

At the daycare, the children finish their gymnastics exercises, and each take their water bottle to hydrate.





However, Matheo refuses to touch his bottle: Since it's not summer, I don't need to drink water.

Myriam has an idea.

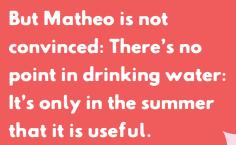




Mr.Funwater approaches
Matheo and says:
You know how important
it is to drink water
after exercising?



Mr.Funwater has an idea: Kids, how about we go on a trip? Let's discover why drinking water is important at all times of the year.







Mr.Funwater invites Myriam and the children to hop onto his magic carpet. This carpet allows you to travel through space and time. Hold on tight and open your eyes wide.

"Wow! respond all the children in unison.



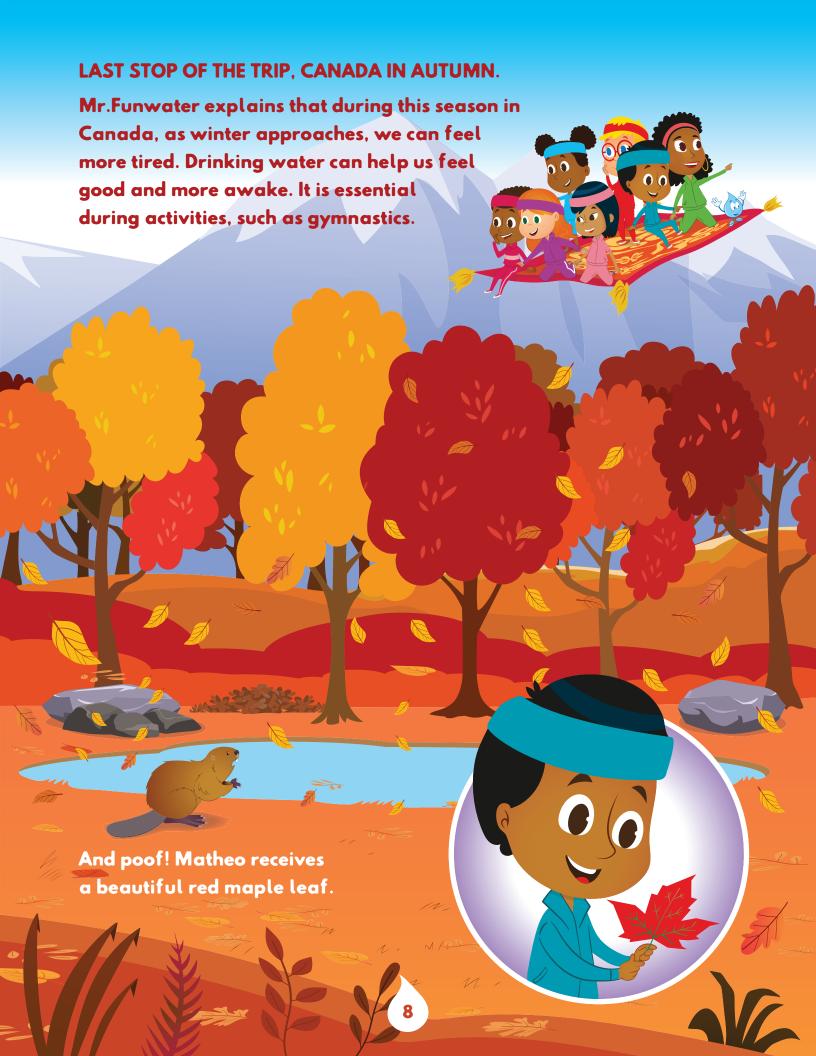




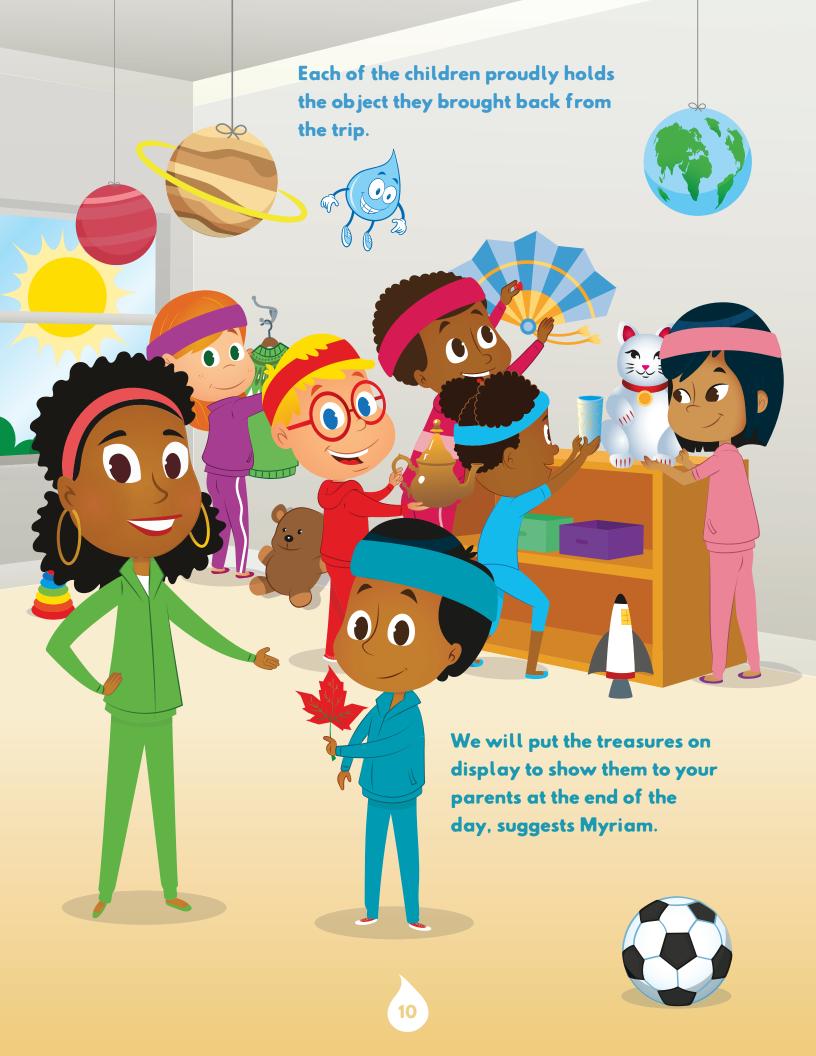
### THE CARPET NOW FLIES OVER MOROCCO, IT'S SUMMER.

During this season, and especially in arid areas like Morocco where water is rare, we try not to waste it. Water is vital to compensate for perspiration and to cool down.











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Author: Philippe Régnoux

**Illustrations**: Marc Chouinard

**Layout and cover design :** Françoise Abbate

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The book *A Day at the daycare with Mr. FunWater* is an initiative of the *Mr. FunWater Challenge* as part of the I'm Thirsty for Health! Campaign. Developed by the Quebec Weight Coalition (Coalition Poids), an initiative of the Association pour la santé publique du Québec, the *I'm Thirsty for Health!* Campaign aims to promote healthy hydration by encouraging, normalizing, and valuing consumption of water. The campaign proposes simple actions to improve our living environments, to encourage the adoption of healthy hydration habits that will contribute to sustainable health for all.

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I'm Thirsty for Health! Thirstyforhealth.ca

## ON THE WORLD MAP

# clearly identify the 4 countries visited and connect the 6 objects to their country of origin.



# I'm Thirsty for Health!

An initiative of the Weight Coalition



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