

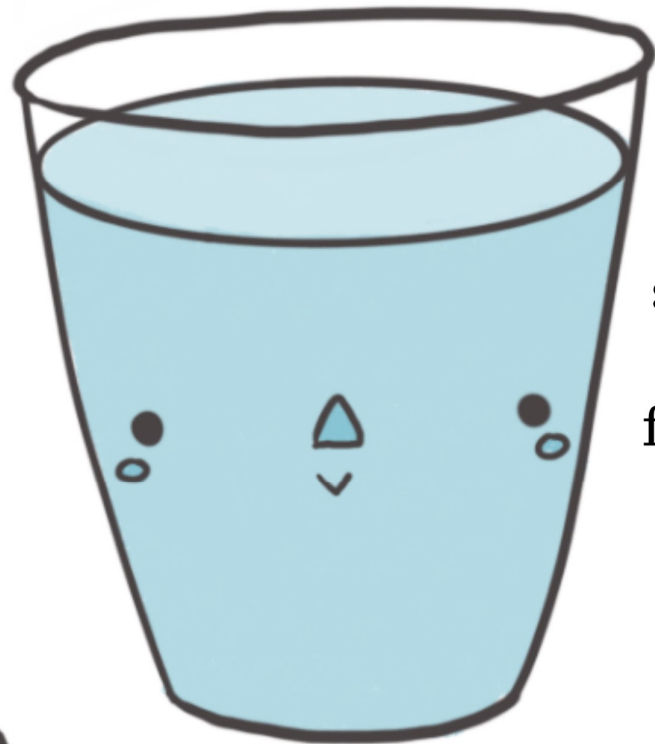
how to make your water fun



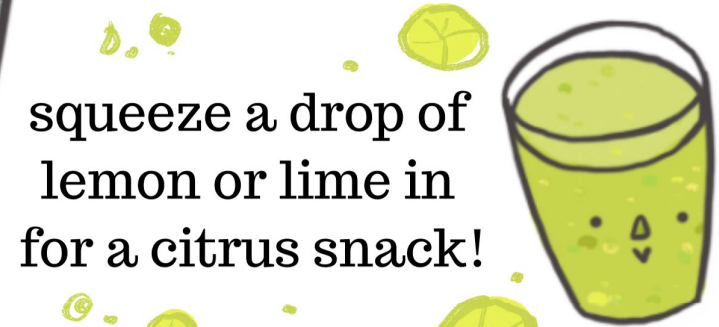
add some tasty berries for a fruity treat



stir in some fresh mint for a refreshing sip

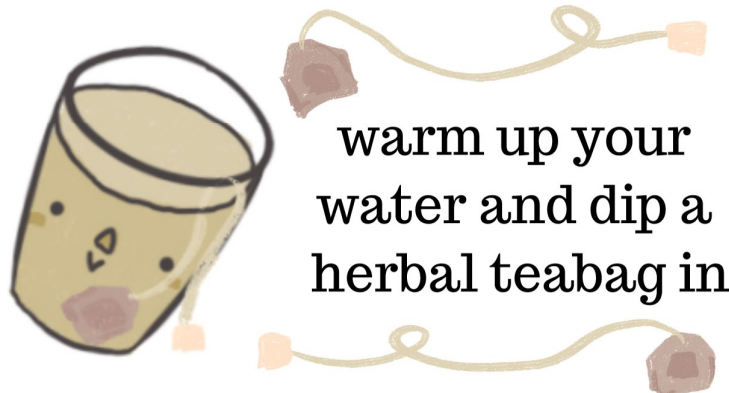


use curly straws and watch the water swirl!



squeeze a drop of lemon or lime in for a citrus snack!

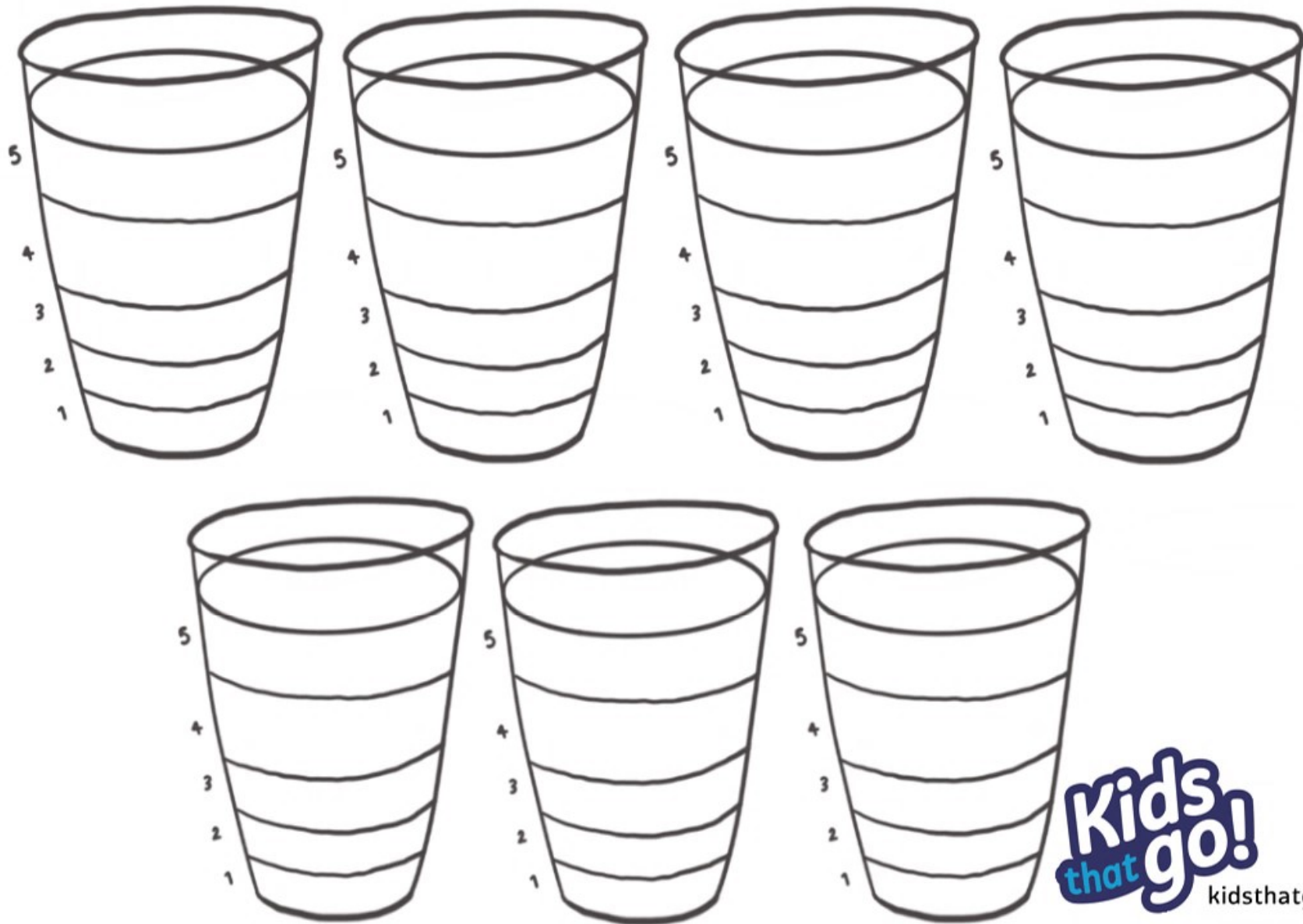
put in some ice cubes to make a chilly drink



warm up your water and dip a herbal teabag in



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Avoid sipping or drinking from a bubbler, instead drink 250ml of water 5 times a day. When you do have a drink, colour in one section of the cup. At the end of the week, all the cups should be full!