

Cut out name and put up this sign to help remember your water bottle.

Water is vital to your health, 70% of our body is made of it!

Drink up! 13% Dehydration can reduce concentration and attention span by

BE SMART CHOOSE TAP WATER Coliban

NAME: \_\_\_\_\_

water bottle? Have you got your

Check your wee to see! Have you had enough water to drink?

Well done, you're drinking enough water!

Good work, have a sip of water

Have a drink of water

Have a big drink of water

You haven't had enough water today. Have a big drink of water now and more over the next hour

For more facts about how you can stay healthy and hydrated visit our website [www.coliban.com.au](http://www.coliban.com.au)

Please Note: This information is provided for education and information purposes only. It is not a substitute for professional medical advice and is not to be relied upon as constituting advice.

LITTLE FLUSH

BIG FLUSH

Use this sign to remember when to use the full or half flush button.

Share a photo of your Water Hero in action at home and we'll send them a cape!

Send photos to [communications@coliban.com.au](mailto:communications@coliban.com.au)

Images will be shared on social media.

Coliban WATER Education

Be a Water Hero!

- Use the half flush for wee
- Keep showers to four minutes or one song
- Reuse lightly used water on the garden
- Turn the tap off when you brush teeth
- Make tap water your main drink

Families: Our education program encourages children to become a **Water Hero** by using water carefully and making tap water their main drink.

Please help children to cut out the reminder signs, place signs up at home and talk about water. More tips on our website.

Would your child like a Water Hero cape? Check the last page for details.