

SKILL BUILDING NO. 13

Body Balance



2 minutes

Water is essential for life. But, nearly 50% of students are dehydrated during the school day. You might go long periods without drinking water to avoid the bathroom. It's hard to get to the restroom during passing time when you also need to get to your next classroom, talk to friends, stop by a locker, run to speak to a teacher, or stop into an office. And schools often give very limited bathroom passes during class times.

However, avoiding drinking water can have significant consequences. Dehydration affects your thinking, energy, attention, and focus. It affects how you socialize, your mood, and your mental health. It also affects your physical health - dehydration makes your heart work harder and slows your pace and reaction times.

We don't pretend to have the magic solution to balance passing time and drinking water while staying in class. But, you can choose to drink more water and sacrifice one passing time to run to the restroom. You can also use this chart to mark off your water intake.

Date:



Date:



Date:



Date:



Date:



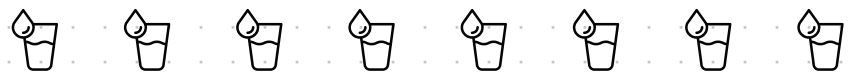
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