






## Can you act out the following scenarios that can happen in your body when you don't have enough water?

	ACTION	
<p>What happens to the <b>brain</b> when we don't have enough water in our bodies?</p> <ul style="list-style-type: none"> <li>- Can't think</li> <li>- Tired</li> <li>- Moody</li> <li>- Headaches</li> </ul>	<p>Anger</p> <p>Tears</p>	
<p>What happens to the <b>mouth + eyes</b> when we don't have enough water in our bodies?</p> <ul style="list-style-type: none"> <li>- Can't swallow</li> <li>- Thirsty</li> <li>- Dry mouth</li> <li>- Sore eyes</li> </ul>	<p>Eating a mouth full of flour</p> <p>Rubbing eyes</p>	
<p>What happens to the <b>lungs</b> when we don't have enough water in our bodies?</p> <ul style="list-style-type: none"> <li>- Hard to breathe</li> </ul>	<p>Can't breathe,</p> <p>Tight chest</p>	
<p>What happens to the <b>heart</b> when we don't have enough water in our bodies?</p> <ul style="list-style-type: none"> <li>- Heart has to work harder</li> </ul>	<p>Weak movement</p> <p>Shallow breathing</p>	
<p>What happens to the <b>kidneys</b> when we don't have enough water in our bodies?</p> <ul style="list-style-type: none"> <li>- Wee is dark</li> </ul>	<p>Lifting up the toilet lid to discover smelly wee!</p>	
<p>What happens to the <b>stomach</b> when we don't have enough water in our bodies?</p> <ul style="list-style-type: none"> <li>- Hard to digest food</li> <li>- Constipation</li> </ul>	<p>Trying to do a poo that just won't come out!</p>	