



Make Drinking Water Fun



MAKE WATER MORE FUN

- **Add ice made from** molds in the shape of animals, numbers or letters.
- **Increase flavor** by adding slices of lemon and orange, melon and mint, cucumber, or frozen berries. Let everyone pick their own flavor.
- **Offer seltzer water** - the sound, look and way it feels can be fun.
- **Allow everyone to decorate their own water bottles**
You can cover the art work with a clear sealant so bottles can be hand washed safely.
- **Use different types of containers or straws**, like a mason jar or colorful reusable straws.
- **Set up an outside water station** so water is there whenever needed without needing to ask.



TIP

Adults can be role models by carrying around a water bottle.