

3rd - 5th Checklist

This kit contains all materials available to teach students to “Rethink Their Drink!” The following items are included in the materials for 3rd - 5th grade.

- **Parent letter**
 - This letter can be sent home to all parents in grades 3-5. 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 are drinking in a day. One log is good for two weeks! You could 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**
 - “How Healthy is My Drink” is a graphic visual aid that students can color and learn which drinks are healthy drinks and which ones they should avoid.
- **True/False Worksheet**
 - Test the students’ knowledge on what they know about what sugary drinks can do to their health.
 - Answer Key.
- **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.
- **Poster**
 - 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 good. It is a hit near the school nurse station!