



**MORE H₂O AND
O SUGARY DRINKS!**

Water wins!

May Newsletter

2025-2026 | K-2

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?

**“it! mep
unə noʏ,”**

CHALLENGE

Read the sentence carefully.

If the sentence is correct and makes sense, circle the green word “**TRUE**.”

If the sentence is not correct or does not make sense, circle the red word “**FALSE**.”

- | | | |
|--|-------------|--------------|
| 1. 💧 Water helps keep our bodies healthy. | TRUE | FALSE |
| 2. 🚰 We only need to drink water when we are very thirsty. | TRUE | FALSE |
| 3. 💧 Our bodies are made mostly of water. | TRUE | FALSE |
| 4. 😊 Water helps keep your teeth clean. | TRUE | FALSE |
| 5. 🌡️ Water helps keep you cool on a hot day. | TRUE | FALSE |
| 6. 🐘 Animals need water too! | TRUE | FALSE |
| 7. 😴 Drinking water can make you feel tired. | TRUE | FALSE |
| 8. 🍎 You can get water from some foods like fruit. | TRUE | FALSE |
| 9. 🏃 You should not drink water after you play. | TRUE | FALSE |
| 10. 🧊 Ice is made of frozen water. | TRUE | FALSE |



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

ACTIVITY

Water Detective!

Look at all the pictures on the page. Some show living things that need water to live or grow.

Color only the pictures that need water. If the person, animal, or thing needs water to stay healthy or grow, color it!

Do NOT color the pictures of things that do not need water. These are non-living things like toys or machines.








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!

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

JOKE

Where do fish keep their money?

in a bank!

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