

I'M THIRSTY!

VIRTUAL ACTIVITY



AGE RANGE

10–13

OVERVIEW

In this activity, students will learn the essential role that water plays for the body. They will also learn how they can recognize the signs that their bodies need fluids in order to understand how to meet daily intake needs to promote good health. They will share this information with friends and family in the form of an infographic.

TIMING

25–30 minutes

OBJECTIVES

Students will

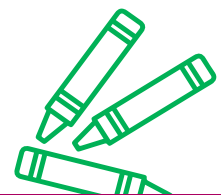
- Understand water’s effect on overall health
- Identify when their bodies need more water
- Create an infographic to share the importance of staying hydrated with their families

MATERIALS NEEDED BY STUDENTS

- Pencil
- Plain white paper, 1–2 sheets
- **Infographic Template** handout, one per student or access to online infographic software*

MATERIALS NEEDED BY VOLUNTEER

- Device with internet access and web camera
- Infographic Examples, printed or displayed electronically



VOLUNTEER PREP

For more information about the Future Well Kids program, please email ABBOTT.VOLUNTEER@ABBOTT.COM.