

Kindergarten - 2nd Checklist

This kit contains all materials available to teach students to “Rethink Their Drink!” The following items are included in the materials for Kindergarten through second grade:

- **Parent letter**
 - This letter can be sent home to all parents in grades K-2. With their help and awareness, students will live healthier lifestyles.
- **Water log**
 - Students can use this log to keep track of how much water they drink every day. One log is good for 2 weeks! You can make this into a friendly competition and offer a reward for students who drink 8+ cups of water each day.
- **Water Wednesday Activity**
 - We have included a list of fun recipes and how to get the entire school involved in this activity.
- **Coloring sheet**
 - This sheet is a graphic visual aid that students can color—and they’ll learn which drinks are healthy and which drinks to avoid!
- **Sugar demonstration**
 - If your students like visual demonstrations, this hands-on activity shows how much sugar is in their favorite drinks.
- **Interactive displays**
 - These interactive displays can be used with any of the activities provided. They are a fun, hands-on way to show students how much sugar is in their drinks.
- **Book**
 - The educational book you receive can be read in individual classrooms or added to your school library.
- **Posters**
 - The stoplight poster is fun and simple! It tells students which drinks are okay to drink and which drinks they should stay away from. Hang it in your classroom or around the school for a daily reminder!
 - The WOW poster encourages students to use the Water Oxygen Wait acronym when they aren’t feeling very well. It’s a hit near the school nurse station!