

Have you had enough water to drink?

Check your wee to see!



Well done! You're drinking enough water!



Good work, have a sip of water.



Have a drink of water.



Have a big drink of water.



You haven't had enough water today. Have a big drink of water now and more over the next hour.

You're a star!



Did you know?

Water is vital to your health,

70%

of your body is made up of the stuff!!

