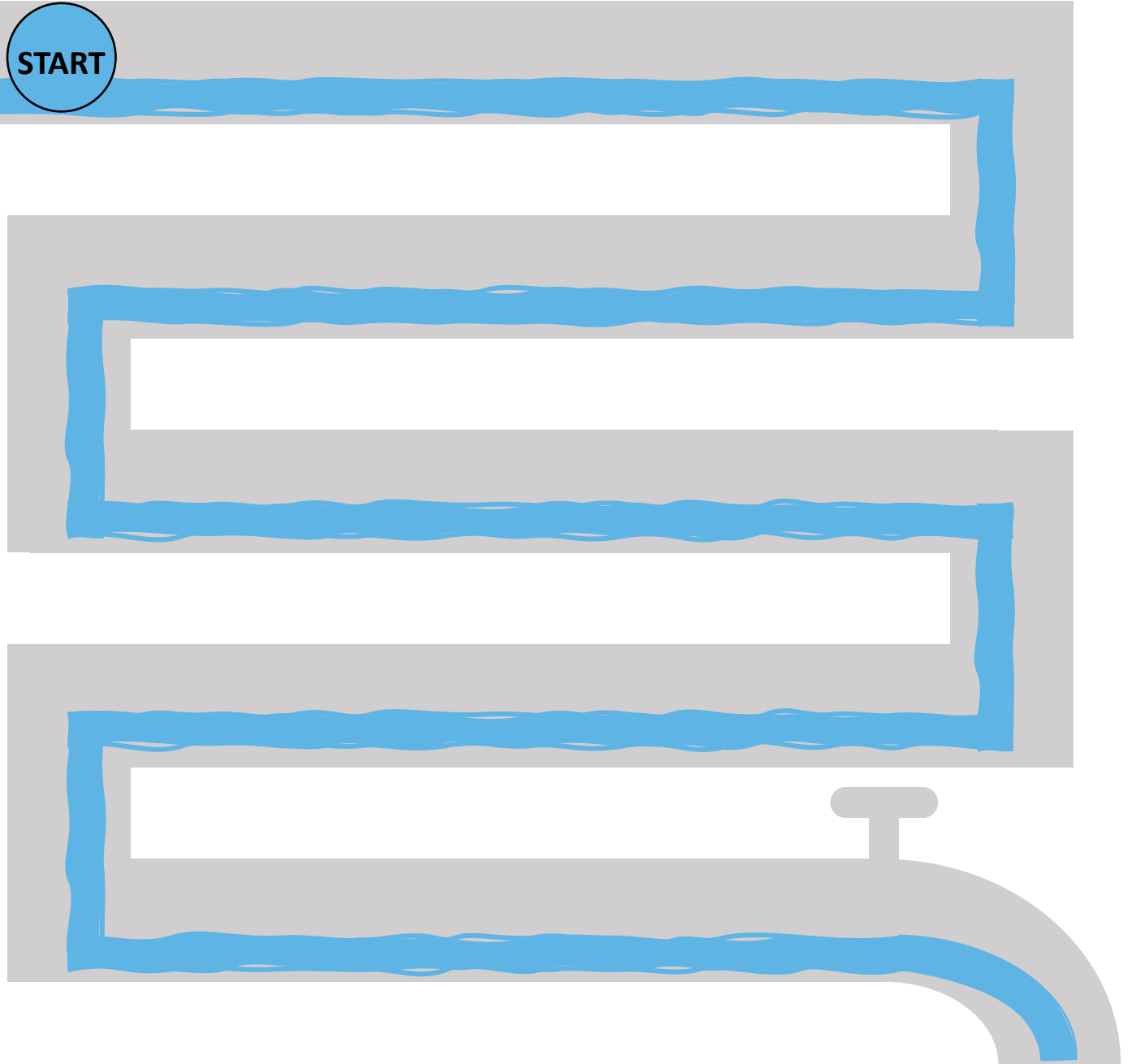


Water maze

It is important to drink plenty of fluids. Not drinking enough can cause dehydration which can make you dizzy or lightheaded and feel tired. Water is a healthy and cheap choice for quenching your thirst at any time. It has no calories and contains no sugars that can damage teeth.



How to play:

1. Print of this sheet or paper and laminate the sheet. If you don't have a laminator you could place the sheet inside a poly pocket
2. Put a single drop of water on to the start position
3. Move the drop of water through the maze. If you go through a line start again

