

Water Inside Us

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How much water is in our bodies?

All humans are made up of 60-70% water! It is important to drink water everyday to keep ourselves happy and healthy. We can only live about three days without water. Not just humans but all living things are made up of mostly water.

Key Topic: Human health

Grade Level: K - 5

Duration: 15 - 20 minutes

Items Needed:

- Writing utensil (crayons, markers, pencils)
- Scissors
- Large roll of paper (optional)

Objectives:

To learn that water makes up a major percentage of our bodies and that water is important for our health.

Activity Steps:

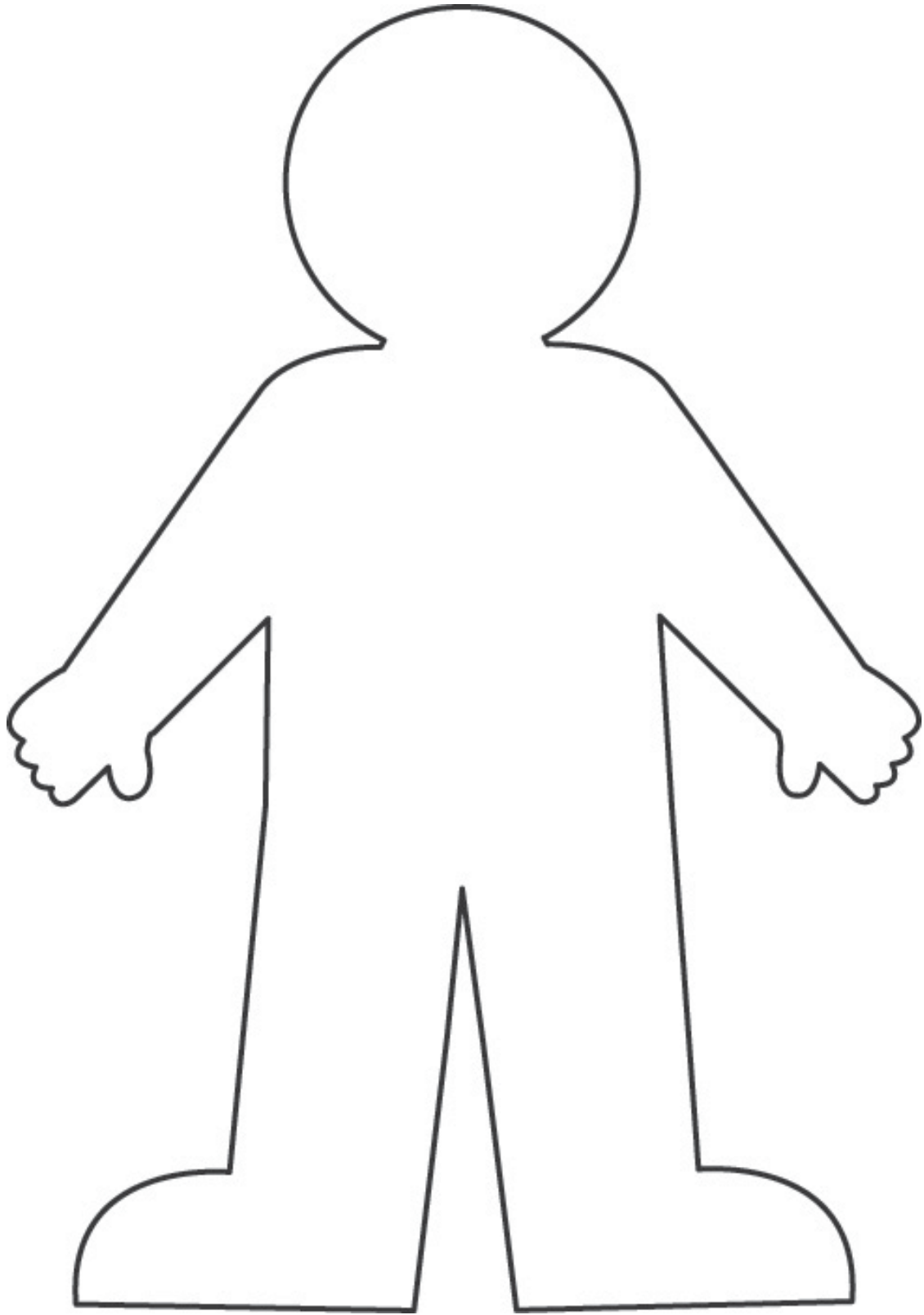
1. Use the human outline provided or create your own and color in 70% of the body. This represents the amount of water in our bodies. An easy way to decide what 70% of the outline would be is to divide the outline into 10 equal spaces and color in only 7 of the 10 spaces.
2. Color the rest of the body in a different shade or leave it blank.
3. Cut the body out to display.
4. Discuss how important water is for all forms of life.

For More Fun:

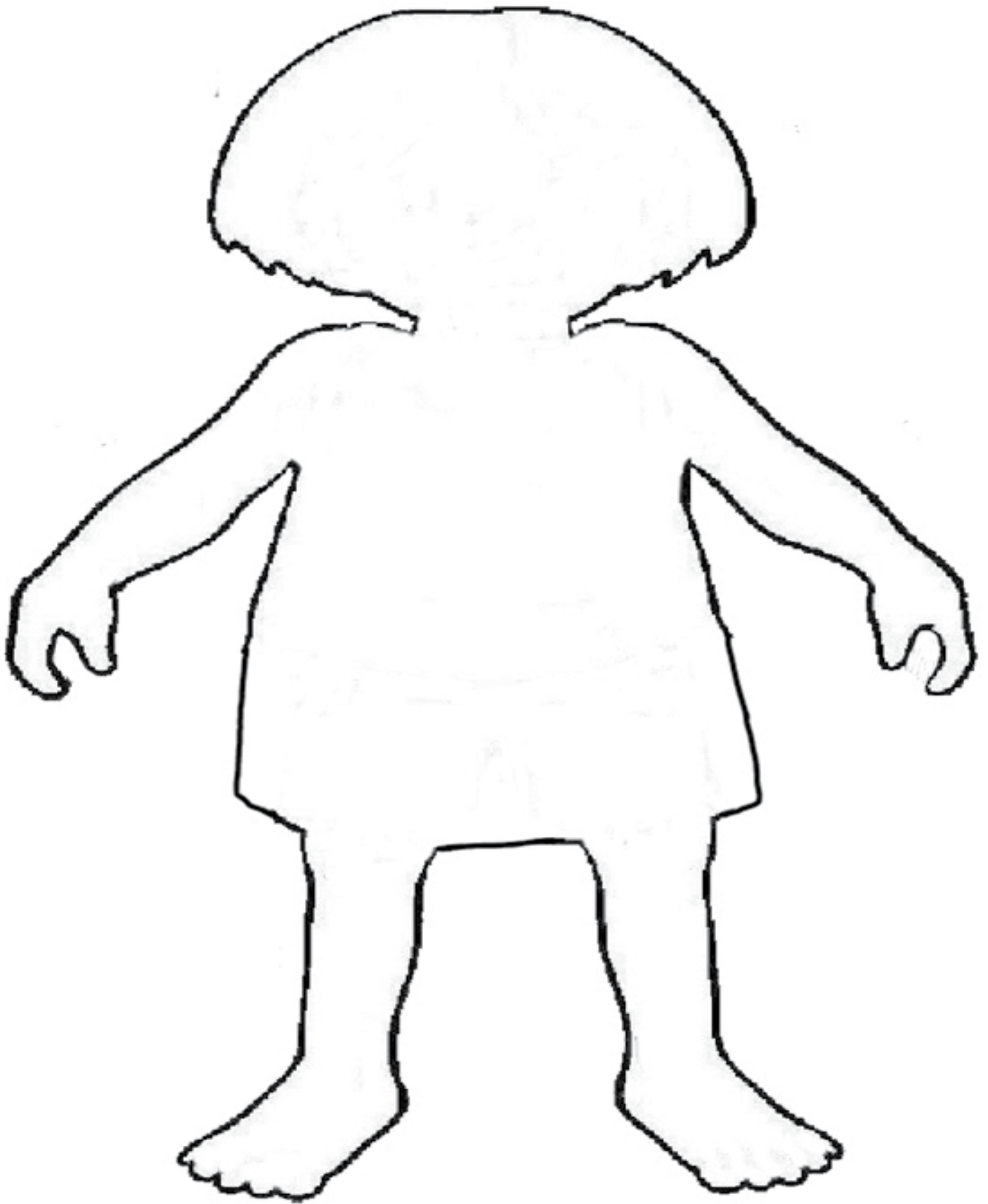
Make life size drawings of yourself. Use pencils or crayons to trace an outline of you and your friends on large paper.



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