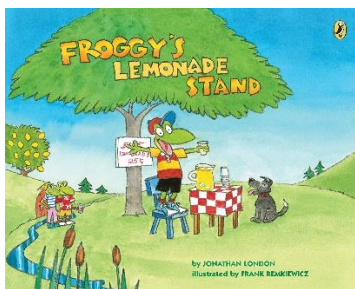


Storytime

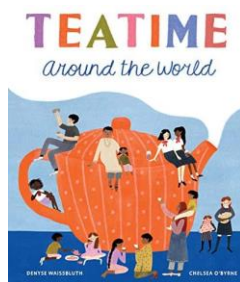
Water and Sugary Drinks

Kit Contains

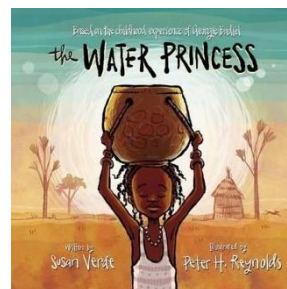
Books



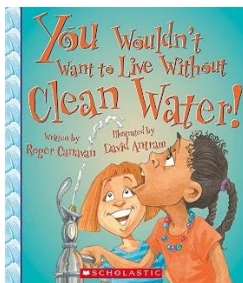
Froggy's Lemonade Stand
by Jonathan London



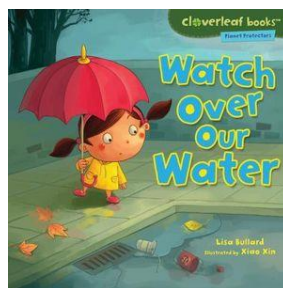
Teatime Around the
World by Denyse
Waissbluth



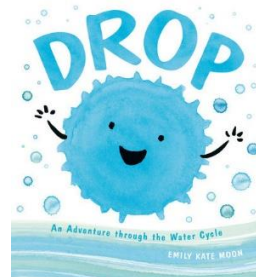
The Water Princess
by Susan Verde



You Wouldn't Want to Live
Without Clean Water! by
Roger Canavan



Watch Over Our Water
by Lisa Bullard
Cycle by Emily Kate Moon



Drop - An Adventure
Through the Water

Songs and Rhymes

- 5 Little Raindrops
- Drip Drop
- I'm Thirsty
- Pitter Patter
- Rain is Falling Down
- Singing in the Rain
- Splash! Fall the Raindrops
- The Water Song
- The Waves in the Sea
- We Ask For Milk Like This

Activities



Songs and Rhymes

5 LITTLE RAINDROPS

Five little raindrops (hold up 5 fingers),
dancing on the walk (dance hand up and down).
Pitter patter, pitter patter (pat hands on legs),
that's the way they talk (pat hands on legs).
Out comes the yellow sun (raise arms up like sun),
shining in the sky (raise arms up like sun).
And away goes one raindrop (hold up 1 finger),
bye, bye, bye (wave goodbye)!

DRIP DROP

Drip drop, drip drop,
the rain is falling down.
Drip drop, drip drop,
splashing all around!

Let's put on our raincoats,
our gumboots and our hats.
And jump in all the puddles,
with a splish, splosh, splash!

I'M THIRSTY

I'm thirsty.
Can I have some water?
Please!
I'm thirsty.
Can I have some water?
Please!
I'm thirsty.
Can I have some water?
Please!
(pretend to drink)
That's better!
That's better!
That's better!

I'm thirsty.
Can I have some milk?
Please!
I'm thirsty.
Can I have some milk?
Please!
I'm thirsty.

Can I have some milk?

Please!

That's better!

That's better!

That's better!

CAN REPEAT WITH ANY DRINK YOU CHOOSE.

Reference song: https://www.youtube.com/watch?v=Gtb_jK1scL8

PITTER PATTER

Pitter patter, pitter patter,

listen to the rain!

Pitter patter, pitter patter,

on the windowpane.

Dropping, dropping, dropping, dropping,

dropping on the ground.

Dripping, dripping, dripping, dripping,

listen to the sound!

RAIN IS FALLING DOWN

The rain is falling down (flutter fingers down).

SPLASH (clap hands)!

Pitter patter pitter patter (tap legs softly).

The rain is falling down (flutter fingers down).

SPLASH (clap hands)!

Pitter patter pitter patter (tap legs softly).

SINGING IN THE RAIN

Singing in the rain (move hands down).

We're singing in the rain (move hands down).

What a wonderful feeling (move hands to make semi-circle),

we're thumbs up (thumbs up),

cheecha cha cha cheecha cha cha cheecha cha cha (keep thumbs up and wave around).

Now sway (sway).

Singing in the rain (move hands down).

We're singing in the rain (move hands down).

What a wonderful feeling (move hands to make semi-circle),

we're thumbs up (thumbs up),

shoulders back (shoulders back),

cheecha cha cha cheecha cha cha cheecha cha cha (keep thumbs up, shoulders back and wave around).

Now sway (sway).

Singing in the rain (move hands down).

We're singing in the rain (move hands down).

What a wonderful feeling (move hands to make semi-circle),

we're thumbs up (thumbs up),

shoulders back (shoulders back),
knees together (knees together),
cheecha cha cha cheecha cha cha cheecha cha cha (keep thumbs up, shoulders back, knees together
and wiggle around).

Now sway (sway).

Singing in the rain (move hands down).

We're singing in the rain (move hands down).

What a wonderful feeling (move hands to make semi-circle),

we're thumbs up (thumbs up),

shoulders back (shoulders back),

knees together (knees together),

bottoms out (stick bottom out),

cheecha cha cha cheecha cha cha cheecha cha cha (keep thumbs up, shoulders back, knees
together, bottoms out and wiggle around).

Now sway (sway).

Singing in the rain (move hands down).

We're singing in the rain (move hands down).

What a wonderful feeling (move hands to make semi-circle),

we're thumbs up (thumbs up),

shoulders back (shoulders back),

knees together (knees together),

bottoms out (stick bottom out),

tongues out (tongue out),

cheecha cha cha cheecha cha cha cheecha cha cha (keep thumbs up, shoulders back, knees
together, bottoms out, tongue out and wiggle around).

Now sway (sway).

Singing in the rain (move hands down).

We're singing in the rain (move hands down).

What a wonderful feeling (move hands to make semi-circle),

we're thumbs up (thumbs up),

shoulders back (shoulders back),

knees together (knees together),

bottoms out (stick bottom out),

tongues out (tongue out),

eyes closed (close eyes),

cheecha cha cha cheecha cha cha cheecha cha cha (keep thumbs up, shoulders back, knees
together, bottoms out, tongue out, eyes closed and wiggle around).

Now sway (sway).

Keep swaying.

SINGING IN THE RAIN!

Reference song: <https://www.youtube.com/watch?v=tbFGojJxqoo>

SPLASH! FALL THE RAINDROPS

Splash! Fall the raindrops (clap hands softly).
To the ground they go (point to the ground).
We need the raindrops (wiggle fingers down from head to waist),
to help our bodies go (hands in the air)!

THE WATER SONG

Sip, sip water to quench your thirst.
A gulp of water for an energy burst.
Drink your water day and night,
it keeps you feeling just right.

Water is better than a sugary drink.
It will help you play,
it will help you think.
Better than any drink on the shelf,
it's so great for your health!

Slurp, slurp water while at your school.
A cold glass of water makes you feel real cool.
It will make you grin and help you feel fine.
Drink your water all the time.

The formal name is H₂O.
It will make you strong,
it will help you grow.
From the tap, or by the case,
water puts a smile on your face.
Keep a bottle of water in arm's reach,
while on the field or at the beach.
Running, swimming, riding or on a swing,
water is everything.
Water is everything.
Water is everything.

Reference song: <https://www.youtube.com/watch?v=qvuhAVH-BU8>

THE WAVES IN THE SEA

Sung to the tune of 'Wheels On The Bus'

The waves in the sea go
up and down (move one hand in a wave motion),
up and down (move one hand in a wave motion),
up and down (move one hand in a wave motion).
The waves in the sea go up and down,
all day long.

WE ASK FOR MILK LIKE THIS

Sign language song; reference video shows you signs

We ask for milk like this (sign for milk).

We ask for milk like this (sign for milk).

When we're thirsty and need a drink,
we ask for milk like this (sign for milk).

Please (rub chest in circles).

We ask to eat like this (sign for eat).

We ask to eat like this (sign for eat).

When we're hungry and need a snack,
we ask to eat like this (sign for eat).

Please (rub chest in circles).

We ask to have a change (sign for change).

We ask to have a change (sign for change).

When our diaper is so full,
we ask to have a change (sign for change).

Thank you (sign for thank you).

Reference song: <https://www.pinterest.ca/pin/344666177723947128/>

Activities

DRINK MORE WATER REWARD CHART

Materials:

- Drink more water template
- Textas/pencils
- Velcro hook and loop

Method

1. Children colour in their template.
2. Cut out water icons.
3. Attach hook and loop dots to water icons and water template.
4. Take your page home and put a water icon on your template everytime you finish a glass of water.

Example:



DRINK MORE WATER SCAVENGER HUNT

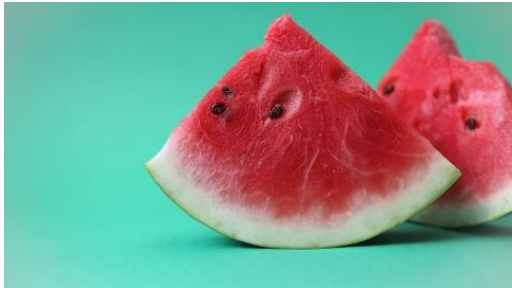
Materials:

- Water tip cards
- Water images
- Scavenger hunt poster

Method

1. Before the session begins, facilitator will need to place the water tip cards around the space; the cards should be hidden under an image that relates to the tip. There should be enough tip cards for one per family.
2. When starting the activity, display the water scavenger hunt poster.
3. Children can look for an item on the scavenger hunt. When they find it, they bring the cards to the facilitator. The child should cross that item off the scavenger hunt poster.
4. Once all items have been crossed off the scavenger hunt poster, share out the tip cards so that each family gets 1 set of cards each.

Example:



Children are looking for this image.



This card is underneath the image and is what the children will take home.

HOW MUCH SUGAR IS IN THAT DRINK?

Materials:

- Assortment of drink bottles
- Sugar cubes
- Plastic tubs

Method

1. Allow children to pick a drink bottle to take back to their family.
2. Parents/carers will need to help the child locate the sugar information on the nutritional label on the drink bottle.
3. Once found, parents/carers will need to calculate how many teaspoons of sugar is in that drink.
1 tsp = 4 grams of sugar = 1 sugar cube.
4. Parents/carers can help the child count out the adequate number of sugar cubes to show everyone how much sugar is in that drink.
5. Each family can present their bottle and sugar content with the group.

Example:

