

DRAW YOUR FAVOURITE HYDRATION CREATION:

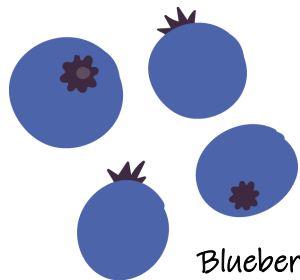
CHOOSE  
**WATER**  
EVERY DAY

Lemon  
Slices

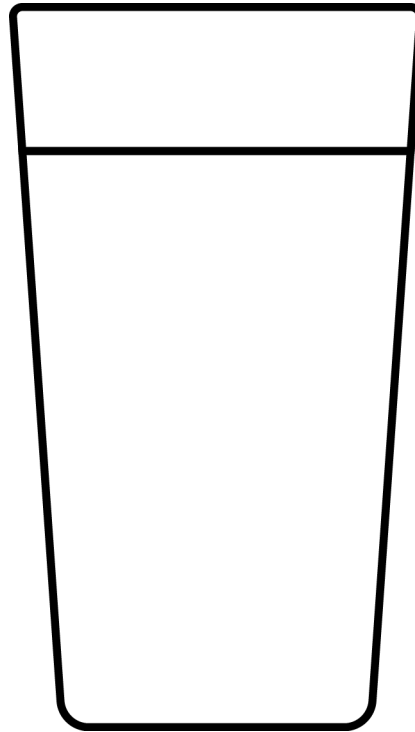


Mint

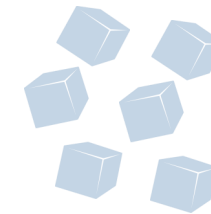
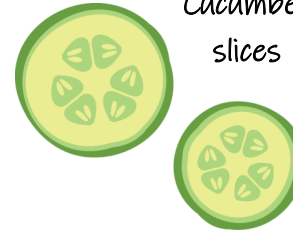
Strawberries



Blueberries

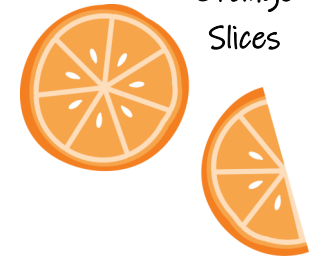


Cucumber  
slices



Ice cubes

Orange  
Slices



Lime Slices



Rosemary

MIX  
& MATCH  
THEM!



What combinations could you try? Flip over for some ideas...

# FIND YOUR FAVOURITE HYDRATION CREATION:

CHOOSE  
**WATER**  
EVERY DAY



A fun glass!



Cucumber  
& Mint



Your  
favourite  
berries!



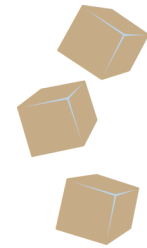
Lemon &  
Lime



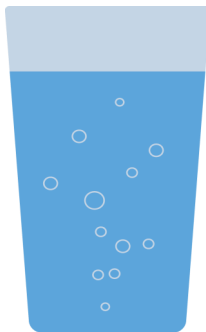
A fun straw!



Ice cubes!



Turn fruit  
juice into ice  
cubes!



Bubbles!



Strawberry  
& mint



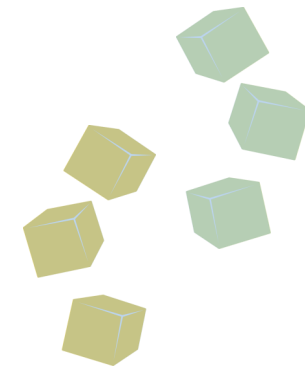
Rosemary &  
Orange



MIX  
& MATCH  
THEM!



Some like it  
HOT!



What other water add-ins could you try?