to another and get them to pour it through bottles/pipes/tubes and watch the liquid flow.

Create watering cans out of milk bottles, to water all of your seeds and watch them grow.









Water and Hydration

Startwell

180 Katie
Striving for 180 minutes of physical activity a day

HOW QUICK CAN YOU FILL YOUR BUCKET?

Move around the garden and use a variety of different sized containers (empty milk cartons, drinks bottles, buckets, old pots/pans, jam jars, margarine tub etc.) to collect rainwater. These could be placed around the outdoor area (high/low/obscured by plants/trees etc.) to see how this affects collection (and to encourage more movement!). How long does it take to fill? Which container filled up first?

EYFS LINKS

Communication and Language: This is the perfect opportunity to introduce the children to new vocabulary such as rainwater, pouring, dripping, splash, full/empty, soil, seeds, collect, colours etc.

Maths: Surface area, measurement and volume, days of the week etc.

Understanding the world: Weather, where does rain come from, water as a precious commodity e.g. how do we conserve water?

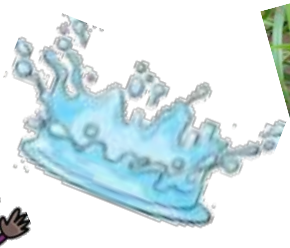
Physical Development: Skills such as pouring, transferring, hand and eye coordination.



PAINTER EXTRAORDINAIRE

Pick up some inexpensive paintbrushes at an art or hardware store. Go outside and give the children a small bowl of water and let them "paint" the pavements, the side of the house, the fence, their tricycle, or other outdoor toys, etc. Point out how the wet portion looks and feels different from the dry.

As with any activity involving water, supervise closely and dispose of all water when the children are done playing. Talk about how water can be used for many purposes. Can they name a few? (drinking, used in cooking, washing etc)



Active Azra



WATER GAMES

-Puddle Jump-
-Walking in the rain-
-Painting with water-
-Can our fruit and vegetables float?-
-Freezing fruit/ vegetables in water-
-Water play with vegetable peelings-
Make a nature soup/ potion
-Water sensory bottles-
-Water sound jugs-
-Soil feet printing-
-Water balloon catch-



