


The Hydration Song!

All children like ditties which stay in your mind and delight adults! An educational song, ideal for an English lesson, with good hydration as its theme.

So, all together, in English!

Issue: learn by singing and miming signs of dehydration, to establish the message "drink before you're thirsty". Listen to the song, and learn the words through memorising movements. It's the opportunity to create a real group choreography!



Chorus (x2)
Water, drink it everyday hey
 Monday to Sunday
 Tell your friends about it, **water**
Water, before you are **thirsty**,
 That's when you need it
 Go and **sip on water**, all day

Daddy, my pee is super yellow!
 It's because **you're not well hydrated**
 You need to **drink some water!**




Chorus
Water, drink it everyday hey
 Monday to Sunday
 Tell your friends about it, **water**
Water, before you are **thirsty**,
 That's when you need it
 Go and **sip on water**, all day

Interlude
 Don't wanna feel **dehydrated**,
Drink before you're **thirsty** yeah
Sipping water through the day
Nothing better yay yay yay



Make sure to always have water at hand

If you're **not feeling good**
 And you're having a **headache**
 Maybe all that you **need**
 Is a **glass of water**
 Daddy I'm **feeling tired**
 And **my mouth is dry**
 Do you know what you need?
Water!



Dad I think that I'm **hungry**
 But my **belly is full**
 Maybe all that you need,
 Is a **glass of water**
 I'll take a **bottle** with me
Everyday at school
 There's nothin' cooler
 Than to have your **water**



Chorus
Water, drink it everyday hey
 Monday to Sunday
 Tell your friends about it, **water**
Water, before you are **thirsty**,
 That's when you need it
 Go and **sip on water**, all day

