



AGE GROUP

Multiage.

DURATION

5 to 10 minutes.

ACTIVITY #3:

I DRINK WATER WHEN...

Description

1. Have the group sit in a circle on the ground.
2. Explain that water is always the best beverage for staying hydrated. The goal of this memory game is to name moments when you can drink water.
3. Always beginning with the words "I drink water when..." the campers name times when they drink water, then repeat all the moments previously given. For example, if the first player says "I drink water at breakfast", the second player must say "I drink water at breakfast and when I play soccer", the third must say "I drink water at breakfast, when I play soccer, and when I have a snack", and so on.
4. If a player makes a mistake, they lose their turn, and the next player starts. If 3 players in a row make mistakes, the game starts over.

Examples of good times to drink water:

- On a hike.
- At the pool.
- When you're thirsty.
- When playing with friends.
- When reading a book.
- When you walk past a water fountain.
- When it's hot out.
- When it's cold out.
- During meals.
- Between meals.
- At a birthday party.
- Etc.

