



**MORE H2O AND
O SUGARY DRINKS!**

Water wins!

May Newsletter

2025-2026 | 3-5

Name: _____

Grade: _____ Teacher: _____

WHY IT MATTERS

H2O helps my body grow!

Drinking water helps your brain stay focused, your body feel strong, and your mood stay happy! Water keeps you cool, helps you think clearly, and gives you energy to run, learn, and explore. So grab your bottle and take a sip—because amazing kids like you are made to **move, grow, and shine!**



ALEX'S JOKE

How does water cheer you on?

**“!t! mep
unə noy,”**

CHALLENGE

Read the sentence carefully.

Using the word bank below, fill in the correct word to finish each sentence about water!

- 💧 Water helps keep our bodies _____.
- 👧 Kids need _____ of water each day.
- 💧 Our bodies are made mostly of _____.
- 😊 Water helps keep your _____ clean.
- 🌡️ Water helps keep you _____ on a hot day.
- 🐘 _____ need water too!
- 🧘 Water helps you _____.
- 🍎 You can get water from some foods like _____.
- 🏃 You should drink water after you _____.
- 🧊 _____ is made of frozen water.

Word Bank:

healthy
ice
teeth
fruit
cool
play
water
grow
animals
5-7 cups



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit:
www.FitnessForKidsChallenge.com

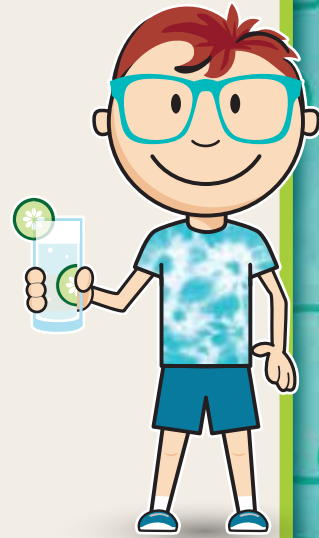
ACTIVITY

Water Detective!

Living things need water to live or grow, just like you! Can you list 3 things that need water to stay healthy or grow? What about 3 things that do not need water? Why is drinking water so important for our bodies?

Need Water:

Don't Need Water:



CELEBRATE AND REFLECT

“Beach in Your Mind”

When you feel upset or overwhelmed, take a moment to stop and use your 5 senses. Look, listen, touch, smell, and taste—this helps you calm down and feel better by focusing on what’s happening right now, instead of what’s making you feel sad, scared, or worried. Let’s imagine we are at a beach. Take 3 slow, deep breaths together—inhale... and exhale... like waves.



- What do you **see**? The ocean? The waves? The warm sun is so beautiful.
- Feel** your toes in the sand. Is it soft? Warm? Wiggle your fingers like you’re scooping up shells.
- Listen**... do you hear the waves crashing? Maybe some seagulls flying above?
- Breathe in... What do you **smell**? Maybe salty ocean air, sunscreen, or a picnic lunch?
- Now imagine sipping cool water or **tasting** fresh fruit by the ocean. It’s sweet and refreshing!

JOKE

Where do fish
keep their
money?

**in a
river bank!**

What was your favorite sense to use at the beach? Circle it above!

Try different ways to flavor your water without sugar. You can add different fruits to a pitcher with water such as lemons, limes, oranges, strawberries or even vegetables and herbs like cucumber and mint!

AT HOME TIP