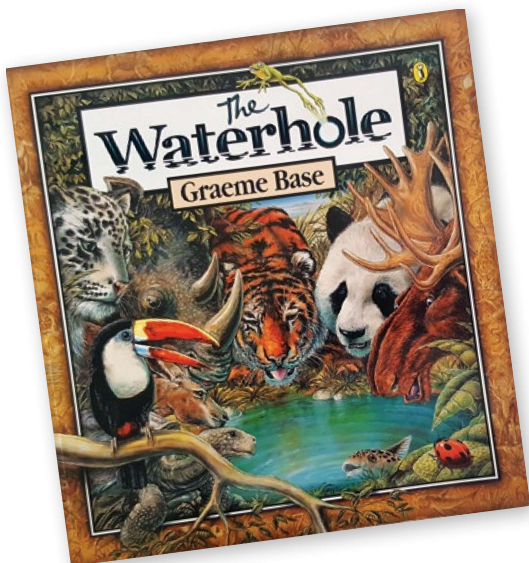


Activity: The animals are thirsty



Key messages for children

- ★ Drinking water (or milk) helps keep your teeth and body healthy.
- ★ Water cleans your mouth.
- ★ When you're thirsty water is the best drink.
- ★ Drink water everyday.
- ★ Tap water has fluoride in it, which makes your teeth strong.
- ★ When you're a big boy or big girl you can drink out of a cup, not a baby bottle.

What you will need

- ★ Toy animals
- ★ Blue card or material – to recreate the waterhole
- ★ *The Waterhole* book

What to do

The children can help their toy animals to drink from the waterhole.

READ *The Waterhole*

Ask children

Talk about what the animals are doing in each picture.

Look the rhino is drinking the water. Look the tigers are drinking the water – they are thirsty. We drink water when we are thirsty.

All living creatures need water. Why do we all need water?

When the waterhole is getting smaller, how do you think the animals are feeling?

What we drink is just as important for keeping our teeth healthy as they are for keeping our bodies healthy.

If you are thirsty, have a glass of water or milk. Don't drink juice or sugary drinks.