

Why It's Important for You to Drink Water

Hi there! Did you know that our bodies are like a big sponge? That's right! About **80%** of our body is made up of water, just like a sponge that soaks up water! Water helps us stay healthy and full of energy.

What Does Water Do for Our Bodies?

Let's think of our body as a car. Just like cars need fuel to run, our bodies need water to work properly. Here are some reasons why:

- **Keeps Us Cool:** When we play outside, we might get hot, right? Water helps cool us down so we don't get too hot!
- **Gives Us Energy:** Water is like magic juice that helps us have energy to play, run, and learn!
- **Helps Us Feel Good:** Drinking enough water can help us feel happy and not tired or grumpy.
- **Helps Our Bodies Work:** Water helps our tummy digest food and keeps everything working well inside us.

How Much Water Should We Drink?

As a 5-year-old, you should drink plenty of water every day. A good way to remember is:

- Drink a glass of water with every meal.
- Have a drink after playing outside.
- If you're feeling thirsty, it's a good idea to grab some water!

Remember, soda and juice can be yummy, but they should not take the place of water. Water is the best drink for you!

Fun Ways to Drink More Water

Here are some fun ideas to help you drink more water:

- Make a colorful drink with a slice of lemon or berries in your water.
- Use a special cup that you love to drink from.
- Ask a grown-up to help you set a timer to remind you to drink water.

So remember, drink lots of water every day to stay happy and healthy!