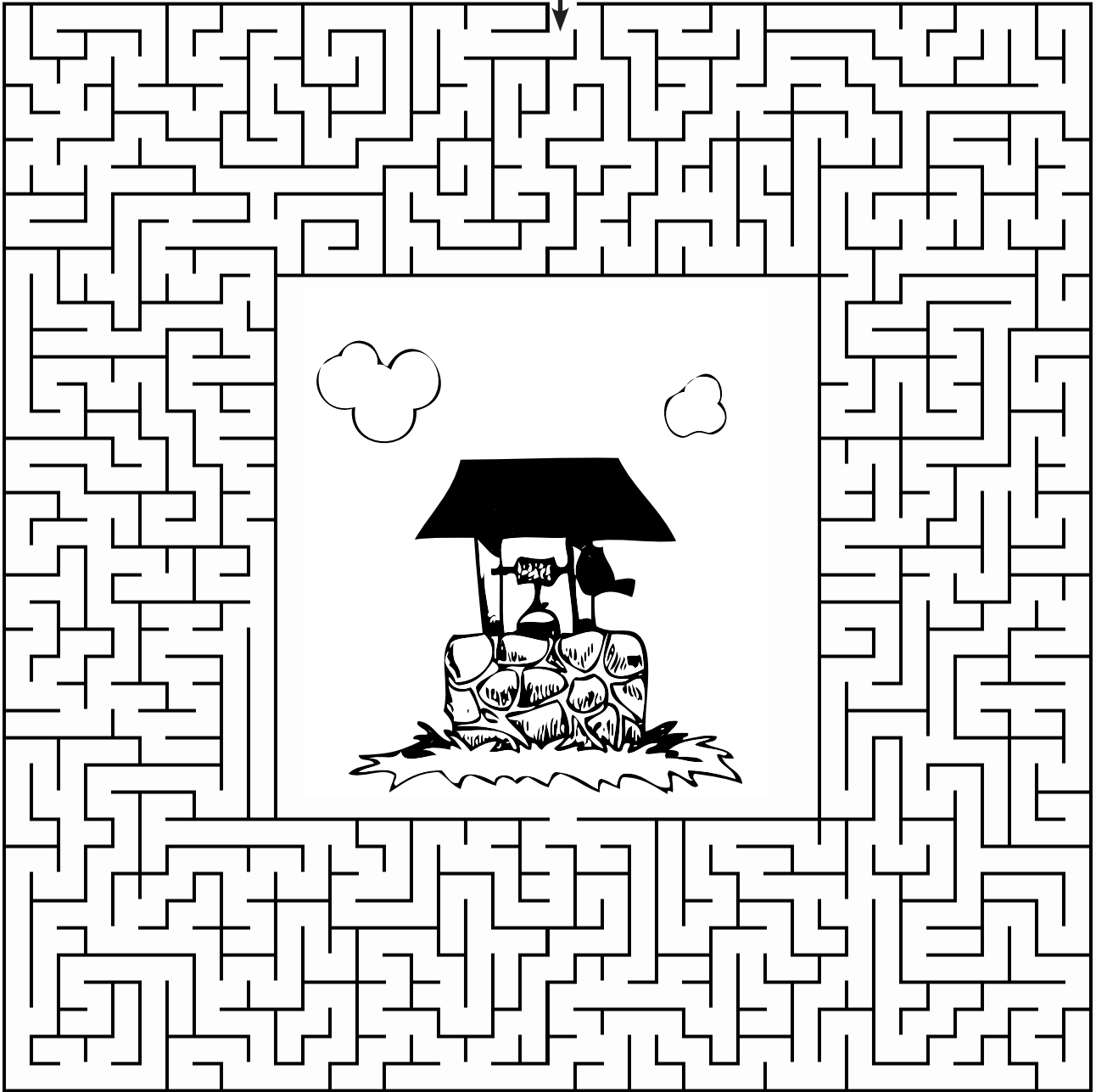


# WATER



**Help the children find the path to the well of water.**

- We need clean water on the outside and the inside.
- Washing our bodies and clothes helps to keep us clean and healthy, removing germs and impurities.
- Drinking water helps to lubricate and cleanse the inside of the body, provides transport in solution for vital substances and helps to regulate the body temperature.
- Water is necessary for our brains to function well. It helps to protect our heart health and helps our endurance levels.
- Always wash your hands regularly, bathe daily and drink 6 - 8 glasses of water a day.