







# Hydration charades

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

|  | ACTION   |   |
|--|--|---|
| What happens to the <b>brain</b> when we don't have enough water in our bodies?<br>- Can't think                      - Tired<br>- Moody                                - Headaches            | Anger<br>Tears                                       |    |
| What happens to the <b>mouth + eyes</b> when we don't have enough water in our bodies?<br>- Can't swallow                      - Thirsty<br>- Dry mouth                            - Sore eyes | Eating a mouth full of flour<br>Rubbing eyes         |    |
| What happens to the <b>lungs</b> when we don't have enough water in our bodies?<br>- Hard to breathe   | Can't breathe,<br>Tight chest                        |   |
| What happens to the <b>heart</b> when we don't have enough water in our bodies?<br>- Heart has to work harder  | Weak movement<br>Shallow breathing                   |  |
| What happens to the <b>kidneys</b> when we don't have enough water in our bodies?<br>- Wee is dark   | Lifting up the toilet lid<br>to discover smelly wee! |  |
| What happens to the <b>stomach</b> when we don't have enough water in our bodies?<br>- Hard to digest food<br>- Constipation   | Trying to do a poo that<br>just won't come out!      |  |