

Water + Health Activities, for “Water is Life” Student Design Contest + Promotion

Created for OUSD Health & Wellness Programs

More information: <http://bit.ly/USD-Water-Design-Contest>

Goals:

- Promote drinking water, using reusable water bottles
- Support participation in the water design contest <http://bit.ly/USD-Water-Design-Contest>
(*design / art submissions are due January 30, 2020*)
- Generate ideas for how to promote using water bottles at school

Outcomes:

- Students will identify why drinking water is important.
- Students will identify characteristics of an appealing “design” for a sticker or poster
- Students will create sticker (and poster) designs inspired by the theme “Water Is Life” (*design / art submissions are due January 30, 2020*)

Materials

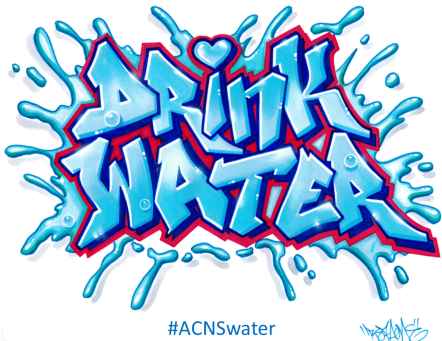
- Projector _ Phones ([for Kahoot Game](#)) → Alternative is to print out the quiz
- Chart paper (*for notes, optional*)
- Print-outs of the [sticker design template](#)
- Print-outs of design elements worksheets (*This can also be projected instead of printed if color printing is not available*)
- Art supplies, for example:
 - Pencils, pens, markers
 - Colored paper, Magazines, scissors, glue

Outline: 45 min class session

- **(5 min) Arriving, welcome, start-of-class routine**
- **(10 min) Why water Quiz**
“Students will identify why drinking water is important.”
 - Get in Groups of 4-6
 - Kahoot game - [Link to game!](#)
 - Can also be done as a [paper quiz](#) (see below in document)
- **(10 min) Design elements**
Students will identify characteristics of an appealing “design” for a sticker or poster
 - Can be done individually or in small groups
 - Look at 9 logos / images ([see follow page for examples](#)) - use print-outs or project
 - List & discuss ([can use paper handouts to write responses](#))
 - Which grabs your attention first? Why?
 - What is your first reaction to this image?
 - What adjectives can you use to describe this image?
 - Share out responses

- Point out: what are things that help make an image powerful / moving / interesting?
 - Design guidelines for this contest:
 - **Keep it on theme: “Water is Life”***
 - “Water is Life”: *Will this inspire students to drink water? Use reusable water bottles? “Water is life” has been used in many contexts, including for the movement for indigenous sovereignty with the Standing Rock Sioux Tribe in North Dakota. Think about what “Water is life” means to you, to your school community, and to Oakland.
 - **Keep it Oakland:** represent yourself, your community, Oakland
 - **Keep it simple**
 - **Keep it positive**
- **(15 min) Creative time**
 - Go over guidelines above
 - Sticker designs (circle, square)
 - Poster design
 - Promotion message ideas
- **(5 min) Clean up**
- **Closing**

Design Elements Activity



A



B



C



D



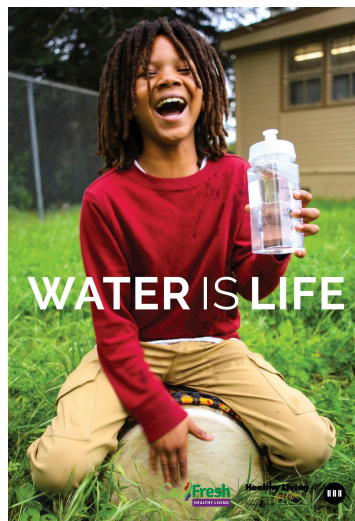
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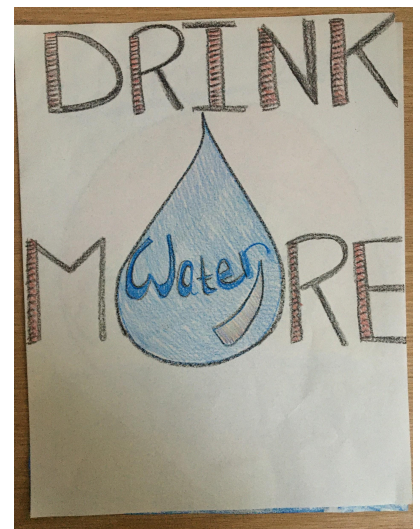
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G



H



I

Design Elements Activity

1. Which image grabs your attention first? Why? What is your first reaction to this image?
2. What adjectives can you use to describe this image?
3. What is important when designing an image?

Design Elements Activity

4. Which image grabs your attention first? Why? What is your first reaction to this image?
5. What adjectives can you use to describe this image?
6. What is important when designing an image?

Why Water Quiz

Team Name: _____

1. What percentage of the human body is made of water?

- a. about 98%
- b. about 60%
- c. about 25%
- d. about 85%

2. How much water should a middle school student drink per day (recommended)?

- a. 0.5 Liters (about 2 glasses)
- b. 3 Liters (about 12.5 glasses)
- c. 1.5 Liters (about 6.5 glasses)
- d. 2 Liters (about 8 glasses)

3. Every second of each day ____ people open a plastic water bottle.

- a. 1500
- b. 450
- c. 780
- d. 2800

4. 1 in ____ water bottles are recycled

- a. 3
- b. 10
- c. 5
- d. 2

5. On average, bottled water is ____ times more expensive than tap water.

- a. 1000
- b. 2000
- c. 200
- d. 50

6. Where does most tap drinking water in Oakland come from?

- a. Groundwater (wells under the city)
- b. Mokelumne River (Sierra Mountains)
- c. San Francisco Bay
- d. Washington State

7. Where was the first national tax on sugar sweetened beverages (sodas, etc.)?

- a. USA
- b. Sweden
- c. Philippines
- d. Mexico

8. Where were water stations installed in OUSD?

- a. all schools
- b. most high schools + middle schools
- c. some elementary schools
- d. all middle schools

9. Which of these is not a way to encourage drinking more water?

- a. add natural flavors to water (like cucumber, orange, etc.)
- b. drink soda when you are thirsty
- c. carry a reusable water bottle
- d. drink water when you wake up and before going to bed

Why Water Quiz Answers

- 1) **B** about 60%
- 2) **D** 2 Liters (about 8 glasses)
- 3) **A** 1500
- 4) **C** 5
- 5) **B** 2000
- 6) **B** Mokelumne River (Sierra Mountains)
- 7) **D** Mexico
- 8) **A** all schools
- 9) **B** drink soda when you are thirsty