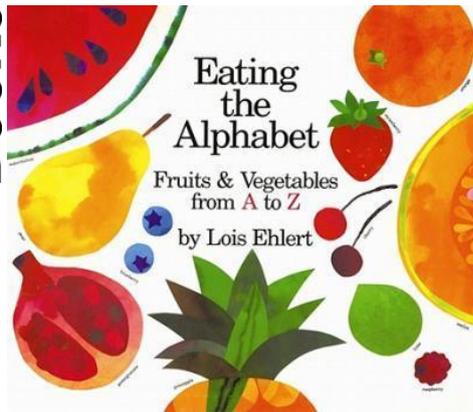
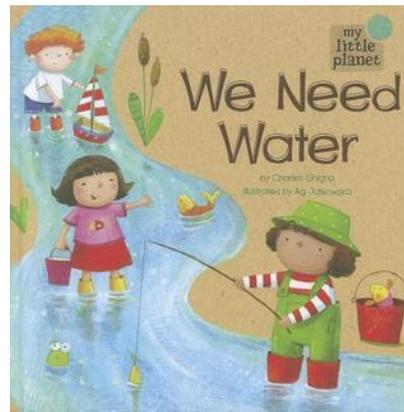


Tinies Time Water and Sugary Drinks Kit Contains

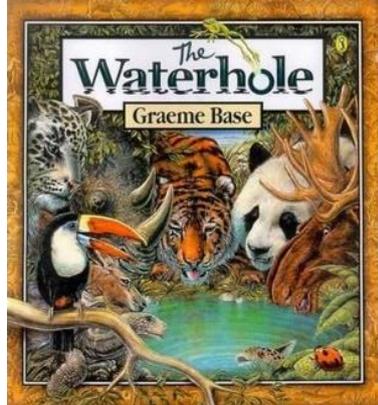
Books



Eating the Alphabet by Lois Ehlert



We Need Water by Charles Ghigna



The Waterhole by Graeme Base

Activities



Songs and Rhymes

- 5 Little Raindrops
- Drip Drop
- I'm Thirsty
- Pitter Patter
- Rain is Falling Down
- Singing in the Rain
- Splash! Fall the Raindrops
- The Water Song
- The Waves in the Sea
- We Ask For Milk Like This

Songs and Rhymes

5 LITTLE RAINDROPS

Five little raindrops (hold up 5 fingers),
dancing on the walk (dance hand up and down).
Pitter patter, pitter patter (pat hands on legs),
that's the way they talk (pat hands on legs).
Out comes the yellow sun (raise arms up like sun),
shining in the sky (raise arms up like sun).
And away goes one raindrop (hold up 1 finger),
bye, bye, bye (wave goodbye)!

DRIP DROP

Drip drop, drip drop,
the rain is falling down.
Drip drop, drip drop,
splashing all around!

Let's put on our raincoats,
our gumboots and our hats.
And jump in all the puddles,
with a splish, splosh, splash!

I'M THIRSTY

I'm thirsty.
Can I have some water?
Please!
I'm thirsty.
Can I have some water?
Please!
I'm thirsty.
Can I have some water?
Please!
(pretend to drink)
That's better!
That's better!
That's better!

I'm thirsty.
Can I have some milk?
Please!
I'm thirsty.
Can I have some milk?
Please!
I'm thirsty.

Can I have some milk?

Please!

That's better!

That's better!

That's better!

CAN REPEAT WITH ANY DRINK YOU CHOOSE.

Reference song: https://www.youtube.com/watch?v=Gtb_jK1scL8

PITTER PATTER

Pitter patter, pitter patter,

listen to the rain!

Pitter patter, pitter patter,

on the windowpane.

Dropping, dropping, dropping, dropping,

dropping on the ground.

Dripping, dripping, dripping, dripping,

listen to the sound!

RAIN IS FALLING DOWN

The rain is falling down (flutter fingers down).

SPLASH (clap hands)!

Pitter patter pitter patter (tap legs softly).

The rain is falling down (flutter fingers down).

SPLASH (clap hands)!

Pitter patter pitter patter (tap legs softly).

SINGING IN THE RAIN

Singing in the rain (move hands down).

We're singing in the rain (move hands down).

What a wonderful feeling (move hands to make semi-circle),

we're thumbs up (thumbs up),

cheecha cha cha cheecha cha cha cheecha cha cha (keep thumbs up and wave around).

Now sway (sway).

Singing in the rain (move hands down).

We're singing in the rain (move hands down).

What a wonderful feeling (move hands to make semi-circle),

we're thumbs up (thumbs up),

shoulders back (shoulders back),

cheecha cha cha cheecha cha cha cheecha cha cha (keep thumbs up, shoulders back and wave around).

Now sway (sway).

Singing in the rain (move hands down).

We're singing in the rain (move hands down).

What a wonderful feeling (move hands to make semi-circle),

we're thumbs up (thumbs up),

shoulders back (shoulders back),
knees together (knees together),
cheecha cha cha cheecha cha cha cheecha cha cha (keep thumbs up, shoulders back, knees together
and wiggle around).

Now sway (sway).

Singing in the rain (move hands down).

We're singing in the rain (move hands down).

What a wonderful feeling (move hands to make semi-circle),

we're thumbs up (thumbs up),

shoulders back (shoulders back),

knees together (knees together),

bottoms out (stick bottom out),

cheecha cha cha cheecha cha cha cheecha cha cha (keep thumbs up, shoulders back, knees
together, bottoms out and wiggle around).

Now sway (sway).

Singing in the rain (move hands down).

We're singing in the rain (move hands down).

What a wonderful feeling (move hands to make semi-circle),

we're thumbs up (thumbs up),

shoulders back (shoulders back),

knees together (knees together),

bottoms out (stick bottom out),

tongues out (tongue out),

cheecha cha cha cheecha cha cha cheecha cha cha (keep thumbs up, shoulders back, knees
together, bottoms out, tongue out and wiggle around).

Now sway (sway).

Singing in the rain (move hands down).

We're singing in the rain (move hands down).

What a wonderful feeling (move hands to make semi-circle),

we're thumbs up (thumbs up),

shoulders back (shoulders back),

knees together (knees together),

bottoms out (stick bottom out),

tongues out (tongue out),

eyes closed (close eyes),

cheecha cha cha cheecha cha cha cheecha cha cha (keep thumbs up, shoulders back, knees
together, bottoms out, tongue out, eyes closed and wiggle around).

Now sway (sway).

Keep swaying.

SINGING IN THE RAIN!

Reference song: <https://www.youtube.com/watch?v=tbFGojJxqoo>

SPLASH! FALL THE RAINDROPS

Splash! Fall the raindrops (clap hands softly).
To the ground they go (point to the ground).
We need the raindrops (wiggle fingers down from head to waist),
to help our bodies go (hands in the air)!

THE WATER SONG

Sip, sip water to quench your thirst.
A gulp of water for an energy burst.
Drink your water day and night,
it keeps you feeling just right.

Water is better than a sugary drink.
It will help you play,
it will help you think.
Better than any drink on the shelf,
it's so great for your health!

Slurp, slurp water while at your school.
A cold glass of water makes you feel real cool.
It will make you grin and help you feel fine.
Drink your water all the time.

The formal name is H₂O.
It will make you strong,
it will help you grow.
From the tap, or by the case,
water puts a smile on your face.
Keep a bottle of water in arm's reach,
while on the field or at the beach.
Running, swimming, riding or on a swing,
water is everything.
Water is everything.
Water is everything.

Reference song: <https://www.youtube.com/watch?v=qvuhAVH-BU8>

THE WAVES IN THE SEA

Sung to the tune of 'Wheels On The Bus'

The waves in the sea go
up and down (move one hand in a wave motion),
up and down (move one hand in a wave motion),
up and down (move one hand in a wave motion).
The waves in the sea go up and down,
all day long.

WE ASK FOR MILK LIKE THIS

Sign language song; reference video shows you signs

We ask for milk like this (sign for milk).

We ask for milk like this (sign for milk).

When we're thirsty and need a drink,
we ask for milk like this (sign for milk).

Please (rub chest in circles).

We ask to eat like this (sign for eat).

We ask to eat like this (sign for eat).

When we're hungry and need a snack,
we ask to eat like this (sign for eat).

Please (rub chest in circles).

We ask to have a change (sign for change).

We ask to have a change (sign for change).

When our diaper is so full,
we ask to have a change (sign for change).

Thank you (sign for thank you).

Reference song: <https://www.pinterest.ca/pin/344666177723947128/>

Activities

BUILD A SMOOTHIE

Materials:

- Worksheet
- Textas/pencils
- Scissors
- Glue

Method:

1. Hand out a worksheet to each child.
2. Allow them time to colour in the fruits.
3. Ask parents and carers to help the children cut out the fruit they would like to put in the blender to make a smoothie.
4. Don't forget to colour the water or the milk! Which one will you use in your smoothie?
5. Glue the chosen fruit to blender.
6. Encourage families to make an actual smoothie with the same ingredients when they get home.

Example:



DRINK MORE WATER REWARD CHART

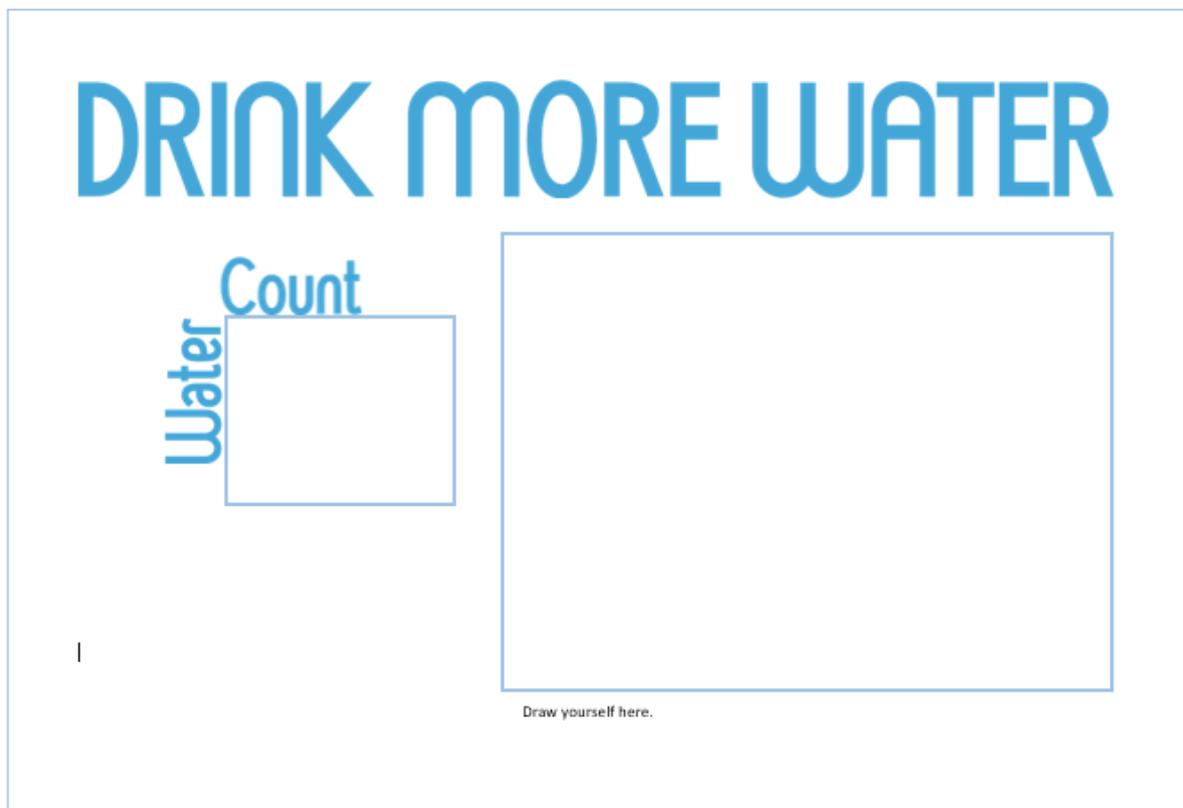
Materials:

- Drink more water template
- Textas/pencils
- Velcro hook and loop

Method

1. Children colour in their template.
2. Cut out water icons.
3. Attach hook and loop dots to water icons and water template.
4. Take your page home and put a water icon on your template everytime you finish a glass of water.

Example:



FISHING FOR GOOD DRINKS

Age: Tinies

Materials:

- Names of drinks on fish templates with paper clip on front of fish
- Dowel with magnet attached (fishing poles)
- 2x buckets
- Blue tarp (pond)

Method:

1. Hand out fishing poles to each child.
2. Scatter the fish into the 'pond'.
3. Children will use their fishing pole to try and catch a fish.
4. Parents/carers can help the children identify if the drink on the fish is an everyday drink or a sometimes drink. The fish will need to be placed into the appropriate bucket.

Example:

