

The happy water families game!

Card game - 2 to 6 players

Objective: Collect the greatest number of water families (cards in the same series) and have the fewest cards in your hand.

Cut out the 42 cards below. There are 7 families, each with 6 cards numbered from 1 to 6. You just need a large glass of water per player and you are ready to go!



How to play ?

To begin, shuffle and deal 6 cards to each player; do not look at the cards.

The other cards are placed in a stack in the centre. The players can then look at their cards.

1.

The player to the left of the dealer plays first. They ask any player for a card they are looking for. If the player who is asked the question has this card, then they must give it to the first player. The first player can then play again by asking any player for another card. If the player who is asked the question does not have the card, the first player must then pick a card from the central stack of cards. The turn passes to the next player on the left...

In the family of Dehydrateds, do you have character N°3?



2.



3.

Oops!



A player can only ask for a card if they already have at least one character in that family.

... except if the card taken from the central stack is the card the player was looking for. In this case, the player shouts 'lucky dip!', drinks a mouthful of water and is allowed to play again. Be careful: if you forget to drink some water, it is the end of your turn and the player to your left can take (without looking) a card from your hand.

4.

When a player has collected a whole family (all 6 cards), they must put the cards down in front of them and drink a victory mouthful of water. If the player forgets to drink some water at this point, their turn is finished. The game continues until there are no more cards in the centre. The player with the most families in front of them is the winner. The position of the other players is decided by counting the number of cards in each hand – the fewer cards in their hand, the better their position!



1. THE SOURCES

The different sources of water



WATER FOUNTAIN

It can be found
anywhere, at school
or in the street!

2. THE SOURCES

The different sources of water



STILL BOTTLED WATER

It comes in many
forms and flavours!

3. THE SOURCES

The different sources of water



TAP WATER

It is safe to drink
in most countries

4. THE SOURCES

The different sources of water



FIZZY BOTTLED WATER

Full of bubbles
to add excitement to life!

5. THE SOURCES

The different sources of water



UNSAFE RIVER WATER

Be careful,
it is often polluted!

6. THE SOURCES

The different sources of water



NATURAL SPRING WATER

It comes to us fresh
from the earth!



1. THE JUGGLERS

The right balance of water in the body



**FOOD
GAINING WATER**

Cucumbers
are 95% water!

2. THE JUGGLERS

The right balance of water in the body



**LIQUIDS:
GAINING WATER**

Drinking water
is the best way
to hydrate your body

3. THE JUGGLERS

The right balance of water in the body



**SWEAT:
LOSING WATER**

A sportsperson loses
a lot of water
through sweat

4. THE JUGGLERS

The right balance of water in the body



**URINE:
LOSING WATER**

The main cause of water
loss from the body

5. THE JUGGLERS

The right balance of water in the body



**EXCREMENT:
LOSING WATER**

Stools also contain
water!

6. THE JUGGLERS

The right balance of water in the body



**EXHALING:
LOSING WATER**

When you breathe out,
you release droplets
of water



1. THE DEHYDRATEDS

The signs of dehydration



SENSATION OF THIRST

The most well-known sign of dehydration!

2. THE DEHYDRATEDS

The signs of dehydration



DARK URINE

Oops, it is high time you drank some water!

3. THE DEHYDRATEDS

The signs of dehydration



DRY MOUTH

You are not producing enough saliva...

4. THE DEHYDRATEDS

The signs of dehydration



DRY EYES

If you are crying without tears, that is even worse!

5. THE DEHYDRATEDS

The signs of dehydration



HEADACHE

A glass of water will help relieve it.

6. THE DEHYDRATEDS

The signs of dehydration



UNUSUAL TIREDNESS

Water can also recharge your batteries!



1. THE BENEFITS

The benefits of hydration



HEALTHY AND ACTIVE

The body is in better health and you feel more active!

2. THE BENEFITS

The benefits of hydration



HEALTHY KIDNEYS

To get rid of toxins and waste in your body through urine

3. THE BENEFITS

The benefits of hydration



REGULATED TEMPERATURE

You can heat up or cool down your body by drinking water

4. THE BENEFITS

The benefits of hydration



BETTER MEMORY

Can you remember when you last had a drink of water?

5. THE BENEFITS

The benefits of hydration



INCREASED CONCENTRATION

It is easier to learn and play if you drink frequently!

6. THE BENEFITS

The benefits of hydration



BETTER PHYSICAL PERFORMANCE

Remember to drink water before you play any sport, you will perform better!



1. THE GOOD REFLEXES

Drink water before you feel thirsty



WAKING/SLEEPING

A mouthful when you wake up, a glassful before you go to bed

2. THE GOOD REFLEXES

Drink water before you feel thirsty



REGULARITY

Drink water throughout the day, every day

3. THE GOOD REFLEXES

Drink water before you feel thirsty



WATER: THE N°1 DRINK

Sugary drinks cannot replace water, which is natural and calorie-free

4. THE GOOD REFLEXES

Drink water before you feel thirsty



SHARING

Tell your family and friends to drink water too!

5. THE GOOD REFLEXES

Drink water before you feel thirsty



ADAPTING

Drink more water when the weather is hot, or even when it is not hot

6. THE GOOD REFLEXES

Drink water before you feel thirsty



PLAYING SPORT

Drink water before, during and after playing sport



1. THE PLAYERS

Joyful water drinkers



CHEERS

Say 'cheers' with your glass of water before drinking

2. THE PLAYERS

Joyful water drinkers



FLAVOURING

Make it that bit fancier with a slice of fruit!

3. THE PLAYERS

Joyful water drinkers



PERSONALISING

Decorate your water bottle!

4. THE PLAYERS

Joyful water drinkers

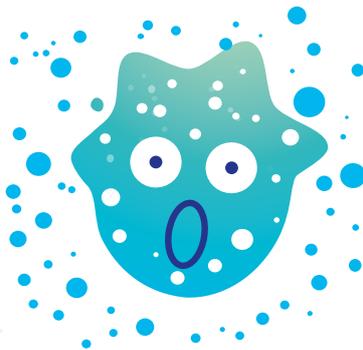


EXPERIMENTING

Try anything: fruit, herbs, spices...!

5. THE PLAYERS

Joyful water drinkers



DISCOVERING

Have you ever tasted sparkling water?

6. THE PLAYERS

Joyful water drinkers



FREEZING

Add ice cubes to your drinks in summer!



1. THE CAREFULS

Those who are always ready to hydrate



SPORTS BAG

With a bottle of water in your bag, you will run even faster!

2. THE CAREFULS

Those who are always ready to hydrate



IN CLASS

A quick mouthful of water before you enter the classroom

3. THE CAREFULS

Those who are always ready to hydrate



IN THE CAR

Drink mouthfuls of water from time to time

4. THE CAREFULS

Those who are always ready to hydrate



WITH FRIENDS

A glass of water before you go and play!

5. THE CAREFULS

Those who are always ready to hydrate



CYCLING

A glass of water, and you are off!

6. THE CAREFULS

Those who are always ready to hydrate



AT THE CINEMA

You can take a bottle of water to drink during the film!

