

TCHIN-TCHIN CHALLENGE

IN
MY CAMP

I'm Thirsty for Health!

TEEN
SPECIAL
HANDBOOK



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



THE *TEEN SPECIAL* HANDBOOK ACTIVITIES
WERE CREATED AND ADAPTED BY:



Une initiative parrainée par l'Association pour la santé publique du Québec



Teen SPECIAL HANDBOOK

It's time for the *Tchin-tchin Challenge in my camp!*

Looking for a way to motivate your oldest campers to join an activity on the theme of water?

This handbook offers ideas and new activities meant to get your campers involved and to give them a taste for drinking water and promoting it as super-ambassadors at camp.

This document is divided into two sections:

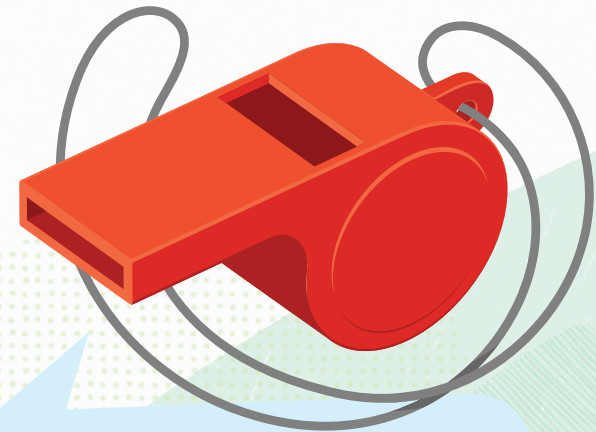
- 1. Motivated campers? You bet it's possible!**
And to make it happen, we've got a host of ideas to help you get them involved.
- 2. Adapted activities for older campers** It's not always easy to find activities that interest older groups at camp. That's why we're suggesting activities specially designed to reach your older campers.

WATER GAME

- **Quick! It's hot!** 5

HEALTHY HYDRATION

- **Fishbowl** 6
- **Make an Ad!** 7
- **Improvisation**..... 8



Psst!

Make sure your campers have enough time to fill their water bottles before each activity. Also think about taking water breaks during the activity.

Don't be shy to combine the activities in this supplement with those featured in the *Tchin-tchin Challenge in my camp* Activity Kit. You'll find even more ways to promote water while having fun with your campers!

MOTIVATED CAMPERS?

You bet it's possible!

THE FOLLOWING SUGGESTIONS AND IDEAS FOR WATER-THEMED ACTIVITIES ARE MEANT TO ENCOURAGE YOUR CAMPERS TO MAKE WATER THEIR BEVERAGE OF CHOICE. NOW THERE'S A WAY TO PROMOTE HEALTHY HYDRATION!



Suggestions for activities



Hold a contest between the groups. Each time a group holds an activity in connection with healthy hydration, they win a point. The team with the most points at the end of the week wins! P.S. Take a photo of the activity and share it with us on Instagram or at Facebook @tremplinsante.



Invite your campers to choose activities from the *Tchin-tchin Challenge in my camp* Activity Kit available on the Power Up portal or at thirstyforhealth.ca/camp. You can also ask a camper or a few campers to present an activity.



Invite your group to present a flavoured water tasting activity.

You'll find inspiration in the *Tchin-Tchin Chefs* activity, which is featured in the *Tchin-tchin Challenge in my camp* Activity Kit.

- Let the campers use their imagination to choose the flavours they want to add to their water.
- If you have a garden at camp, make harvest-themed flavoured water with your group.
- Invite your campers to make flavoured ice cubes by simply adding pieces of fruit or herbs to water and freezing it.

Ask the campers to design a theme day on healthy hydration. They can hold the theme day with a group of younger campers. Give them the time they need to create one or more activities that promote healthy hydration. If they're short of ideas, invite them to view the activities featured in the *Tchin-tchin Challenge in my camp* Activity Kit.

Create a *Tchin-tchin* squad. Unify your campers around the shared objective of encouraging the rest of the camp to drink water!

Your group of campers can:

- Encourage the others to drink water during sports activities or heat waves.
- Remind the others to bring their water bottle every day.
- Encourage their friends to participate.
- Remind the campers who forget their water bottles at home to drink from the water fountain.
- Start the *Tchin-tchin* when the counselors authorize it.



Designate a camper to perform the *Tchin-tchin* at meal and snack times.
Celebrate the moment together!

Stimulate your campers' creativity!

- With your group, invent a song of praise about the benefits of water.
- Create a mural about the importance of drinking water and post it at camp.
- With your group, invent a new activity in connection with water.
- Carry out original *Tchin-tchin* activities with your campers. They can even find their own way of drinking water together. Be a role model and join them!

P.S. Refer to the *Tchin-tchin Challenge in my camp* Activity Kit for help.

Hold a photo rally between the groups.

The first group to capture 10 special group moments featuring people at camp drinking water wins the challenge. Ask the camp coordination team to form a jury, and above all don't forget to show originality, because that's how bonus points are awarded!



Add a step on drinking water to your activities so that it becomes a reflex for your campers.





Quick, it's hot!

DURING HEAT WAVES, DRINKING WATER TO COOL OFF IS MORE THAN ESSENTIAL!

THIS RACE ACTIVITY IS MEANT TO RAISE AWARENESS AMONG CAMPER IN ORDER TO PREVENT HEATSTROKE

DURATION

30 minutes

PLACE

Outdoors

MATERIALS

Provide each team with the following items :

- 2 buckets (one empty and one filled with water) or 2 bins
- 1 funnel
- Inflatable balloons
- 1 large ladle
- 1 large container of yogurt, empty and clean
- 1 large colander

Preparation

- Create a starting line using cones (or other available objects).
- Place an empty bucket at the starting line and a bucket filled with water about 10 metres from the starting line.
- If you wish, you can add obstacles to raise the level of difficulty of the course.
- When you're ready, do the following simulation exercise with your campers.

Simulation exercise

Do you know why it's important to drink more water when it's hot outside?

To maintain proper body temperature in spite of the heat, because your body loses water in the form of sweat. That's why drinking water is even more important when it's hot outside, because it replaces the water we lose and lets us function optimally! Playing in the water can be refreshing when it's hot outside, but that doesn't mean you don't need to drink water. Take a generous gulp of water before you start. Then you can have fun!



Steps

1. Divide your group into teams and ask the campers to sit on the starting line.
2. Place the bucket used to carry the water on the ground in front of each team. Show the materials to the campers.
3. Each team must quickly fill the bucket while losing as little water as possible.
4. Ask each team to guess the number of trips that will be needed to fill the bucket. The team that guesses lowest determines the maximum number of trips that each team is allowed. (Thus, if the teams guess 5, 8 and 10 trips, respectively, the number of trips allowed is 5.)
5. Stand close to the starting line and give your signal to start.
6. Determine the winning team based on the amount of water left in its bucket. Then, encourage your campers to cool off by dousing themselves with water. You could even give the winning team the privilege of soaking you with water!

Review the activity

What did you take away from this activity?

What to consider

- Play fountains and pools help us cool down, but they don't replace the need to drink water.
- It's important to drink water often to stay hydrated every day, and even more so when we're active and when it's hot outside!
- Don't wait until you're thirsty to drink water.
- Keeping a water bottle with you is a good way to stay properly hydrated all day long.

At the conclusion of the activity, congratulate your campers and invite them to take a good gulp of water!



Fishbowl 2.0

IN THIS VERSION OF THE “FISHBOWL” GAME, THE CAMPERS CHALLENGE THEIR TEAM TO GUESS WORDS ON THE THEME OF DRINKING WATER.

DURATION

20 minutes

PLACE

Indoors / outdoors

MATERIALS

- Small pieces of paper
- Pencils
- Container (e.g. hat, bowl, bin)
- Chronometer

Steps

1. Ask each camper to write down 4 or 5 words in connection with drinking water. The words could correspond to the different times at which people drink water or the objects that allow people to drink water. To get your campers inspired, you can present the short activity entitled I drink water when ... featured in the *Tchin-tchin Challenge in my camp* Activity Kit.

Examples of words: bottle, glass, thirst, heat, water fountain, tap, the action of drinking, pitcher, ice cubes, physical activity... Encourage your campers to be creative!

2. Make balls using the little bits of paper with the words on them, and place them in the container.
3. Form equal teams of three to six campers.
4. Set the chronometer for one minute. In turn, each camper gives hints to their team in an effort to get them to guess the word written on the ball picked. The camper must get their team to guess as many words as possible before time runs out!
Little reminder: When giving a hint, the camper is not allowed to name the letters or mention the number of letters in the word picked. If the camper does not know the word written on the paper, they are allowed to say “pass” and pick a new word.
5. The winning team is the one that guesses the most words in one minute.

Variations

- Add a second round to the game. Put all the paper balls back inside the container, and get the campers to guess the word picked by saying only one word.
- Add a third round to the game. Again put all the paper balls back inside the container, and get the campers to guess the word picked through mime only!

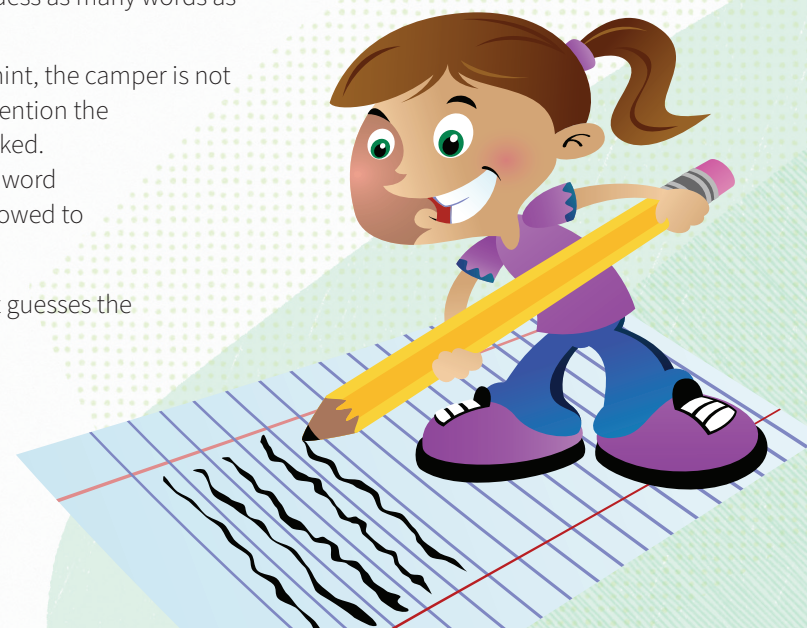
Review the activity

What did you take away from this activity?

Were there more words than you thought there would be in connection with the theme of drinking water?

What to consider :

- There are many words in connection the theme of drinking water, because after all, we drink water every day and at many different times during the day.
- Keep a water bottle with you. When it comes to staying hydrated, nothing beats water!





Make an Ad!

TODAY, WE'RE GOING TO PLACE WATER FRONT AND CENTRE. ARE YOU READY TO INSPIRE YOUR GROUP TO MAKE WATER THEIR NUMBER ONE BEVERAGE?

DURATION

30 minutes or more

PLACE

Indoors / outdoors

MATERIALS

According to the campers' wishes:

- Costumes and various materials
- Objects for making noise (e.g. a bucket for drumming, or even a musical instrument if one of the campers plays one)
- Camera or telephone for filming purposes

Preparation

Read the simulation exercise, present the activity to your group, and ask the campers what materials they need to create their advertisement. We suggest planning the activity with your campers a day ahead of time. That way, all you'll need to do is take out the materials they requested, and the campers also get a day to think about their ideas. You can even present activities featured in the *Tchin-tchin Challenge in my camp* Activity Kit to prepare them for presenting their sales pitches.

Simulation exercise

Find a unique way to create an advertisement promoting water consumption, which you can show your parents and friends. Draw on your skills and talents to deliver your message.

Steps

1. Ask your campers to choose how they want to create their advertisement: A rap, dance, improv, song, mini-theatre play, radio ad... it's all up to them!
2. Give them at least 20 minutes to think about their ad and rehearse it.
3. When all the campers are ready, ask them to take turns presenting their ad to the rest of the group. Now's the time to film their performance!

Post-activity review

Do you think you succeeded in inspiring people you know to make water their number one beverage?

What to consider

- When it comes to staying hydrated, nothing beats water!
- The simple fact of talking about water for hydration is tantamount to creating an advertisement and influencing people you know.





Improv

IMPROVISATION STIMULATES YOUNG PEOPLE TO BE CREATIVE AND BRINGS OUT THEIR SENSE OF HUMOUR, ALL WHILE PROMOTING WATER CONSUMPTION!

DURATION

20 to 30 minutes

PLACE

Indoors / outdoors

MATERIALS

- Chronometer
- Costumes and accessories (optional)

Preparation

- Draw up a list of ideas for improvisation sketches on the theme of drinking water. Examples:
 - Water break during a soccer game
 - During a heat wave
 - Meet you at the water fountain
 - *Tchin-tchin chefs*: best water contest

Steps

1. Form groups of 3 or 4 campers to perform humorous sketches on the theme of drinking water.
2. Show the theme to the first group and give them 30 seconds to get organized. Invite the campers to create a story and characters for a sketch lasting about 2 minutes.
3. Give the starting signal and start the chronometer for 2 minutes.
4. If the campers need further inspiration as they create their sketch, encourage them to add a new character and introduce an accessory.
5. Each group performs a different improvisation. After each improvisation, review the sketch with the campers.

Post-activity reflection

What did you take away from this activity?

What to consider

- **Water break during a soccer game**
 - Did you know water is the number one beverage for hydrating when you're active? If you want to improve your concentration and performance and to feel good, drinking plenty of water before, during and after exercise is the right strategy!



• During a heat wave

- When it's hot outside, it's important to drink more water, more often!
- Be vigilant: Dry mouth, dizziness or a headache can be signs that you need to drink water.

• Meet you at the water fountain

- To make sure your water bottle is full so that you don't run out of gas, ask to fill it at the water fountain or at any source of drinking water.
- Do you know where the water sources are at camp?

• *Tchin-tchin chefs*: Who can make the tastiest water?

- Drinking natural water is satisfying. If you want to lend flavour to your water, you can add a few pieces of fruit, herbs, or even vegetables to your glass or directly into your water bottle. Get creative and find out which flavoured water you like best.
- Did you know that when you drink fresh water, you develop a taste for drinking even more of it? You can add ice cubes to your bottle before leaving for camp so that your water stays cold for longer.