

## How many glasses should you drink everyday?

Our bodies need lots of water to stay healthy and function properly. The amount of water you need to drink depends on the age, size, season, whether or not you do sport activities.

It is recommended that children drink at least 1 liter of water per day. How will the children know how much 1 liter water really means? How many cups should they drink everyday?

Here is an experiment for them to visualize and remember how many glasses they have to drink every day!

You will need:

- 1 litre bottle
- Drinking / potable water
- Your child's cup /glass, that they use to drink everyday

What to do...

- Fill the 1 litre bottle with water and ask your child to pour the water into their glass /cup.
- Now count how many times they had to fill up their cups until the bottle is all empty.



Now the child can see that they have to drink X cups a day to keep their body healthy.



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