

Snacktivity



MAKE FLAVORED WATER GRADES K-8

- 1 Choose a fruit that is ripe and in season. Blackberries, blueberries, lemons, raspberries, peaches and melons are in-season fruits in August.
- 2 Cut fruit into small pieces, about the size of a quarter.
- 3 Fill a pitcher with cold water and fresh fruit. Let it sit while students do exercises.
- 4 When students finish exercises, give each student a cup filled with water and a small amount of fruit.

EXERCISES

While the fruit is soaking in water, ask students what fun activities they did over the summer. Then begin classroom exercises. (Fruit should sit for about 15 minutes).

Explain to students that it is important to drink water before, during, and after exercise.

- 1 **JUMPING JACKS** 
- 2 **SKY REACHES** 
- 3 **FROG JUMPS** 
- 4 **DESK PUSH-UPS** 
- 5 **RUNNING IN PLACE** 

WATER

Did you know over 60% of your body is made of water?

Water is a vital nutrient and is needed for survival by all living things. Water regulates body temperature, lubricates joints, nourishes the brain and spinal cord, and helps remove waste from the body.

BENEFITS OF DRINKING WATER



Kids 4-13 years old
need 4-8 cups day



5-8 CUPS
PER DAY



4-7 CUPS
PER DAY



KEEP SKIN
LOOKING GOOD



GOOD MOOD &
LOOK YOUNGER



MAINTAIN A
HEALTHY WEIGHT

**BODY
60%
WATER**



HELP YOUR
KIDNEYS



HELP YOUR
BOWELS



HELP YOUR
BONES



ENERGIZE
MUSCLES



HELP YOUR
BRAIN



HELP YOUR
LUNGS



HELP YOUR
BLOOD



HELP YOUR
EYES















Seymour says:



"Choose water
instead of
sugary drinks."

August 2018

Water Quality Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
 Family Meal Month	 National Water Quality Month				 Watermelon Day	
5  Friendship Day	6	7	8	9  Book Lovers' Day	10	11
12	13	14	15	16	17	18
	 Left Handers' Day		 Relaxation Day	 Tell a Joke Day		 Honey Bee Day
19	20	21	22	23	24	25
					 Waffle Day	
26  Dog Day	27	28	29	30	31  Trail Mix Day	