

Activity Book



WATER

It's the **healthiest** choice!

Hi, I'm Wally the Water Droplet!

I'm made of water, just like you, so I need to stay hydrated. Drinking plenty of water gives me energy to play outside with my friends and to do well in school. Come on, fill up your bottle with water – it's the coolest!



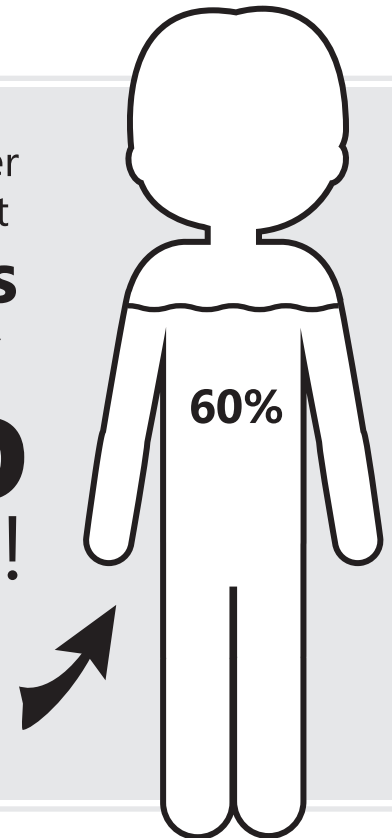
Fun Facts!

Did you know that you need water to survive?

- Water is so important: it's in every cell of our bodies.
- Water helps us digest our food so we can have energy to play!
- Water helps keep our mouths and noses from getting too dry.
- Water keeps our joints lubricated so we can move and bend
- Our brains need water so they can function properly – so we can think and learn!
- Water flushes out waste to keep us from getting sick.

Wally is made of water but did you know that **your body is 60% water too!**

Color in the area below the line to see how much of your body is made of water



Word Search

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

Find the bold words below in the puzzle above

HYDRATION – the addition of fluid (water) into the body

TAP – a water bottle filling station where people can get safe drinking water

WATER – a colorless and transparent liquid that all life needs to survive

ENERGY – strength needed to play and learn

SUGAR – a sweet substance used as a sweetener in food and drink

SWEAT – moisture (water) that leaves your body through the pores in your skin

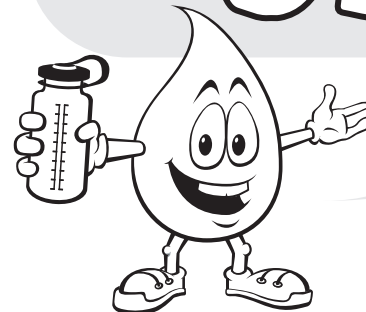
COOL – awesome, fresh, fun

HEALTHY – in good health; not diseased

Secret Message

Color in the letters with a dot inside to find out what Wally is trying to say

W a b t p e r q
R j i f s t b f e
M f a i l x q
C o j l g l
X g r m n h u

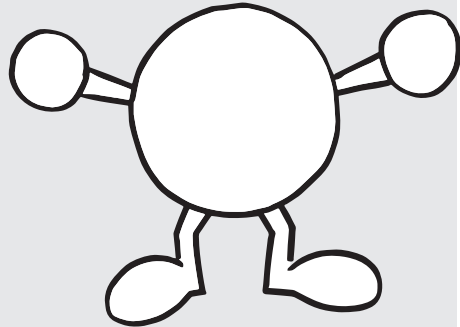


Draw Wally

Draw your own Wally in the space below

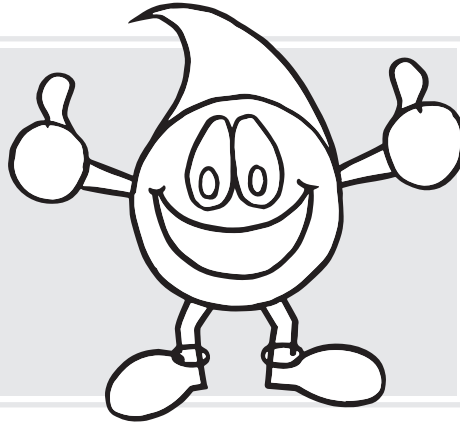
Step 1

With a pencil, lightly draw the basic shapes. Don't press too hard, you will be erasing them later.



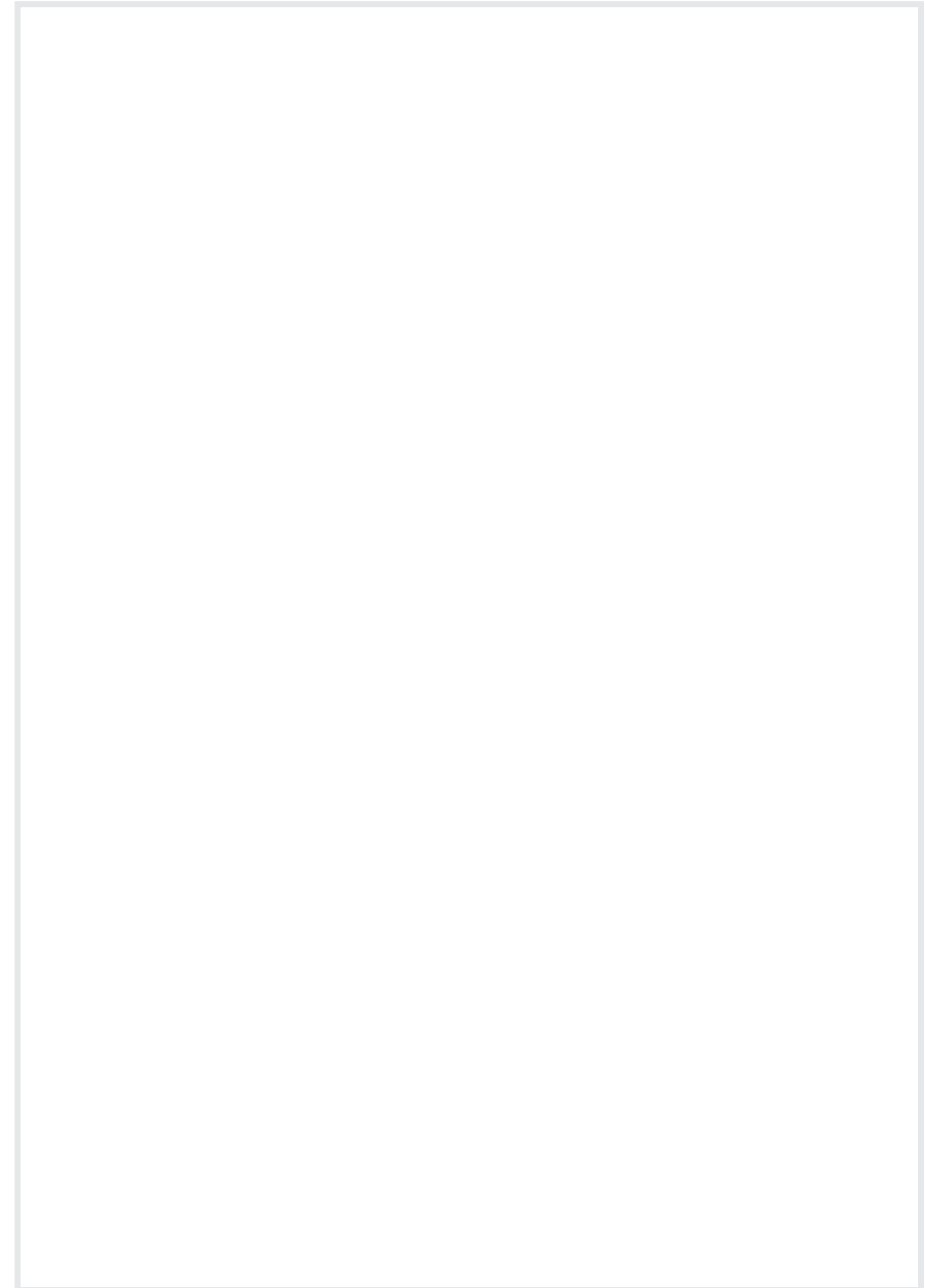
Step 2

Lightly add more shapes over the ones you started in step 1. Give him eyes, a mouth, thumbs and ankles.



Step 3

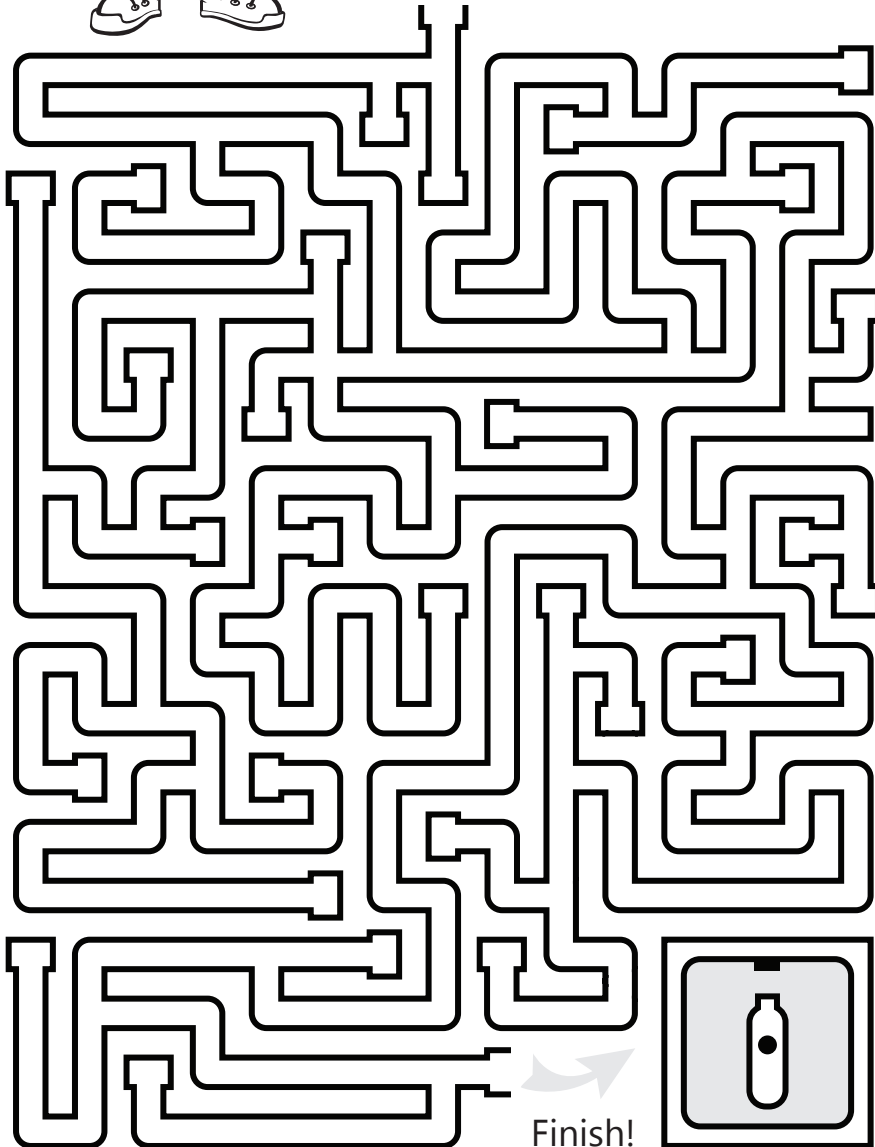
Now use a marker or crayon to add the details. Trace the lines you want to keep and erase the ones you don't.



Maze

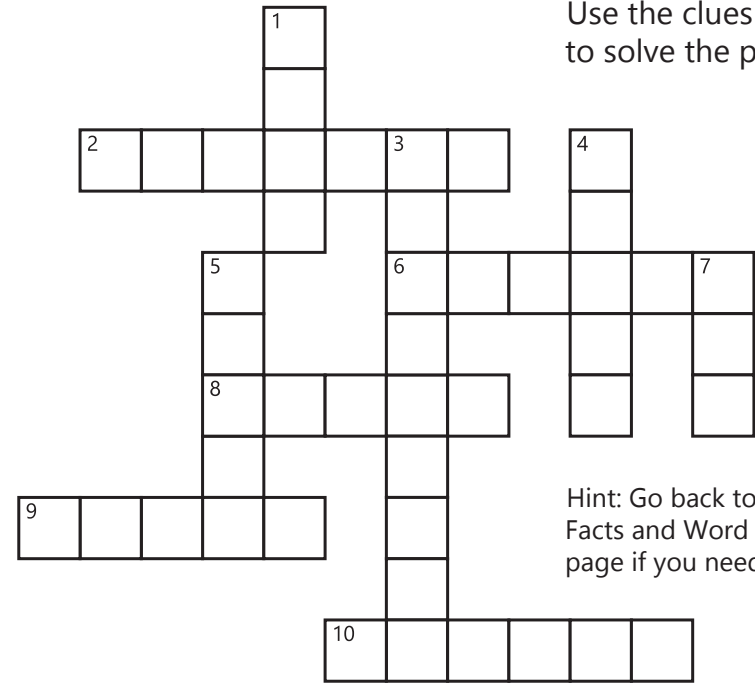


Help Wally find his way through the pipes to the water bottle filling station



Crossword

Use the clues below to solve the puzzle.



Hint: Go back to the Fun Facts and Word Search page if you need help

ACROSS

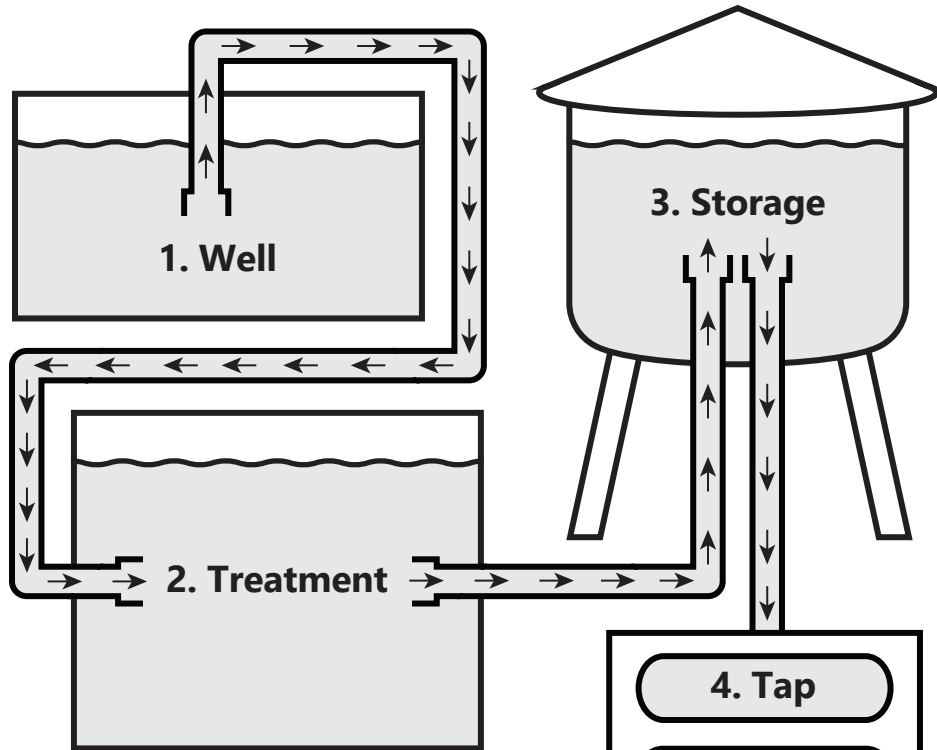
2. In good health; not diseased
6. Water helps us _____ our food
8. A sweet substance used as a sweetener
9. Your body is 60% _____
10. Strength needed to play and learn

DOWN

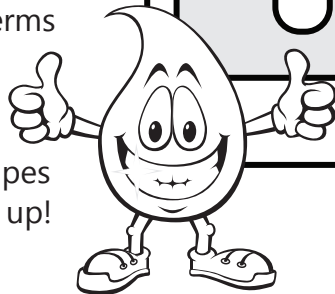
1. Water is in every _____ of our body
3. The addition of fluid (water) into the body
4. Moisture (water) that leaves your body through the pores in your skin
5. Water flushes out _____ to keep us from getting sick
7. A water bottle filling station

Water's Journey

Water travels a long way to get to your tap!



1. Water is pumped out of the ground by large wells
2. The water is treated to take out the bad stuff like dirt and germs
3. The clean water is stored in special water towers
4. The water travels through pipes to the tap where you can fill up!



Answers

See below for the answer to each activity. Don't look until you've tried your best to figure it out on your own.

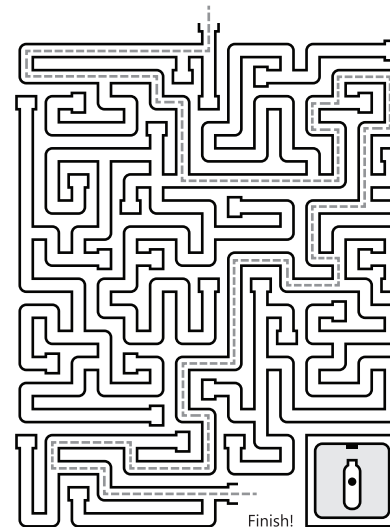
WORD SEARCH

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

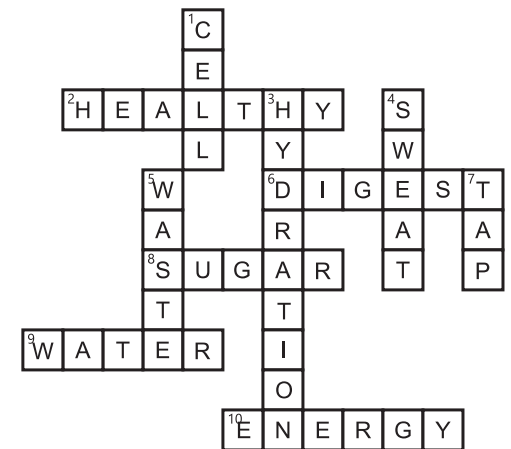
SECRET MESSAGE

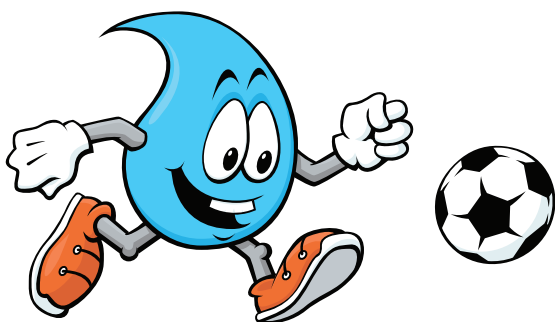
Walt Per
RJiFstBfe
MfajLgLi
CmtodLi
x9RmHU

MAZE



CROSSWORD





Draw your friends and you playing with Wally!



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