



water

What do you, trees and a hamster have in common?

You all need water. All living things need water to survive, whether they get it from a tap, a rain cloud, or a little bottle attached to the side of a cage. Without water, your body would stop working properly. Water makes up more than half of your body weight, and a person can't live for more than a few days without it. Why? Your body needs water to do many important jobs. For example:

- Your blood, which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, these tiny cells would die and your body would stop working.
- Water is also in the fluid that is part of your immune system, which helps you fight off illness.
- Water helps keep your temperature normal.
- You need water to digest your food and get rid of waste.
- And you can bet that water is the main ingredient in sweat.

Did you know?

- 71% of Earth is covered with water. It can be found in oceans, rivers, lakes, and even underground.
- Water is also known as H₂O! Each molecule of water has two hydrogen atoms and one oxygen atom. These molecules stick together, forming droplets, streams, and even ice crystals.
- Water can be a solid, liquid and a gas. When it's very cold, water freezes and becomes ice. When it warms up, it melts into a liquid, and when heated even more, it turns into a gas called water vapour.
- Water is very unique! It's one of the few substances that expands when it freezes, which is why ice floats on water.

Joke Corner

Q: How can you tell that the ocean is friendly?
A: It waves

Q: What runs, but never walks?
A: Water

How much water do you need?

Your body doesn't get water only from drinking it. Any fluid you drink provides water. Lots of foods contain water too. Fruit contains quite a bit of water, which you could probably tell if you've ever bitten into a peach or plum and felt the juices dripping down your chin. Vegetables also contain a lot of water – think of slicing into a tomato or crunching into a crisp stalk of celery.

Because water is so important, you might wonder if you're drinking enough. There is no magic amount of water that you need to drink every day. The amount you need depends on your age, body size, health, and activity level, plus the weather (temperature and humidity levels). If you're sick, or it's warm out or you're exercising, you'll need more water. Drink water before, during, and after playing. You can't play your best when you're thinking about how thirsty you are!

When your body doesn't have enough water, it's called being dehydrated. Even mild dehydration can keep you from being as fast and as sharp as you'd like to be. A bad case of dehydration can make you sick. So keep that water bottle handy.

If your pee is very light yellow, you are well hydrated. When your pee is very dark yellow, it's time to drink up.

Reflective Activity Send Water Walking

Visit the **Ontario Science Centre** website for DIY Science Fun. Create a colourful rainbow while exploring the properties of cohesion and adhesion.



Check out these videos about water:

Where does water come from? Ecology for Kids
<https://www.youtube.com/watch?v=ROK7VKkksyc> (4.21 minutes)

Why we must drink water - WonderGrow Kids
<https://www.youtube.com/watch?v=t9MpHES07Os> (3.06 minutes)