



American Heart Association.

**KIDS  
HEART  
CHALLENGE™**



*SPLISH, SPLASH!*

Without water, our bodies can't help us be our best each day. Hydro always keeps a water bottle handy to sip throughout the day and loves playing in water. Think of a time you played in water. Maybe it was in a sprinkler, creek or lake. Maybe it was in a pool, at the beach or going down a waterslide. Write down what you remember most about how you felt when you played in the water. Were you excited? Happy? Nervous? Draw a picture to go along with how you felt.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---