June 23rd is National Hydration Day

Water is amazing stuff. Without water, life as we know it wouldn’t exist. Water has some unique properties that are very interesting to study. Let’s celebrate this refreshing day!

- Cut out the sugary drinks and enjoy water instead.
- Try some of these cool water based experiments! Remember to do these together with your parents in a place that you don't mind getting a little wet.
  - The Upside-down Cup
  - Walking Water
  - Drops on a Coin
  - Why Does Ice Float?
- Go for a hike or a run! And bring some water along!