

**5 TO TRY  
TO KEEP IT DRY!**

**1**



**Drink plenty,  
get it empty!**

**2**



**Every 3,  
have a wee!**

**3**



**Count to 10,  
wee again!**

**4**



**Take it easy,  
no squeezey!**

**5**



**In the loo,  
goes the poo!**