

Thank You Water

Artist/Author: Naa Akua



Time Needed: 30 minutes

Arts Focus: Literary Arts

Age Range: 5-8

Mini-Lesson Description:

In this mindfulness lesson, learners will use their senses to explore with the properties and gifts of water. Learners will practice creative writing, gratitude, and mindfulness by writing thank you notes to water.

Key Concepts:

Nature; Gratitude; Water; Listening; Mindfulness; Affirmation; Observation; Poetry; The 5 Senses.

Materials Needed/Prep:

- Bowl of water – large enough to place both hands in
- Towel or paper towels
- Cup to pour water in for drinking (a bottle of water will work too)
- Two similar glass cups (or two similar plastic cups)
- Metal spoon or plastic spoon
- Writing tool (pencil, pen, crayon, or marker)
- A sheet of paper or notecard

Step-by-Step:

MINDFULNESS AND WATER

- Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing.
- Guide a short introduction to mindfulness, taking a moment to lead them in taking three deep breaths in and out with eyes closed. Ask: *What did they notice about their breath?*
- Let the learner(s) know that they are going to use their senses of touch, taste and hearing to connect with a dear friend and that dear friend is water.

TOUCH WATER

- Place a bowl of water on the table and ask the learner(s) to place their hands inside the bowl and move them around. You may want to place a towel under the bowl to catch any spills and drips.
- Ask: *How does the water feel on your hands? What do you enjoy about playing with water? How does water help the outside of your body?* Think of some examples together.
- Use a towel or paper towel to dry their hands.

TASTE WATER

- Place a cup of water or a bottle of water on the table for each of the learner(s) and drink the water.
- Ask: *How does the water feel in your body when you drink it? Does it have a taste? How would you describe it? How does water help the inside of your body? How does water help the bodies of plants?*

LISTEN TO WATER

- Place the two similar glass cups on the table. One cup should be full, while the other cup is half full.
- Ask the learner(s) to tap on the side of the full cup with a metal spoon. Let them tap it a few times to hear the sound and to look to at the water vibrate. Then ask them to tap the half full cup.
- Ask: *How does water sound in the full cup? How does the water sound in the half full cup? How does water create other sounds in our lives?*

POETRY CONNECTION

- Place a sheet of paper or a notecard with a pen, pencil, crayon, or marker on the table.
- Ask each of the learner(s) to remember all the ways that their friend water has been there for them.
- Together, write three positive affirmations (positive statements) or “thank you” notes on their paper.

Variations and Next Steps:

- Support literacy skills by teaching a ‘thank you’ letter format.
- Support learning about poetry by finding, reading, and writing an ode to water.
- Developing readers can share their ideas aloud or they can sketch their “poem” or thank you note.

Watch a video of this Creative Start Mini-Lesson and find more at: <https://www.arts.wa.gov/creative-start/>