



## Learn about and record how much water you drink



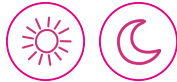
The average camel can drink 200 litres of water in 3 minutes. Find out how much water you should be drinking and record your daily intake for a week. Did you do better or worse than you thought?

### Activity Type



**Age**  
5 - 7  
7 - 11  
14 - 18

### Time



**Subject**  
Wellbeing

### Environment



### Price



**Soft Skills**  
Accountability  
Observation  
Responsibility  
Self motivation

