

DRINK YOUR WATER SONG

(Sung to the tune of "The Itsy Bitsy Spider")

Drink, drink your water (pretend to drink water)

When you're hot or cool.

Drink it at home (pretend to drink water)

And drink it at school.

Drink it in the morning (hold hands over head like sun)

And drink it at night. (pretend to sleep)

Drink, drink your water, (pretend to drink water)

So your body works right.



For more activities, visit eathealthybeactive.net