

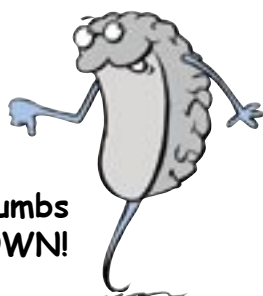
H₂Ohhhhh! Activity / Primary Elementary

This episode of The OrganWise Guys needs to get some publicity. Please draw a picture of your favorite part of the show for your local paper. Write a sentence explaining the picture. Then circle Sir Rebrum's *Thumbs Up* or *Thumbs Down* to rate this episode.

Circle your rating:



Thumbs UP!



Thumbs DOWN!

Movie Critic/Reviewer (print your name here)





The Kidney Brothers®

The Kidney Brothers are like a water treatment plant. They need water to function at their best. You need to drink **AT LEAST 6** glasses each day. Monitor your intake this week by drawing a circle around a glass each time you drink WATER. When it comes to quenching thirst and choosing a low calorie drink, nothing compares to H₂O! At the end of the week, sit down with an adult in your family and answer the questions below.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1. How many total glasses of water did you drink this week?
2. Do you feel that you drank enough water this week?
3. What day did you drink the least amount of water?
4. Why do you suppose that was?
5. One way to get the day started is to drink a glass of water first thing in the morning. Do you do that?
6. What else can you do as a regular habit to be sure you get enough water?