

**Please note:** Activities are member submitted and not approved prior to uploading by SHAPE America staff.

Name of Activity	
Drink More Water Campaign	
Submitted by	SHAPE America Staff
National Standard(s)	Health: Standard 1- Students will comprehend concepts related to health promotion and disease prevention to enhance health.
Grade Level Outcome or Performance Indicator	Performance Indicators Grades 6-8 1.8.1 Analyze the relationship between health behaviors and personal health.
Activity Objective	Students will create a campaign promoting hydration and its effects on heart health.
Grade(s)	6- 8
Materials	1 piece of fruit, 1 piece of dried fruit of the same kind (optional)
Activity Description	
<p>Show the class two pieces of fruit. One dried and one regular piece of fruit (ex. Apple and an apple chip or crisp, a grape and a raisin, banana and a banana chip). Discuss the differences between the two fruits and the word hydration. Discuss the meaning of hydration and how we can become dehydrated easily.</p> <p>Ask students “What factors can contribute to dehydration?” Answers may include: Hot weather, exercise, not drinking enough water, drinking beverages that are sugary, etc.</p> <p>Ask students “What are ways that we can identify dehydration?” Answers may include: Dark urine (the clearer the better) and being thirsty.</p> <p>Discuss how being dehydrated can cause strain on the heart. The amount of blood circulating through your body, or <b>blood volume</b>, decreases when you are dehydrated. To compensate, your heart beats faster, increasing your heart rate and causing you to feel palpitations. Also your blood retains more sodium (salt), making it tougher for it to circulate through your body. The more you drink water or stay hydrated the easier it is for your heart to do its job.</p> <p>Have students create a campaign to present on drinking more water. Tell students they are an ambassador for drinking more water and less sugary drinks. You have been commissioned to raise awareness of the importance of drinking water and its effect on heart health. To guide students have them think about the following things:</p> <ul style="list-style-type: none"> <li>• Who is your audience? <ul style="list-style-type: none"> <li>○ Other kids in your grade or school</li> <li>○ Adults in your community</li> <li>○ Officials in countries where water is not as clean as it should be</li> <li>○ Remind students that who they select as their audience will affect their campaign.</li> </ul> </li> <li>• What is the message you want to tell people about drinking more water?</li> <li>• What sorts of words and language should you be using for your audience?</li> </ul>	

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- How will you present your campaign?
  - Will it be in electronic form?
  - Will it be as a newspaper column or ad?
  - Will it be a flyer? Is your choice of media suitable for your audience?

#### **Modifications**

*Include ways to modify this activity for advanced, lower level and inclusion students.*

Provide students with a template and have every student create a flyer.  
Extend this so student make flyers to hang around school.

For older students discuss how heart conditions or other chronic diseases can affect hydration. As well as having access to clean drinking water can affect people in other countries and their hydration and heart health.