**Activity Worksheet: How much do I drink?**

**Introduction:**

Children of elementary school age need approx. 1 liter of water as a drink per day. That means at least half a liter on school mornings. But who really knows how much he drinks?

**Target group:** primary school

**Learning goals:** reflect the amount of drink

**Time needed:** 1 schoolday

**Material needed:**

* water bottle with 500 ml for each pupil

**What to do:**

At the beginning of the morning-lessons, pupils fill their 500 ml bottle with tap water

At the end of the lessons they can see how much they have drunk.

It's not about a rating, but about the conscious determination of your own drinking volume.

**Tip:**

Drink water in different ways: Water can be drunk directly from the tap, with a straw, from the cup, the glass or from the bottle. Try the different possibilities. How do you prefer to drink water?