



Learn about the importance of water for the body, with a focus on teeth, heart and mind in this interactive and fun session.

Resources

- [Clap Clap Choose Tap](#) book
- Clap Clap Choose Tap song and colour in sheet
- Clap Clap Choose Tap [video story and dance](#)

Outline (30 minutes)

1. Introduction (5 minutes)

- Ask the students how do they use water?
- Do you need to drink water? Explain water is essential for all living things - plants, dogs, people.

2. Read the book - *Clap Clap Choose Tap* (10 minutes)

- Ask children to look out for the cockatoo on each page - select a child to find the cockatoo throughout the story. The book is available as an eBook.
- At the end of the story, see if they can remember what parts of the body water is important for teeth, heart and mind.

3. Dance to the song - *Clap Clap Choose Tap* (5 minutes)

- Music supplied or available with book. The words are on the last page of the story.
- Demonstrate the actions: water everyday (rain from sky), make a house, out to play (dance), drink from bottle, point to teeth, heart and mind, dance and tap toes, then clap hands at end.

4. Colour in the Clap Clap Choose Tap sheet (10 minutes)

