

Water wins!

May Newsletter

2026-2027 | K-2

Name: _____

Grade: _____ Teacher: _____



**MORE H₂O AND
0 SUGARY DRINKS!**



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!

Why did the water cross the road?

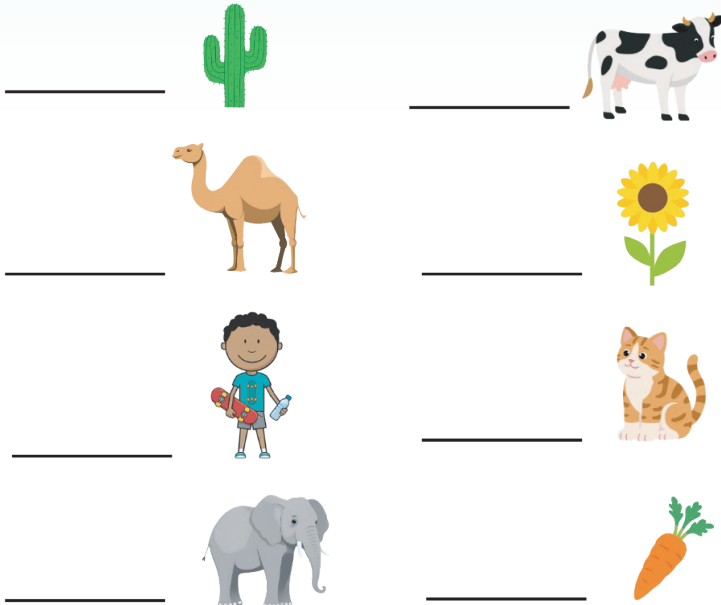
**To get to
the other
side!**



Take the Challenge

Every living thing needs water to live and grow—but not all living things need the same amount. Look at the living things below. Think about how big they are, where they live, and whether they are a plant or an animal.

Put them in order: **1** = needs the **LEAST** water
8 = needs the **MOST** water



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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