Set your sights on ...

water!

with the Tchin-Tchin in my camp activities!

TCHIN-TCHIN CHALLENGE · IN MY CAMP ·

A TEMPTING OFFER

Now that you know how important water is to your health, tell everyone you know..

30 min. +

BLUE GOLD RUSH

With good reason, some people say water is blue gold! Now is the time for you to rise up to the challenge and find the treasure.

15 to 30 min.

TCHIN-TCHIN CHEFS

Learn how water can have different flavours when infused with fruits, herbs, and even vegetables!

30 min. +

HERE'S TO WATER!

Did you know that water is very important for you?
Find a way to tell your friends without saying a word.

10 to 15 min.

AQUATIC YOGA

Time to relax!
Take a few moments to refocus and try new aquatic positions.

Flexible

I DRINK WATER WHEN...

Use your imagination and share the best times to drink water..

10 to 15 min.

LIKE A FISH IN WATER

Swimming is great, but can you rise to the challenge? Be strategic in order to find as many items as possible.

10 to 15 min.

H_2 WOW

In this activity, put your creativity to the test and decorate a glass or a water bottle.

10 to 15 min.

THIRSTY CAMELS

Watch out for mosquitoes!
Do everything you can to protect water, one of our most valuable resources.

15 to 30 min.

The H_2O challenge

Impress us by completing twenty water-themed challenges!

NEED OTHER IDEAS?

- To motivate the group to drink water during meals and snack times, ask a camper or two to propose a Tchin-Tchin toast and to have all the water bottles raised at the same time.
- Make a "flavoured water"-themed garden with your campers, growing foods that will flavour water like mint, cucumber, basil, strawberries, etc.
- Complete as many challenges as possible, take pictures of your accomplishments, and send them to us at **info@tremplinsante.ca**. Prizes will be awarded to the counselors who contribute the most.

Scan the QR code of the activities or find the complete kit at www.thirstyforhealth.ca/camp!

POWER UP

coalitionpoids
québécoise sur la problématique du
Une initiative parrainée par l'Association pour la santé publique du Québec

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