

# MindCloud



By GenerationTextOnline.com

**Narrator:** Being mindful about our mood and how we feel is important.

**Narrator:** Sometimes we can't concentrate, think clearly and or stay focused. This is especially important when doing schoolwork. The purpose of schoolwork is to learn thinking and problem-solving skills important for our future.

**Narrator:** It is important to be mindful about our mood because it affects our learning and problem-solving skills. Once we know the things our bodies need to be in a good and positive mood, we can change how we feel!



**Narrator:** Today we are going to talk about how drinking water affects our mood. When we drink water, we hydrate our bodies. Our bodies need water to function properly. When our bodies don't have enough water, it is called dehydration. Dehydration causes moodiness, headaches and feeling sleepy. Dehydration also causes us to have difficulty concentrating, paying attention and has a negative effect on our memory. Each of us has the power and the control to put things into our bodies in order to give our bodies what it needs to be successful! How cool is that?

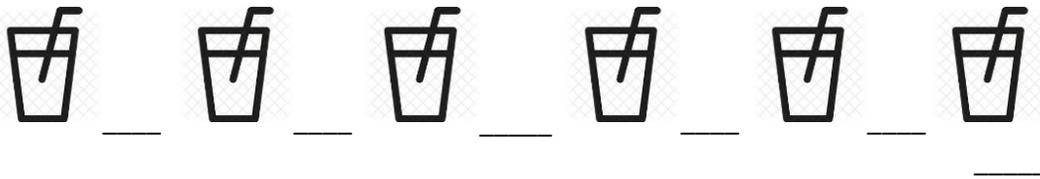
**Narrator:** Think about how often you drink plain water. Some of us go days, weeks or more without drinking any straight water. A lot of us drink other things, such as juice, coffee, sodas, or other kinds of drinks.

Water has no caffeine, no sugar, no calories and no carbohydrates. Other drinks may be refreshing and taste good, but it is important to FIRST have the doctor recommended amount of water which is 8 – 10 glasses. (8 ounces)



## Drinking Water Student Handout

**Drinking Water:** Think of how you go through your day. Start with visualizing what you do when you wake up. Shade in the amount of water you think you drink each day. On the line to the right of the glass, write the time you drink it.



**Narrator:** You have the power to change your mood, concentration, attention, and problem-solving skills by drinking enough water!

Name 4 things that you drink that is not water. (Juice, soda, sports drinks, etc.)

- 1.
- 2.
- 3.
- 4.

What can you do to make sure you drink 8 glasses of water a day? If you look at the list above, do you think it makes sense to drink water instead of these other drinks that have caffeine, sugar, calories and carbohydrates?

Keep a journal of what time you drink water each day. Do you think you will be able to drink 8 glasses a day so your mind and body works the way it was made to work? Pick a partner or group to start a challenge! All of us can do anything we set our mind to!