

## 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 with students in 3<sup>rd</sup> - 5<sup>th</sup> grade. With their help and awareness, students will live out 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 2 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 student’s knowledge about 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.
- **Poster**
  - The Water’s Cool @ School poster is a fun reminder of how important water is to our health. Hang it in your classroom or around school for a daily reminder!
- **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.