

JUST LIKE A SPONGE

Adult supervision and assistance is required for this activity

This activity pack will help to teach children the following:

- Why it's important to stay hydrated
- What happens to our bodies when we haven't drunk enough
- Tips to make sure your drinking enough

Before carrying out this activity discuss the meaning of hydration:

What is hydration?

Hydration is the process of replacing water in the body. When we are hydrated this means we have drunk enough water. Dehydrated is when we haven't drunk enough water. Just like a car needs to be fuelled up at the garage to keep moving, children need to refuel with water and food to keep themselves moving! Water travels around the body to keep every little bit working – hands and feet, eyes open and minds thinking!

To carry out the activity you will need:

- A sponge
- Bowl
- Towel
- Quiz & poster sheet (*found in this pack*)



Setting up the activity:

- Fill the bowl with water
- Give each participant a quiz sheet

HOW TO PLAY

1. Soak the sponge with water

Ask the participant(s) to feel the sponge, describe how it feels and write their answers on their quiz sheet. Explain that when a sponge is wet it can do what it's meant to do!

2. Ask the participant(s) to squeeze the water out of the sponge

Ask them to describe what happens as the sponge loses water and write their answers on their quiz sheet.

Discuss how human bodies can lose water too. Ask them how they think we lose water throughout the day and write their answers on their quiz sheet. *(Exercise, sweating, going to the loo and getting too hot.)*

Explain that just like a sponge unless they replace the fluid loss by drinking more water they can become dehydrated.

3. Leave the sponge on a towel or somewhere to dry

Once dried ask the participant(s) how its form has changed again and write their answers on their quiz sheet. *(It has become dry and tough.)*

Explain that even when it is not being touched it will lose water and start to dry naturally. Explain that it is the same with the human body, even if we are not moving around.

4. Pour water back on the sponge

Watch as it fills with water and recovers its bounce. Ask what the sponge is doing to the water and write their answers on their quiz sheet. *(It's absorbing the water.)*

Explain that they are just the same and drinking a bit of water regularly throughout the day will keep them hydrated and stop them becoming dehydrated!

JUST LIKE A SPONGE!	QUIZ SHEET
1. How did the sponge feel?	2. What happens when the sponge loses Water?
3. What happens when the sponge has dried?	4. What is the sponge doing to the water?



Design a poster in the water droplet to explain what you have learnt about hydration from the sponge activity with your grown up.

