

Water Every Day!

Any time of day is a good time for drinking water!
Can you find the hidden glasses and bottles of water in each scene?



When you are playing outside...



Don't forget to drink even more water when it is hot!

With your healthy lunch...



During your big game and at practice...



With your breakfast...



When you're doing your homework...



When you wake up...



Right before bedtime...



With your dinner...



Remember these tips to keep yourself hydrated every day:

- A child's body needs about 40 ounces of fluid each day to stay hydrated.
- Drink water regularly throughout the day.
- Drink more water during physical activity and when it is hot outdoors.
- Don't wait until you feel thirsty to have a drink.



**DRINK BETTER.
LIVE BETTER.**