

Word search!

Find the 12 words hidden in the puzzle...

... discover the 6 signs of dehydration!



So you can take better care of yourself!



That way, you will know if you need to drink more water!

... and discover 6 good reasons to stay hydrated throughout the day

The words are written horizontally or vertically.

Watch out, some follow each other without a space! (GLASSOFWATER and not 'glass of water')

C	T	M	C	L	X	Y	B	J	N	N	K	C	Q
D	T	E	M	P	E	R	A	T	U	R	E	O	U
A	W	R	H	I	O	T	E	P	O	H	W	N	P
R	S	J	C	H	Y	S	Y	B	D	E	E	C	Q
K	W	M	P	T	H	I	R	S	T	A	M	E	Z
U	K	I	D	N	E	Y	S	G	M	D	E	N	X
R	U	A	C	V	Q	V	X	A	R	A	M	T	K
I	C	S	F	G	O	K	Q	F	G	C	O	R	J
N	K	P	Q	A	S	B	H	V	K	H	R	A	I
E	S	O	D	Z	F	R	T	O	S	E	Y	T	B
T	I	R	E	D	N	E	S	S	R	A	J	I	R
V	X	T	F	A	B	F	U	I	T	J	Y	O	A
T	M	O	S	D	R	Y	M	O	U	T	H	N	I
D	R	Y	E	Y	E	S	O	F	V	Q	M	E	N

The signs of dehydration

Thirst

Feeling thirsty is your body's main alarm signal



Dark urine

If your pee is a dark colour, this is a sign that you should drink more. The best way to see if you are drinking enough is to look at the colour of your urine: if it is a light colour and slightly yellow, then everything is fine!



Tiredness

If you feel tired, then maybe your body is slowing down because it needs water...



Headache

If you can feel a headache coming on, this may be a sign your body lacks water.

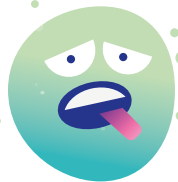


Dry eyes

Do your eyes feel dry or do you need to blink often? Drink some water and observe the result!

Dry mouth

Do you feel as if you have a dry mouth, that you don't have enough saliva and your lips are dry too? These are signs of a lack of water!



The benefits of proper hydration

Sport

You lose a lot of water through sweat and breathing when you practise sports. It is important to make sure you are well hydrated before, during and after any sporting activity. So drink a mouthful of water and kick off!



Brain

Drinking water frequently allows your brain to function properly! You are at your best and in a good mood every day... Can you feel the difference?

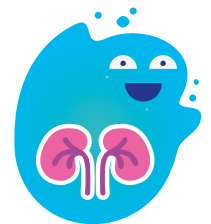


Memory

You will remember things better if you drink water regularly. Are you ready to make more memories?

Concentration

When your brain is working more efficiently, you will concentrate better at school and when playing sports or games. You will understand what you see and hear better. You will be winning in all kinds of ways!



Kidneys

The kidneys are 2 small organs that clean up inside your body, and it is the water you drink that helps them do this efficiently!

Temperature

Drinking water helps regulate your body's temperature, to make you warmer or cooler. Just ask for a glass of water if you feel too hot or too cold!

