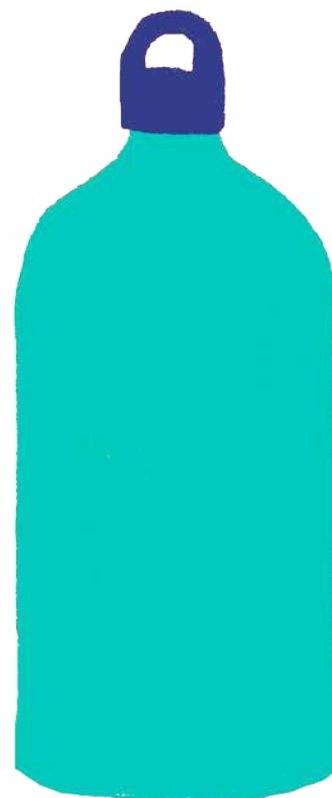
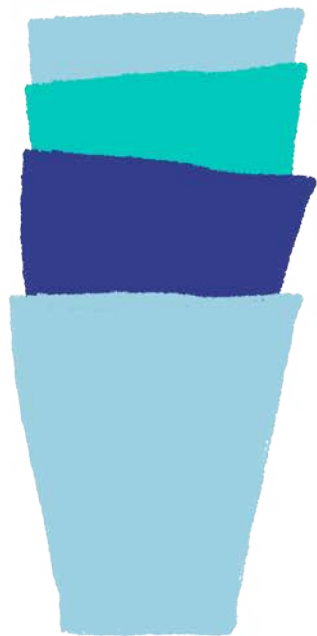


# THE WONDERS OF WATER

WANT TO GIVE WATER A STARRING ROLE AT CAMP THIS SUMMER? WE CHALLENGE YOU TO USE YOUR CREATIVITY TO HIGHLIGHT WATER CONSUMPTION WHILE MAKING CAMP AS FUN AS IT CAN BE.

SUMMER 2020



## HOW DOES THIS SHEET WORK?

We've selected tricks and tips to make it easier for you to adapt your activities with the aim of encouraging water consumption at camp this summer. **Have you heard of the Tchín-tchín Challenge at camp? View the available tools [here](#).**

## DISCOVER THE FOLLOWING THEMES



ORGANIZE YOUR ENVIRONMENT



A BREATH OF FRESH AIR



IN INDIVIDUAL MODE



WASH-O-THON



POWER UP TRICKS



## ORGANIZE YOUR ENVIRONMENT

**Make sure that visual markers are clear so that campers know where to place themselves.**

### **Plan the space you need to present your activity:**

Use colour to mark off the activity space, for example with foam noodles or coloured tape.

Use your imagination! Consider marking off each camper's space during individual activities, for example with yoga mats, hoops or beach towels.

Find a shady spot to keep the campers' water bottles, and make sure they're a safe distance apart.

## A BREATH OF FRESH AIR

**Now's the time to explore your environment and tap into the potential of everything around you to ensure that your campers stay hydrated.**

**Water not only tastes good, but it can also be a source of fun! Make the most of the splash pads and swimming pools near your camp.**

If there are none, it's no big deal! Use water guns or spray bottles to surprise your campers with a burst of fresh water. But remember, each camper must have his or her own material.

Psssst! Remember that even though playing in water lowers the body's temperature, it doesn't nullify the need to drink plenty of water.

**Keep an eye on the weather: On extremely hot days, increase the frequency of water breaks.**

### **Set out in search of water stations at camp.**

Have your campers fill their water bottles before each activity, especially if it's hot outside and the activity is held far from a water station.

Pssssst! Make sure the campers wash their hands well before and after filling their water bottles, and disinfect the water fountain frequently. Physical distancing guidelines must be observed in lineups.

**Decorate water fountains to remind everyone about the importance of drinking water this summer.**

Make sure your campers don't drink directly from the water fountain, which should only be used to fill water bottles.

For inspiration, see the [H2WOW activity](#).



## IN INDIVIDUAL MODE

**Avoid physical contact, and use your imagination to keep your campers hydrated.**

**Ask each camper to bring their own reusable water bottle for the summer.**

Make sure parents don't forget to include a water bottle in their child's bag. You can even share a little tip with them: Freeze the water bottle to keep the camper's lunch cool and ensure that he or she has a fresh supply of cold water for the day.

Consider a water bottle decorating activity with your campers (with permission from their parents). This will make it easier for you to identify each camper's water bottle.

**If you're planning to present a creative workshop on flavoured water:**

Prepare your ingredients in advance, making sure to practice the proper hand and equipment hygiene at all times during the preparation.

Ask each camper to create his or her own flavoured water using ingredients that you provide. For inspiration, see the activity entitled [Ready, Set, Spatulas!](#) to learn more about cooking with your campers this summer

At the end of the activity, create a book with all the recipes, and provide parents with a copy so that the campers can make them at home. For inspiration, see the activity entitled [Tchin-tchin chefs](#).

You can even find inspiration from the garden at camp to flavour your water with strawberry-basil, cucumber-mint, pineapple-rosemary, etc.

Explore flavoured water using all five senses, through the [Mouth-watering activity](#).



## BLUE GOLD RUSH

**Organize a water-themed treasure hunt through the activity entitled [Blue gold rush](#).**

Your campers will have to think hard to find answers to the clues. And don't forget to avoid gatherings. Only one camper at a time should be in charge of searching for clues.



**Challenge your campers to get creative when it comes to water consumption:**

Invent a short song to sing together before taking a drink of water.

Create original dance movements drawn from Tchin-tchin.

Act out Tchin-tchin with your campers at a distance, with no contact.

Encourage your campers to create word games or charades containing the word "water."

Ask your campers to come up with slogans that encourage water consumption at camp. You could create attractive posters to promote water consumption, through the activity entitled [A tempting offer](#).

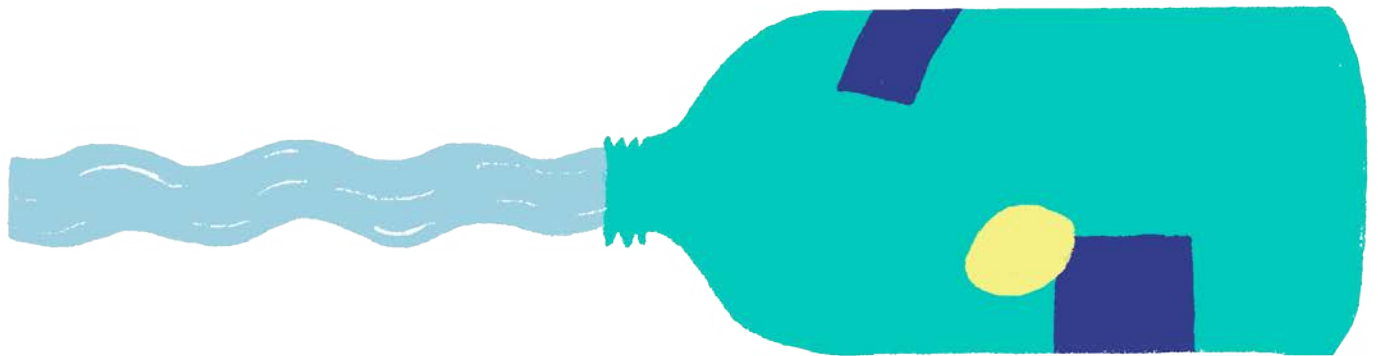
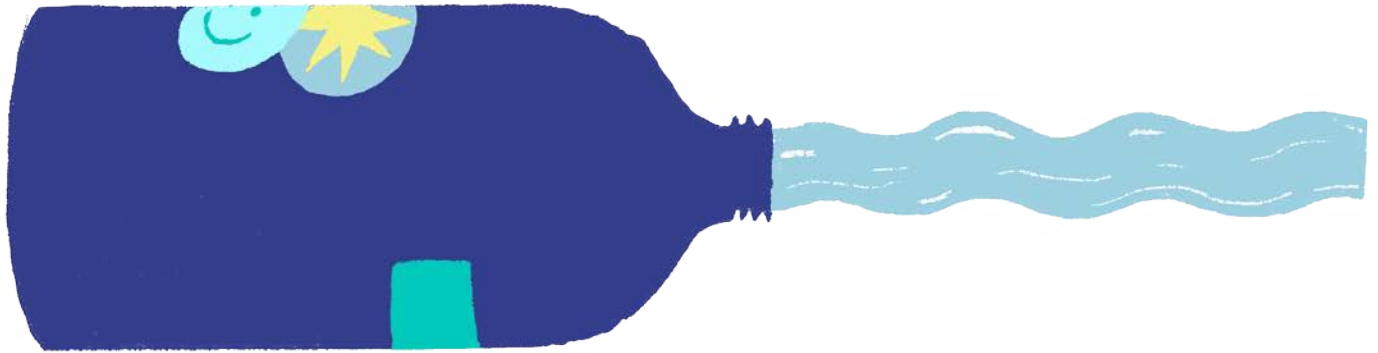
Organize an imitation game based on the theme of water. Who'll be the first to guess? Need ideas? See the game entitled [Here's to water](#).

Encourage memorization by asking your campers to name the times that are conducive to drinking water at camp. For inspiration, see the game entitled [I drink water when ...](#)

**Have your campers meet active challenges.**

Have you considered yoga? See the [Aquatic yoga activity](#) for inspiration.

With your campers, create an obstacle course that involves moving around water bottles placed on the ground. The goal is to get your campers to observe physical distancing. Take inspiration from the activity entitled [The rapids](#).



## WASH-O-THON

**Make hand - and equipment - washing fun and instructive.**

**Invite your campers to create posters about hand-washing and place them in strategic locations at camp.**

For inspiration, see the activity entitled **Hand-washing is awesome.**

**Disinfect materials before and after each activity, clean food items, and make sure everyone washes their hands, including counselors.**

**Cover your mouth and nose when you cough or sneeze, using handkerchiefs or your arm bent at the elbow, and then wash your hands.**

**Use contact-free garbage cans.**

**Do not touch your mouth or eyes with your hands.**

## POWER UP TRICKS

**Suggest the parents to provide two water bottles.**

This will make it easier for you by ensuring that fewer trips are made to the water fountain to fill the bottles.

**Ask the parents to properly clean the water bottles using warm water and soap and to identify the bottles.**

\* THANK YOU FOR PURSUING YOUR MISSION AS A COUNSELOR IN THE FIELD THIS SUMMER! \*

Thank you to our loyal partners for re-reading this tool:

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