

Water wins!

May Newsletter

2026-2027 | 3-5

Name: _____

Grade: _____ Teacher: _____



The Big Why:

Water Power! Your body needs water to do all the things you love! Water helps you stay cool when you play, keeps your brain ready to learn, and helps you feel energized all day. So bring your bottle, take a sip, and keep your body powered up for all your big adventures!

**MORE H₂O AND
0 SUGARY DRINKS!**

Why did the
water cross the
road?

**To get to
the other
side!**



Take the Challenge

Marco and **Jake** are playing soccer outside on a hot, sunny afternoon.

Jake: Keeps playing without taking a water break.

Marco: Takes regular water breaks while he plays.

Use the words below to fill in the chart. Think about how each boy might feel before, during, or after playing.

Word Bank:

thirsty • tired • energized • hot • sweaty • refreshed • dizzy • ready to keep playing • weak • strong • low energy • worn out • comfortable • hydrated • ready to rest



Energy	
Thirst	
Body Temperature	
How does Jake feel?	

What does drinking water do to help when you are active?



Energy	
Thirst	
Body Temperature	
How does Marco feel?	

Get Moving!

Pretend YOU are a water drop! Follow the water drop through its adventure:

Cloud: Stretch **HIGH**

Rain: Wiggle **DOWN**

River: Move **SIDE TO SIDE**

Stream: Move **FAST**

Water Bottle: Stand up **STRAIGHT!**

Ice: **FREEZE!**

Which part was your favorite?



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



Water Pit Stop:

Ready, set, SIP! Make a fun water drink for your next pit stop. Choose your fuel and add it to your next cup of water:

☐

Lemon

☐

Cucumber

☐

Mint

☐

Orange

☐

Strawberry

☐

Grapefruit



My pit-stop drink:

Would you make it again? ☐ Definitely! ☐ Maybe! ☐ No Thank You!

Family Corner

Family Challenge: Sugar Detective!

Become a family drink detective! Look at the labels on two drinks at home.

Drink 1: _____

Drink 2: _____

Which one has less added sugar?

Sugary drinks can taste good, but having them often can add a lot of extra sugar to our day. Water is a great everyday choice because it helps keep our bodies hydrated without added sugar.



Dream big and share your family's answers with us for a chance to **WIN!** ADULTS: Scan the QR code monthly and take the quick survey.



The water you drink today may have been part of rain, a river, or an ocean long ago!

Fun Fact!



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