

Drink Up!

Why water matters

- Your body is mostly WATER — about 60% of you. Your brain is 75% water!
- You lose water all day — sweating, breathing, going to the bathroom. You need to top up.
- About 6–8 glasses a day (around 1.5 L) for elementary kids. More if you're active or it's hot.
- Signs you need water: feeling thirsty (your body is already low), headache, tiredness, hard to focus, dark-yellow pee.
- Water is BETTER than juice or soda — those have lots of sugar.
- Tap water is usually fine. Sometimes filtered or bottled is needed — your family will know.
- Carry a water bottle everywhere. Take a sip every time you change activity.
- Foods with lots of water: cucumbers, watermelon, oranges, grapes. They count too!

