

Captain Me Tips and Resources

How a Water Bottle Helps Children Stay Healthy, Focused, and Confident

Sometimes the simplest tools can make a big difference for children. A **Captain Me water bottle** does more than carry water—it can serve as a daily reminder for children to take care of their bodies, stay alert, and believe in themselves.

Below are three simple ways this small tool can support your child's health and learning.

1. Staying Hydrated Helps the Brain Work Better

Children's brains need water to stay focused and energized throughout the day. Even mild dehydration can make it harder for children to concentrate, think clearly, and regulate their emotions.

Keeping a water bottle nearby encourages children to take **small sips throughout the day**, helping them:

- stay alert during learning activities
- maintain energy and attention
- support overall physical health

When children have their own special bottle, they are more likely to remember to drink regularly.

Scroll down for
FREE
reproducible
activities!



2. Sipping From a Straw Can Support Alertness

Many children benefit from sensory input that helps their bodies stay regulated and ready to learn. Drinking through a **straw-style water bottle** provides gentle oral-motor input that can increase alertness and body awareness.

Sipping through a straw can:

- activate muscles in the mouth and jaw
- provide calming, organizing sensory input
- help children feel more ready to focus on tasks

For some children, especially those who need extra sensory input to stay engaged, taking a few sips of water can act as a quick **“body reset.”**

3. The “Thumbs Up” Message Builds Confidence

When children see Cappy with a thumbs-up gesture printed on the Captain Me water bottle it’s more than decoration—it’s a simple affirmation that reminds children they are capable problem-solvers.

Each time a child reaches for their bottle, they see a message that encourages them to:

- keep trying when something feels hard
- believe in their abilities
- remember they are in charge of their own learning

These small reminders can help children develop **confidence, persistence, and a positive mindset.**



A Small Tool That Supports Big Skills

A Captain Me water bottle supports three important habits:

Healthy body – staying hydrated

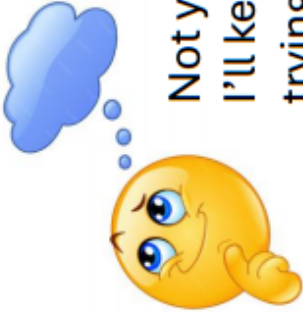
Ready brain – alert and regulated for learning

Confident mindset – “You Got This!”

Encouraging children to take care of their bodies and believe in themselves helps them become **leaders of their own learning—just like Captain Me!**

– Dr. Amy 

*Scroll down for free reproducible activities
to help children build healthy habits!*

Name		Date						
My Healthy Habits:								
Check the box when I remember to:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Drink plenty of water.								
Exercise or play outside.								
Have quiet, calm moments.								
Did I follow healthy habits this week? Circle your answer here  (Hint: Answer YES if you remembered to follow your healthy habits at least three times this week.)			 Yes, I did it!			 Not yet, but I'll keep trying!		



For further information, contact Dr. Amy Coopersmith
at

amycoopersmithotd@gmail.com