# **Hydration station set up guide** We all need to stay hydrated during the day. Why not try setting up a hydration station in the classroom to encourage everyone to drink more water?

**Setting up a hydration station**

Equipment

* Jugs or other suitable water containers
* Glasses or recyclable cups

Ingredients

* Fridge chilled water
* Fruit, e.g. strawberries, orange, lemon and lime slices
* Vegetables, e.g. cucumber, celery
* Herbs, e.g. mint, basil

Optional:

* Ice

A picture containing cup, indoor, beverage

Description automatically generated

**Get creative with your infusions!**

**Did you know that being dehydrated can make it difficult to concentrate and may cause headaches and tiredness?**

Aim to have around 6 to 8 drinks (glasses or cup of fluid) a day – more if the weather is warm or you are being active.