

My body's signs and signals for **water**

When your body does not get the water it needs, your body will let you know that it needs water. Your body sends you signs and signals. These messages let you know that you need to take action to prevent your body from becoming dehydrated or wrinkling like a prune. Everyone shows different signs. You need to know what your body's signs and signals are to avoid becoming extremely dehydrated.



Instructions:

Have a discussion with your family members and friends about the signs their bodies send them when they are dehydrated. List 10 signs or signals that the body sends when it is dehydrated.

10 Signs and signals of dehydration

The body's need for water.

1. **Headache**
2. **Dizziness**
3. **Dark, smelly urine**
4. **Dry lips**
5. **Low energy levels**
6. **Fainting**
7. **Thirst / dry throat**
8. **Bad breath**
9. **Dry eyes / burred vision**
10. **No sweat or tears**

Good To Know

Do you know when you feel thirsty that your body is already dehydrated? In fact, you may have lost as little as 2% to 10% or more of your body's water level. Therefore, it is important to keep hydrated to be healthy and for good performance in school, and at play. When you feel thirsty, the fluid your body prefers is water. Water is what your body is missing and is, therefore, what you should have.

