

LESSON TITLE: ***“H2Ohhhhh” DVD***

Grade Level: Pre-K/K-5

Delivery Mode: Classroom

Time Allotted: 22-25 minutes (Video: 20:21 minutes)

Of Participants: Class size: 10-30

Life Skill/General Health: Learning the importance of drinking plenty of water, eating fruits and vegetables, and having a buddy system

Character Focus: Self-Responsibility

Integrated Curriculum Concepts:

- Language Arts: Active Listening, Sharing Experiences and Information
- Math: Counting
- Science: Unifying concepts and processes
- Social Studies: Developing self-help skills

Key Concepts:

- Importance of buddy systems
- Importance of physical activity
- Making healthy food choices
- The concept that fruits and vegetables contain water (see additional nutrition concepts below)
- Drinking plenty of water to keep organs healthy

What you need for the Lesson:

- “H2Ohhhhh!” DVD
- DVD player/computer

Learning/Follow up Activity:

- Class Discussion

Getting Ready:

- Read the following overview of the movie and lesson plan.
- Overview: In “H2Ohhhhh!” the Kidney Brothers show how much they love everything about water: swimming in it, playing in it and drinking it, while eating plenty of fruits and vegetables. And, of course, they also write songs and sing about it, too!

Note to Helper:

- This educational and entertaining video targets young children with positive, health-related behavior habits. Empowering children with tools they need to make healthy choices for a lifetime is prevention at its best.

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
Today we are going to watch a video starring the Organwise Guys Characters. They are going to teach you some very important information but in a very fun way. Listen up because I will be asking some questions afterwards. Enjoy!	Play the video.	Sit quietly and watch the video.
What is a buddy check? (ANSWER: When you look out for a friend and a friend looks out for you-buddy system)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Who can be a buddy? (ANSWER: mom, dad, sister, brother, uncle, aunt, friend, etc.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
How many glasses of water should you drink every day? (ANSWER: 6-8 glasses)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What percent of your brain is composed of water? (ANSWER: 75%)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What did Peri and Madame Muscle forget to do at the pool? (ANSWER: sunscreen)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Why does everyone have to leave the pool? (ANSWER: Thunder and Lightning)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
How much of every bone is made up of water? (ANSWER: 1/5)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are other sources of water? (ANSWER: Fruits and vegetables) Let's see how many fruits and vegetables we can name that are so juicy and delicious they just make our mouth water!	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What should you do after exercising? (ANSWER: Hydrate with water)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

Optional Follow-up Activity:

- Visit www.organwiseguys.com for downloadable primary elementary and secondary elementary companion activity sheets.