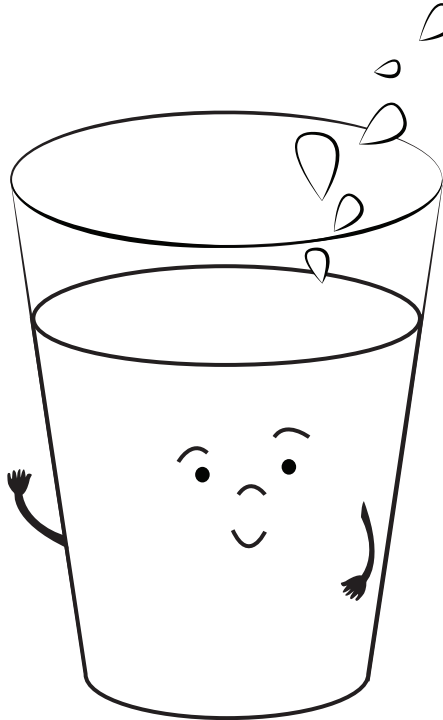


WACKY WATER ACTIVITIES

Water gives us energy, improves our focus and keeps our bodies running like well-watered machines. Put your knowledge and creativity to the test with these activities!

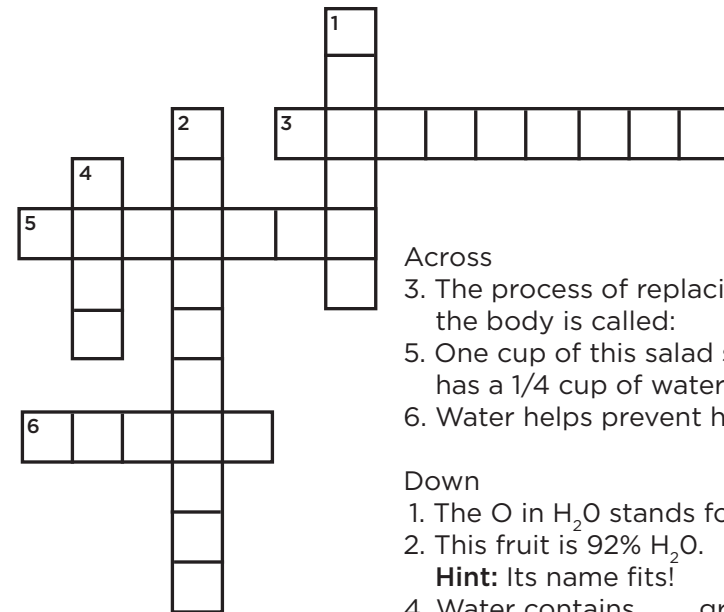
Make Your H₂O Own Masterpiece!

Hey, water whiz! Draw fruits and veggies inside the two boxes to create your own version of water with some pizzazz!



Water Words

When it comes to your H₂O IQ, are you at the top of the glass? Show us what you've got!



Across

- 3. The process of replacing water in the body is called:
- 5. One cup of this salad superstar has a 1/4 cup of water.
- 6. Water helps prevent head_____.

Down

- 1. The O in H₂O stands for:
- 2. This fruit is 92% H₂O.
Hint: Its name fits!
- 4. Water contains ___ grams of sugar.

ANSWERS: 1. oxygen 2. watermelon 3. hydration 4. zero 5. lettuce 6. aches

Learn more about healthy habits at

 [ShapeYourFutureOK.com](https://www.ShapeYourFutureOK.com)

