

NESTLÉ for  
HEALTHIER KIDS 

# DROPPIE DROP



## Tamer Tamoor

is an active **young boy**  
who **loves to study and play**,  
his best friend is  
**Droppie**  
and he wouldn't want it any other way.



“Wake up Droppie,”

young Tamer yelled,

“the school bus is coming  
so you need to hurry.”

Droppie didn't want to be late,  
so she really had to scurry.



She leaped into his school bag to be at his side,  
to keep him and Tummyfish hydrated and healthy inside.



And while Tamer spent the day  
studying at school,

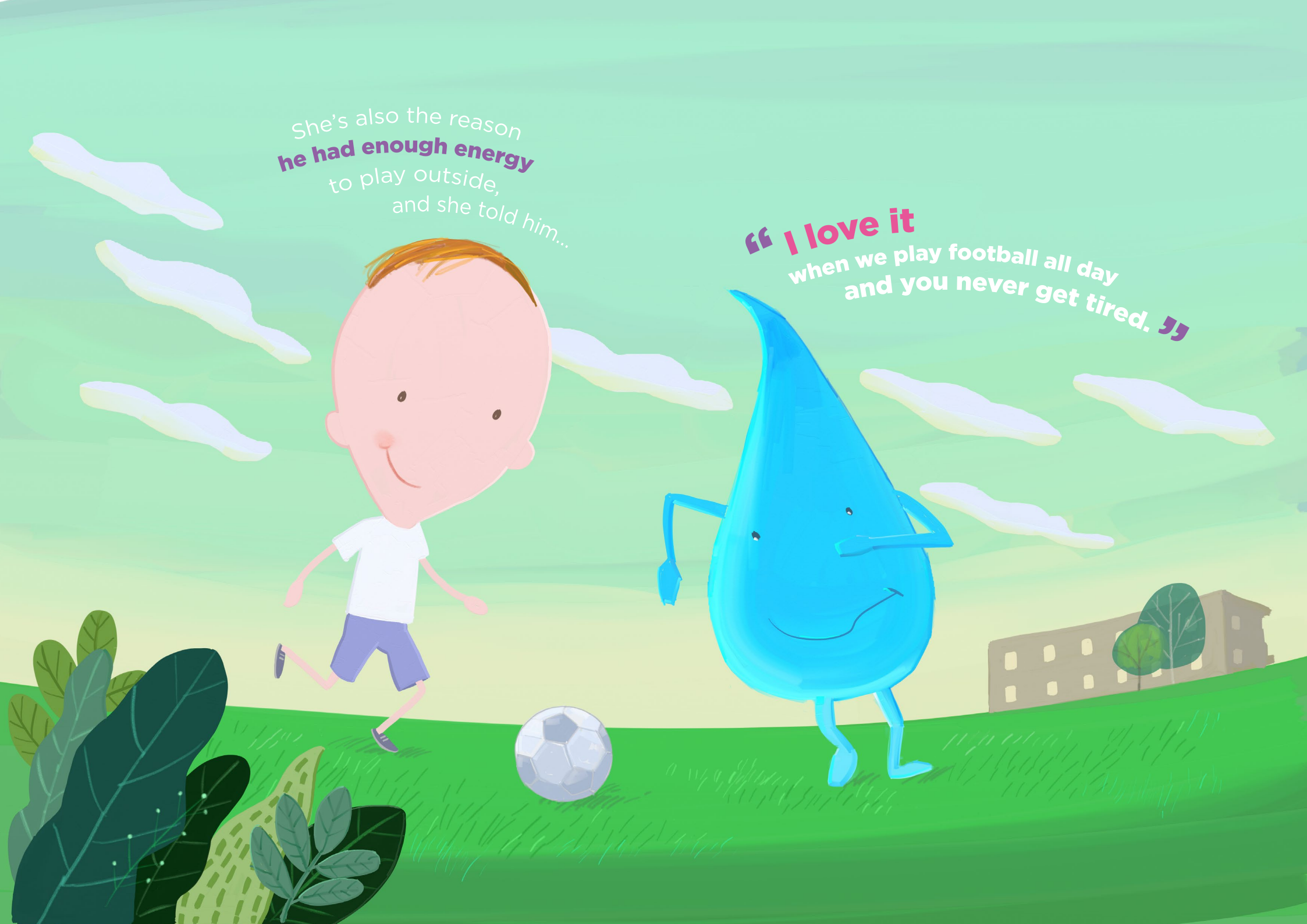
**Droppie and Tummyfish played  
and learned things that are cool.**

After lunch Droppie made sure  
to keep him **hydrated**,  
so he can **focus on work**  
without getting **tired and irritated**.



She's also the reason  
**he had enough energy**  
to play outside,  
and she told him...

**“ I love it**  
when we play football all day  
and you never get tired. ”

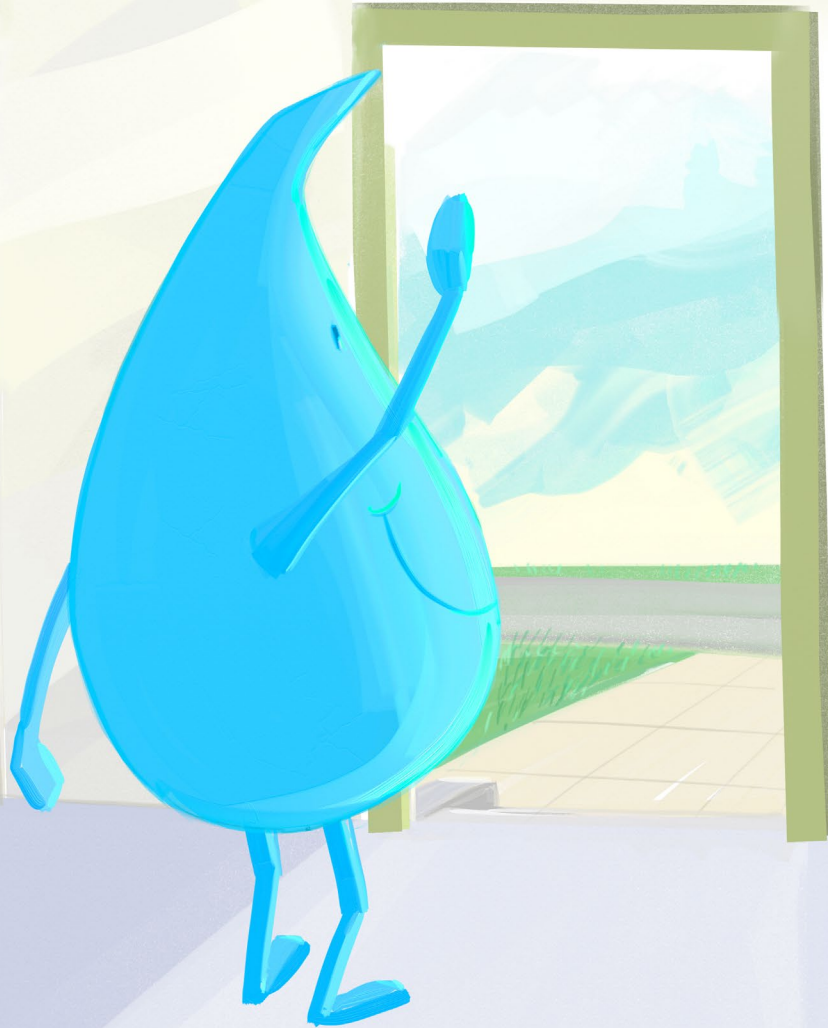


But one day **Droppie** woke up surprised  
**Tamer** hadn't called her for breakfast,  
she ran to the kitchen  
but he'd left for school  
and made a quick exit.

**She was sad**  
but she waited all day long,  
**she missed her friend**  
and wanted to know  
what she'd done wrong.



Suddenly she heard  
**the sound of Tamer's school bus outside,**  
and ran up to greet him, her arms held out wide.



She missed him and  
**she couldn't keep him hydrated all day,**  
and she was worried Tummyfish  
didn't have enough energy to play.



Tamer said,  
**“Hello”**  
but then walked straight past.  
**Droppie was so sad,**  
it felt like he'd broken her heart.

**Doesn't Tamer want to be  
best friends anymore?  
I'll have to find a new friend...**  
*she thought, packing her bag  
and heading to the door.*

*But she couldn't leave  
without saying goodbye  
to Tamer and Tummyfish.*  
*So she sat on his bed,  
hoping she was wrong,  
she made a wish.*





When Tamer woke up,  
he saw her on the edge of his bed,

**“ Droppie, why are you so sad? ”**

he asked scratching his head.

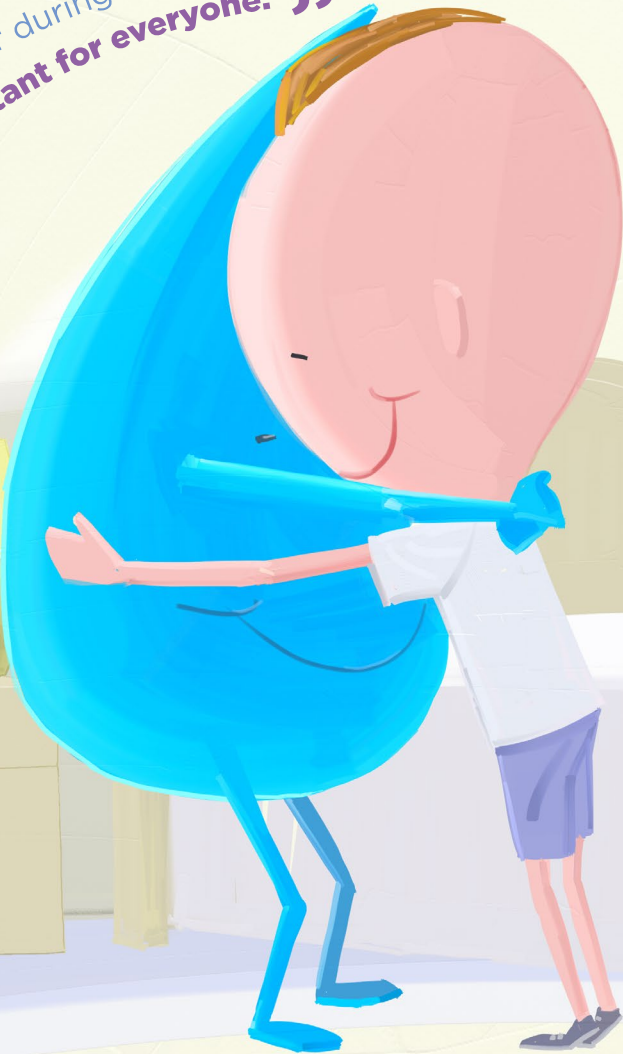
**“ Because you don't need me  
anymore Tamer... ”**

**“ What? ”** he replied,

**Droppie nobody can live without water. ”**



He said,  
“ We have to **respect everyone**  
**who's fasting during Ramadan,**  
but water during the Holy Month  
**is important for everyone.** ”



“ It means Tummyfish and I get  
a little thirsty during the day,  
**but we break our fast with water**  
because that’s the best way.

We keep Tummyfish happy  
**when we drink water after Iftar,**  
and that’s why you Droppie,  
will always be the star.

Please make sure  
**we also drink water before bed,**  
so Tummyfish and I can last  
all day with a clear head. ”

**Droppie's face lit up**

because her wish was for them  
**to stay friends forever,**  
and being so important during Ramadan  
made it all even better.

She was so excited with her new Ramadan mission,  
she grabbed Tamer's hand and said,  
**“ Let's help Mom prepare  
iftar in the kitchen. ”**





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# RAMADAN DAYTIME stories

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