



Drinking water is -

Simple

Healthy

Cheap

Quenching

No calories

Contains no sugars

Doesn't damage teeth

Helps concentration

Improves behaviour

Makes you less tired

**Don't like the taste of plain water,
try sparkling water or add a slice
of lemon or lime.**



Kidney Kids Scotland

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Assembly link



**Let's encourage
water drinking
together!!**



**Pupil led
Drink in class**

Drink 1/3 bottle before break

Drink 1/3 bottle before lunch

Finish Bottle before home

**Daily reward for those finishing their
bottle - for example DOJO points**



Extra Challenge

**Make it a good habit
and continue for two months**



**DRESS IN BLUE AND
YELLOW ON A DRESS
DOWN DAY AND DONATE
£1 TO KIDNEY KIDS
SCOTLAND
WORLD KIDNEY DAY
14TH MARCH 2024
(THIS IS JUST A SUGGESTED DATE)**



**CREATIVE CHALLENGE ...
CREATE & DRAW YOUR
OWN SUPERHERO!
-POWERS ACTIVATED BY
DRINKING WATER
-MUST BE BLUE AND
YELLOW
SCHOOL PRIZE FOR WINNER**



Teachers Input

**Encourage the children
to go the toilet at break
and lunch.**

**Daily rewards for
example - dojo points
for those finishing their
bottle.**



**Take the extra
challenge encourage
for two months!!!**