

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Hydration Day

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

ice lollies  
dry skin  
bladder  
thirst  
water

sunken eyes  
headaches  
custard  
drink  
milk

vegetables  
hydration  
kidneys  
fruit  
soup

confusion  
tiredness  
coffee  
jelly  
tea

dizziness  
urination  
squash  
juice