



Behavior  
Take 2  
Take 4  
Take 6  
Take 5

Mathematical  
Action







**WATER**

**HEALTHY DRINKING WATER**

Drinking water is essential for good health. It helps regulate body temperature, lubricate joints, and protect internal organs. It also helps with digestion and prevents constipation. Drinking water is also important for maintaining a healthy weight and preventing chronic diseases such as heart disease, stroke, and kidney disease.

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