

## SAGE Session 4 at a Glance

**Topic:** It's a Watery World

**Objective:** Children will understand the importance of drinking adequate amounts of water in order to stay healthy and hydrated for physical activity.

### Materials Needed

- Celery experiment instructions
- Celery experiment items (celery stick, water, jar, blue food coloring)
- Session 4 discussion card
- Large pictures of gardening activities
- “Gardener Says” game instructions
- Large picture of water content in human body
- 2 Liter bottle with water to fill to 1.2 liters
- “Watering” game instructions
- Pictures of dry, wilted plants (need water)
- Pictures of healthy plants (don't need water)
- Watering cans
- Picture of a sun
- Tummy Mindfulness and Experiential Eating protocol
- Fruit, vegetables, and napkins for tasting
- Tummy dolls
- “Seedling Song” lyrics
- “Plant Splash Relay” game instructions
- 2 Baskets
- Small blue balls for each child
- Leaf drying experiment instructions
- Measuring tape

### Review [10 minutes—science experiment, discussion, game]

- Science experiment: Start the Celery Experiment
- Discussion 4a: Reinforce the importance of physical activity
  - Show children pictures of physical and gardening activities

- Game: “Gardener Says” (played like Simon Says)

### **Classroom Activity [20 minutes—discussion, game]**

- Discussion 4b: Explain the importance of drinking water
  - Explain the poster with the water content of the body
  - Fill 2L bottle to 1.2L-explain the need to drink this daily
  - Ask the children how and where they can drink water at school (drinking fountain, from home)
- Game: “Watering” game

### **Mindful Eating [15 minutes—tummy mindfulness, experiential eating]**

- Tummy Mindfulness and Experiential Eating Protocol

### **Garden Activity [20 minutes—garden maintenance, song, garden exploration, game, science experiment]**

- Garden Maintenance and Song
  - Have the children water the garden
  - Sing lyrics to the “Seedling Song” while watering
- Garden Exploration
  - Point out the plants growing
  - Have the children identify characteristics of fruits and/or vegetables (color, shape, texture, if ready for harvesting)
- Game: “Plant Splash Relay” game
- Science Experiment: Leaf Drying experiment

### **Wrap Up/Review [5 minutes—discussions]**

- Measure the lima bean, ask the children what it needs to grow
- Discussion 4c: Gather around the celery experiment
  - Break in half to show how the dye traveled and pass around
- Discussion 4d: Transition to the drying leaf
  - Ask questions about the importance of water and what happens if a plant becomes dehydrated.
  - Ask what will happen to the leaf next time they check it
  - Have someone SHOW what will happen to it (act it out)