

Name: \_\_\_\_\_

**Builder-Upper:  
I Am Healthy!**

**Bingzy says, "Drinking water  
is good for you."**

## READ & DISCUSS

Bingzy has some good advice.  
He may have to say it twice.  
Drink plenty of water every day.  
It helps to keep the doctor away!

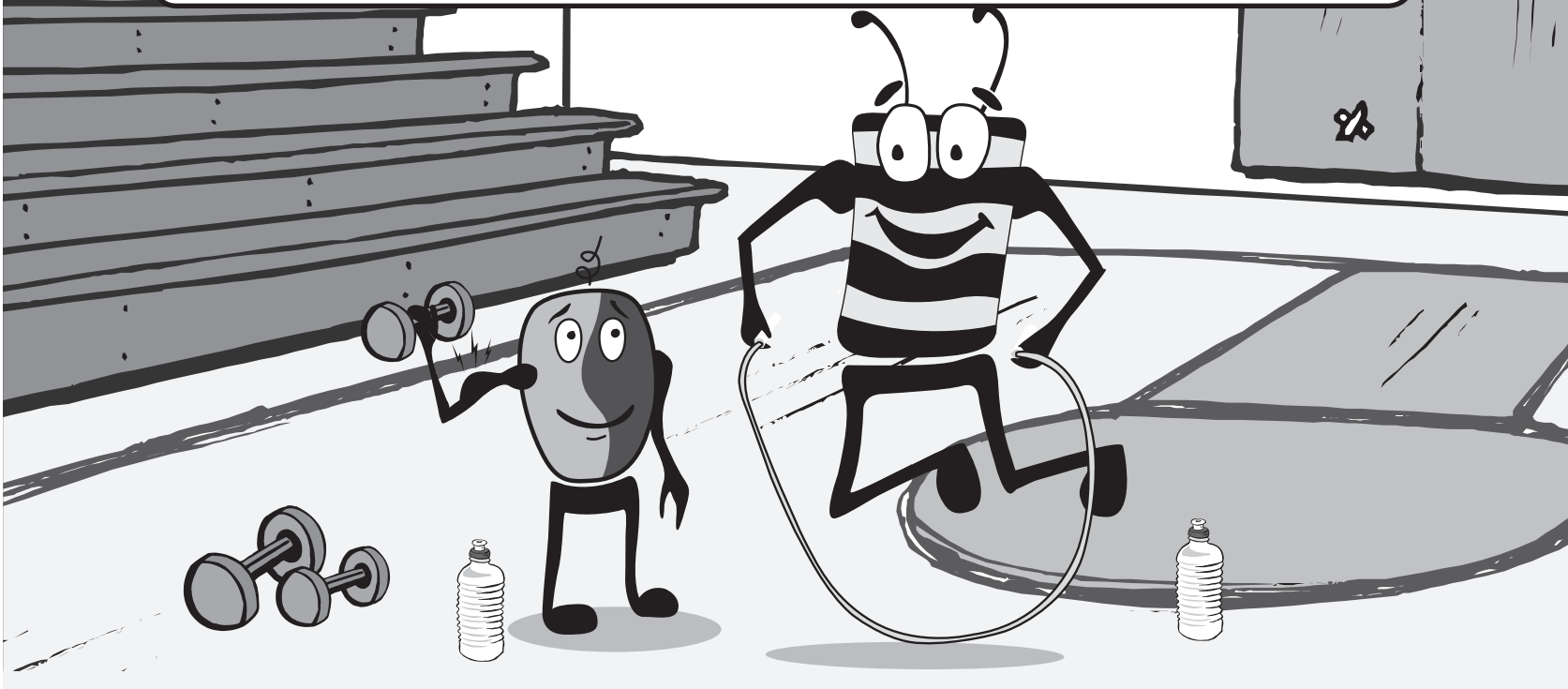
When you run and exercise,  
Drinking water is really wise.  
It will boost your energy.  
It's what you need, I guarantee.

**Watermelon and cucumbers have a  
high percentage of water.**

**What other things can you eat or  
drink that will give your body water?**

**If you don't know any, ask your  
teacher or parents for ideas.**

**What exercises do you do?**



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BUILDING SELF-ESTEEM. ONE CHILD AT A TIME.  
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**That's  
BINGZY!**

Let's Talk About It - Discuss & Do Activities