

# CHILDREN AND YOUNG PEOPLE

## ACTIVITY PACK EIGHT

### IN THIS PACK:

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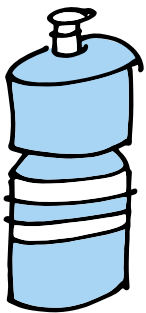
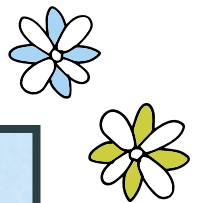


**MORE** Life

# WHAT'S IN MY DRINK?



Sometimes it can be hard to drink enough water but come and learn from the scientists about why we need water and help them show how much our body needs each day.



 **WATER**

**TOP TIP**

DRINK YOUR RECOMMENDED AMOUNT OF WATER THROUGHOUT THE DAY AND NOT ALL AT ONCE.





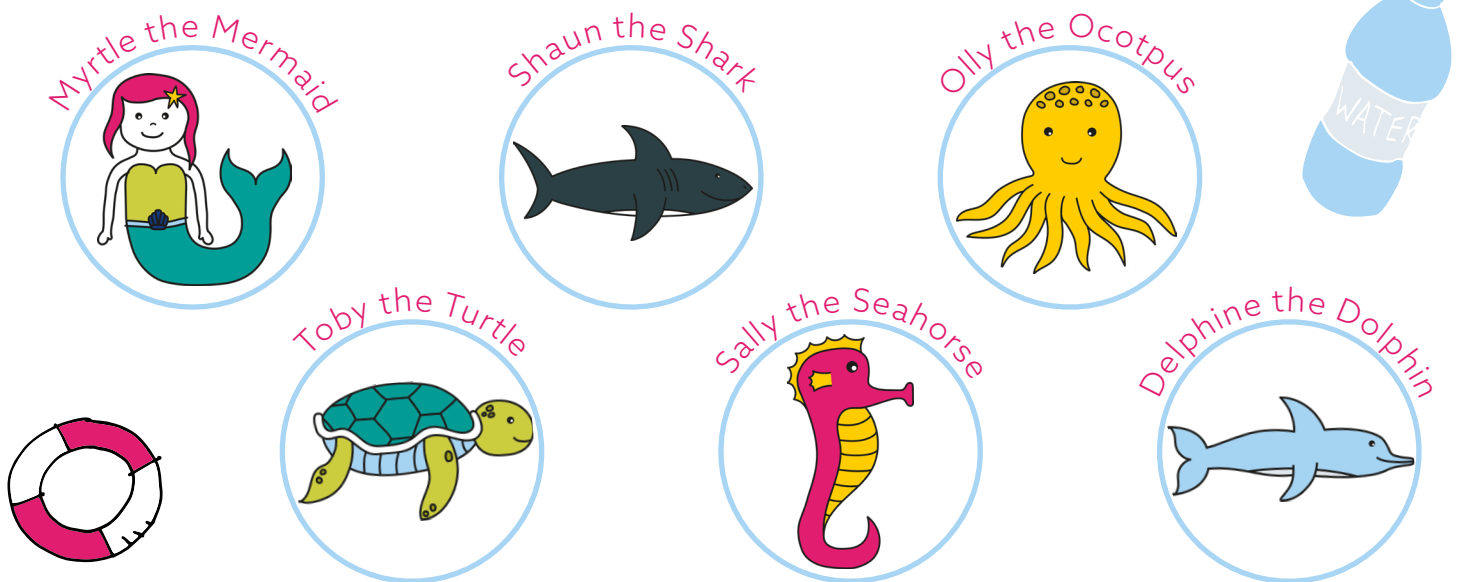
# DRINKING WATER

As we've learnt, drinking water is very important for us. With your family, see how much water you can drink every day with the help of our water drinking chart.

Hi to you all from the scientists. So far, we have learnt lots of cool facts about water, and now it's time to see if you can put what you've learnt into action.

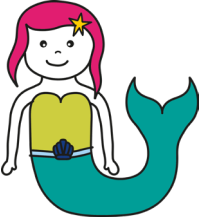













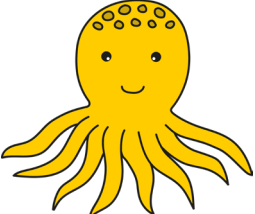






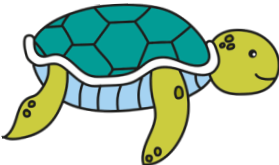















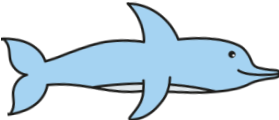






We're setting you and your family a challenge of drinking eight cups of water every day for one week. We've tried this out and it's a great way to keep track of how hydrated you are.

With the help of our water-loving friends, fill out the water drinking chart below with your family.



Each family member should choose which water-loving character they would like to be. Each time you drink a glass of water, enter it into the chart on which character you picked.

Each day you can celebrate which family member has drunk the most water and at the end of the week you will find out the overall winner!

Pick your character	How much water have you drank today?						
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
							
							
							
							
							
							



OLDER CHILDREN AND ADULTS  
NEED TO DRINK MORE WATER.  
USING SMALLER CUPS FOR  
CHILDREN AND LARGER CUPS FOR  
ADULTS WILL HELP EVERYONE  
DRINK 8 GLASSES OF WATER A DAY.



# MAKING A KITE

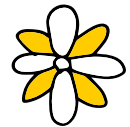


Today, you'll be making a kite. This is a really cool, new skill and you get to decorate it however you would like – think lots of bright colours. And the best bit is, you'll get to see the kite that you made flying in the sky.

Follow the story to help make your own kite, you may need an adult to help.

You will need the following equipment:

- Scissors
- String
- Sellotape
- Colouring pencils or pens



1

**Cut a square with your paper. You may want to use a ruler.**



2

**Fold your square in half to create 2 rectangles. Then open the piece of paper up with.**



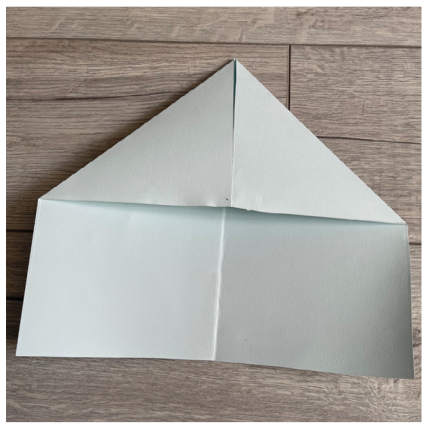
3

**Next, take the top right corner and fold it into the middle line.**



# 4

Repeat step 3 again but with the left corner. You should now have a point at the top of the square.



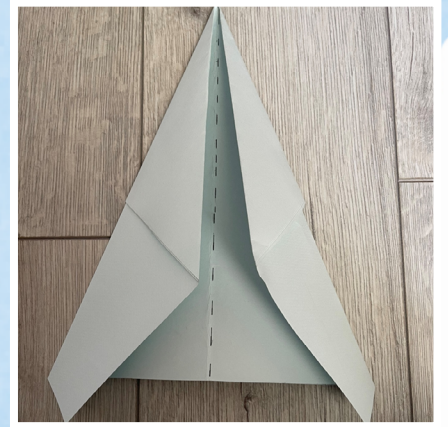
# 5

Turn the paper over and take the right corner and fold on itself, then repeat with the left corner.



# 6

You should still have two points with some paper that overhangs at the bottom.



# 7

Turn the paper over and have the point at the bottom.



# 8

Take the top right corner and fold halfway to the middle to create a point.



# 9

Repeat step 8, but with the left side. Now the paper will overlap in the middle but should look like a kite.



# 10

Unfold the bottom two corners and place the string in the middle, securing it with sellotape.



# 11

Now you can colour in your kite.



# 12

Take your kite outside and watch it fly around in the wind.

