

Water School Game:



The aim of this game is to:

- Reinforce the messaging around the importance of water.
- Create and encourage conversations around water and hydration.
- Create a fun and engaging activity whereby the children are actively involved.

Please note that this game is only an idea/suggestion for your lesson. Feel free to adapt the game to make it suitable for your class.

Equipment needed:

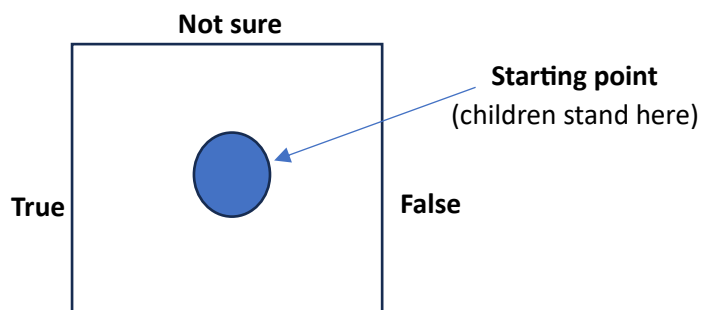
- **Question sheet** (attached below)

Game preparation:

- Find a space to play (i.e., classroom, school hall, playground, local park).
- Print off the question sheet - there is a KS1 and a KS2 question sheet. Please choose the level which is most appropriate for your class.

Rules of the game:

- Ask the children to stand in the centre of the space being used.
- Explain to the children that the area is split into three sections (see diagram below).



- The teacher reads out a question.
- If the children think the answer is true, they run/move to the left side of the space. If they think the answer is false, they run/move to the right side. However, if they are not sure or do not know, they run/move to the back of the area/space.
- After each question, the game resets and the children stand back in the middle before the next question is read.

Adaptions for the session:

- To make it more competitive, the class could be split into teams. Each answer the children get right, they collect a water drop each**. At the end of the game, each team counts how many water drops their team members have collected, and the team with the most water drops wins.

**Water drop templates are included in this pack; however, the children could make their own in class, or follow this link for some printable templates ([Template Of A Water Droplet - ClipArt Best](#)).

It is also important to bring in conversations during this game and any questions that are false can be a chance to talk about what the correct answer is.



KS1 Question sheet



True or False?

1. Only plants need water. **FALSE**

(Note: Water is essential to life. Humans, plants and all living things need water).

2. Drinking one glass of water per day is all we need. **FALSE**

(Note: The recommendation is to drink around 6-8 glasses of water per day).

3. On sunny and hot days, we need to drink more water. **TRUE**

4. If we do not drink enough water, we feel thirsty and tired. **TRUE**

5. Fruits and vegetables do not contain water. **FALSE**

(Note: Cucumber, watermelon, apples, lettuce and more, all contain high amounts of water so eating them can provide water for our body).

6. Having a shower uses up more water than having a bath. **FALSE**

(Note: Having a bath uses up more water than having a shower. Other ways we use water include flushing the toilet, brushing our teeth, or washing our hands).

7. Drinking water at school will give us energy and help us learn better. **TRUE**

8. Being a Water Warrior means to only drink water at school but not at home. **FALSE**

(Note: A Water Warrior helps to also encourage their friends and family at home to drink water).

9. To be a Water Warrior, bring your 500ml clear water bottles to school and aim to fill it up with water at least once per day. **TRUE**

KS2 Question Sheet



True or False?

1. Our body is made up of 60% of water. **TRUE**
2. Water is the only source of hydration for your body. **FALSE**

(Note: Water is the primary source of our hydration, however some of our water intake can also come from some fruits and vegetables).

3. We should aim to drink around 6-8 glasses of water a day. **TRUE**

(Note: This is only a recommendation).

4. Drinking water at school will give us energy and help us learn better. **TRUE**
5. Being thirsty is not a sign of dehydration. **FALSE**

(Note: Being thirsty is a sign that your body is lacking in water and telling us that we need to drink more water).

6. We lose water through talking, breathing, sweating, and going to the toilet. **TRUE**
7. Having a shower uses up more water than having a bath. **FALSE**

(Note: Having a bath uses up more water than having a shower. Other ways we use water include flushing the toilet, brushing our teeth, or washing our hands).

8. Fruits and vegetables, such as strawberries, pears, and cucumbers, contain high amounts of water. **TRUE**
9. The Earth's surface is made up of 40% of water. **FALSE**

(Note: The Earth's surface is made up of 70% of water. This includes oceans, lakes, and rivers).

10. Being a Water Warrior means to only drink water at school but not at home. **FALSE**

(Note: A Water Warrior helps to also encourage their friends and family at home to drink water).

11. To be a Water Warrior, bring your clear water bottles to school and aim to fill it up with water at least once per day. **TRUE**