

Make

WATER FUN!

refreshing
water!

Water cooler water slide

- Funnel the water from the cooler spout through a toy like Marble Run or a custom made slide. Clean the Marble Run before use.
- Keep tubes in half-pipe form so kids can watch the water flow. Add water wheels, doors, bells, etc., for excitement.
- **Make sure the slide pieces are water tight.** When kids want water have them place their cup at the end of the slide to capture the water.
- Have a parent help with the construction if needed.

Add non-caffeinated herbal tea

- In addition to fruits like lemon, cucumber, berries, and melons, herbal teas can make delicious flavored water. Herbal teas are commonly non-caffeinated and have lots of flavor. Popular non-caffeinated choices are mint, chamomile, and lavender. Keep a batch chilled in the fridge, ready-to-drink!
- Go the extra mile and use wild Maine herbs such as wintergreen, sweetfern, and Labrador tea. These species are common and can be found in most guide books. Take the kids outside and forage for these species.

Silly animal poster

- Have kids bring in a silly picture of their favorite animal drinking water. Make a poster combining all the kids' pictures and hang it by the water cooler.
- During water breaks have kids pick an animal that they want to be while drinking water.



Whimsical bubbler

- Give bubblers imaginative, leading names. Reference books, art, nature, etc. For example:
 - Poseidon's Pool (from Greek mythology)
 - Fountain of Tivoli
 - Maine's Magic Spirit of Life
 - Fountain of Fair Fortune (Harry Potter reference)
 - Big Lizard's Underwater Swimming Hole
- Decorate with indoor plants and holiday lights.

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MaineHealth

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