

Ollie the Owl Learns About Thirst

Lesson Objective

Students will learn about the importance of drinking water to stay healthy and hydrated.

Materials Needed:



- The story, “Ollie the Owl Learns About Thirst”
- The song, “Ollie the Thirsty Owl”
- Paper and pencils, crayons and markers, glue stick
- Activity 1- (no materials needed)
- Activity 2- (no materials needed)
- Home Connection Letter

Introduction to the Topic (10 Minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Briefly talk about what they know about water.

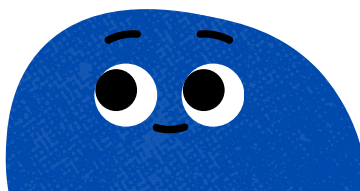
Greeting and Circle Time Teacher Script

1. Warm Welcome and Opening Discussion:

- “Good morning, friends! Let’s all come sit in a circle. I’m so happy to see you today!”
- (Pause while children gather.)
- “Today, we’re going to talk about something very important—water! Does anyone know why we need to drink water every day?”
- (Pause for responses like ‘To stay healthy,’ ‘So we aren’t thirsty,’ or ‘It helps us feel good.’)

2. Discussion Starter

- “That’s right! Water helps our bodies stay strong, and it keeps our minds sharp. When we don’t drink enough water, we can feel tired or dizzy. Today, we’ll hear a story about Ollie the Owl and how he learned the importance of drinking water. Are you ready?”



Read the Story (15 Minutes)

Story Time Outline



- Read the story “Ollie the Owl Learns About Thirst” aloud to the class
- Ask questions during key parts in the story.

Story Time Teacher Script:

1. Prepare the students for the story:

- “Now, it’s time to listen to a story called ‘Ollie the Owl Learns About Thirst.’ I’ll ask some questions while I read, so make sure you’re listening closely!”
- (Read the story aloud, pausing at key moments to ask questions and engage the children.)

2. Read the story with emphasis on key moments:

- While reading, pause during key moments to ask the following questions:.
 - "What do you think it means to be thirsty?"
 - "Why do you think Ollie feels so tired today?"
 - "What do you think Ollie has been drinking today?"
 - "What happens to Ollie when he doesn’t drink enough water?"
 - "Why do you think Grandma Owl gives Ollie a glass of water?"
 - "What does Ollie’s friend Benny the Bear say about drinking water?"
 - "How do you feel when you’re really thirsty?"
 - "What does Ollie learn about how much water he should drink every day?"
 - "Why do you think water is better than sugary drinks when you’re really thirsty?"
 - "What do you think will happen when Ollie starts drinking more water?"

Ollie the Owl Learns About Thirst



In a forest green and bright,
Lived Ollie the Owl, with wings so light.
With feathers soft and eyes so wide,
He loved to play and often glide.

One sunny day, as Ollie flew,
He felt a dryness, something new.
His beak was parched, his throat was dry,
He felt so thirsty, he wondered why.

“What should I do?” Ollie did think,
As he landed by the river’s brink.
Grandma Owl, so wise and sweet,
Came to help him with a treat.

“Ollie dear, when you feel this way,
It’s your body’s signal, don’t delay.
Drink some water, cool and clear,
It’s the best way to bring you cheer.”

“Water helps our bodies and brains,
It flows inside like gentle rains.
It keeps us healthy, strong, and bright,
And makes us feel just right.”

Ollie nodded, eager to learn,
About the water for which he’d yearn.
“Grandma, why is water best,
To quench our thirst and help us rest?”

“Water’s magic, it keeps us going,
It’s in the rivers gently flowing.
It helps our muscles, helps our mind,
Keeps us sharp and oh so kind.”

Ollie dipped his beak in the stream,
The water cool, it felt like a dream.
He drank it up, felt so refreshed,

“Water truly was the best.

Next, he saw his friend, Betty the Beaver,
Building a dam, always a believer.
“Hi, Betty,” said Ollie, with a cheer,
“Water’s healthy, it’s very clear.”

Betty nodded, sipping from the stream,
“Water’s best, it’s like a dream.
It helps me work, it helps me play,
Keeps me strong throughout the day.”

Ollie drank a little more,
Feeling better than before.
He knew that water was the key,
To feeling good and staying free.

Then Ollie found Sammy the Squirrel,
Sipping water with a little twirl.
“Hi, Sammy,” Ollie said with glee,
“Water’s healthy, just like we see.”

Sammy nodded, with a happy grin,
“Water’s good, it’s a win-win.
It keeps me sharp, it keeps me bright,
Helps me scamper day and night.”

Ollie drank a big, cool sip,
Feeling strong from beak to tip.
He knew that water every day,
Would keep him healthy in every way.

Later that day, as the sun went down,
Ollie wore a happy crown.
He’d learned that water, pure and clear,
Was the best drink, bringing cheer.

3. Post-Story Teacher Script

- “So, Ollie learned about the importance of drinking water every day because it helps our bodies... I think that’s true for us too. If we drink water every day, we’ll feel better too.”

4. Post-Story Questions:

Ask these questions to help students reflect on the story and connect it to their own experiences:

- "Why did Ollie feel so tired at the beginning of the story?" (Help children recall the main problem in the story.)
- "What did Ollie learn about drinking water?" (Summarize the key message of the story.)
- "How did Ollie’s body feel after he drank some water?" (Help children recognize the connection between hydration and energy.)
- "What happens to our bodies when we don’t drink enough water?" (Reinforce the importance of hydration.)
- "What are some signs that your body needs water?" (Encourage awareness of thirst cues.)
- "What are some drinks that help us stay hydrated?" (Help children list healthy beverage choices.)
- "Why is it important to drink water every day?" (Encourage critical thinking about hydration.)
- "What are some ways you can remember to drink more water?" (Prompt ideas for building healthy habits.)
- "What was your favorite part of the story?" (Engage students in reflecting on the lesson.)
- "What is one thing you will do after hearing Ollie’s story to make sure you drink enough water?" (Encourage action based on the story’s message.)

Sing the Song (10 Minutes)



- Teach the children “Ollie the Thirsty Owl”
- Sing the song together a few times, encouraging the children to join in with the actions.

Teacher Script:

“Now, let’s sing a fun song about drinking water to keep us healthy! Stand up and get ready to move along with me.”

"Ollie the Thirsty Owl"

Verse

Hand Movements

[Verse]

Ollie the owl in a high-up tree
Never felt thirsty didn't know what to be
One day the sun was burning so bright
Ollie got dizzy felt something ain't right

Stretch arms up high

Place hands on forehead

[Verse 2]

Wing on his beak he felt so dry
Looked at the sky and asked why oh why
Down by the river he saw a cool stream
Water so shiny like a magical dream

Spread arms wide/ wiggle fingers

[Chorus]

Drink drink drink it down
Water makes us strong and sound
Helps our body helps our brain
Ollie won't feel dry again

Flex arm muscles

[Verse 3]

His beak dipped in he felt the cool rush
Suddenly his feathers didn't feel so much
All the parts inside him started to sing
Water's the key to everything

Spread arms wide

[Verse 4]

His eyes so clear he could see the world
Every little leaf and every squirrel
Flew up high felt light as air
Now Olly knows water's everywhere

Spread arms wide

[Bridge]

Water for thirst quenching desire
Keeps us going lights our fire
Hoot and holler let it be known
Water's the king on nature's throne

Cup hands around mouth



Do an Activity (20 Minutes)

Activity 1: Hydration Art (15 Minutes)



Introduce the Activity

- “Now we’re going to make some art! You can draw a picture of Ollie drinking water, or draw yourself drinking water. What’s your favorite way to drink water—out of a bottle, cup, or maybe with a fun straw?”

Activity Instructions

- Distribute materials for the activity
- “After you finish your drawing, we’ll share them with each other!”
- (Move around the room as children work, offering encouragement: “That’s a great picture of a water bottle!” or “I love how you drew Ollie by the stream!”)
- “When you’re done, we’ll talk about our drawings and how water helps us stay healthy.”
- When the students are finished their art projects discuss:

“Let’s talk a little more about why drinking water is so important. Water is like fuel for our bodies—just like a car needs gas, our bodies need water to run well! Here are a few ways water helps us stay healthy.”

1. Water Gives Us Energy

“When we don’t drink enough water, we can feel tired and sluggish. Have you ever felt really tired after playing outside or running around? That’s because your body is telling you it needs water to keep going. Water gives us the energy we need to play, run, and have fun!”

(Ask a question to engage children.)

“When was the last time you felt really tired and water helped you feel better?”

2. Water Helps Our Brains Work Better

“Did you know that water helps our brains work better? If we don’t drink enough water, it’s hard to think clearly and focus. That’s why it’s a good idea to drink water, especially when we’re learning new things at school. Water makes our minds sharp so we can remember everything we learn—just like Ollie the Owl!”

“What’s your favorite way to drink water when you’re at school?”

3. Water Helps Our Muscles Stay Strong

“Water is also really important for our muscles. When we run and jump, our muscles get tired, and water helps them feel strong again. That’s why athletes drink a lot of water to stay in top shape. Even when you play on the playground, water keeps your muscles working well.”

“Who loves playing outside? How do you feel when you drink water after running around?”

4. Water Keeps Our Bodies Cool

“On hot days, water helps keep us cool! When we run around in the sunshine, we can feel hot and sweaty. Drinking water cools us down and keeps us from getting too tired.”

“Do you remember a time when you felt really hot and a drink of water helped you feel better?”

5. Water Helps Us Stay Happy and Healthy

“When we drink enough water, we feel good all day. Water helps our bodies stay healthy by flushing out anything that shouldn’t be there—like dirt in a stream being washed away. It also makes our skin look healthy and keeps our tummies happy.”

“How do you feel when you drink water? Does it make you feel fresh and happy?”

Activity 2: Hydration Relay (15 Minutes)

Introduce Activity

- “Now it’s time for a fun game! We’re going to play the Hydration Relay. Just like Ollie learned to drink water to stay strong, we’ll practice carrying water without spilling it.”

Activity Instructions

- on each side of the room, set up a bucket
- fill up one bucket with water
- place a picture of Ollie on the empty bucket.
- have the children lined up on the side of the room with the full bucket of water.
- one at a time, a child will scoop up a cup of water and race to the other bucket and empty their cup of water into the empty bucket without spilling the water.
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- “Now it’s time for a fun game! We’re going to play the Hydration Relay. Just like Ollie learned to drink water to stay strong, we’ll practice carrying water without spilling it.”
- (Explain the game and rules step-by-step.)
- “Each of you will take a turn scooping water into a cup and running to pour it into the other bucket. Try to spill as little water as possible. Let’s cheer for each other and have fun!”
- (Guide children through the game, encouraging cheering and teamwork: “Great job keeping the water in your cup!” or “Wow, you made it without spilling any water!”)
- Encourage the children to cheer on each other during the race.
- Emphasize that just like in the game, drinking water helps us keep going and stay strong

Reflection

“Today we learned a lot about water and why it is healthy for our bodies. ”



Wrap Up the Lesson (5 Minutes)



Review and Reflection Overview:

- “Let’s all come back to our circle and talk about what we learned today. What did Ollie the Owl teach us about water?”
- (Wait for responses like ‘Water helps us feel good,’ ‘It keeps us healthy.’)

Review and Reflection Teacher Script

“Can anyone tell me one time today when you drank water and how it made you feel?”

(Pause for children’s answers.)

- “You all did such a great job today! Drinking water helps our bodies and minds stay strong, just like it helped Ollie the Owl. And now, you know how important it is to listen to your body when it says it’s thirsty.”

Home Connection Letter

1. Sending Information Home:

2. “Before we go, I have a special letter for you to take home to your families. This letter talks about everything we learned today. You can tell your family all about Ollie the Owl and the fun activities we did.”

3. Hand out the letters as the children prepare to leave.

Emozi® Parent Letter

Dear Parents/Guardians,

Today in class, we learned about the importance of drinking water through the story "Ollie the Owl Learns About Thirst." This story taught us that staying hydrated is essential for our health and well-being.

Here's what we learned:

- **Understanding Thirst:** Recognizing the signs of thirst and why our bodies need water.
- **Benefits of Water:** Learning that water helps us stay healthy, strong, and happy.
- **Hydration Habits:** Practicing drinking water regularly and making it a fun part of our day.

We practiced these concepts through drawing pictures of Ollie drinking water and playing a hydration relay game. You can help reinforce this at home by encouraging your child to drink water throughout the day and discussing the benefits of staying hydrated.

With gratitude,



