



# TCHIN-TCHIN CHALLENGE

IN  
MY CAMP



HANDBOOK

  
**coalitionpoids**  
québécoise sur la problématique du

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





## TCHIN-TCHIN CHALLENGE IN MY CAMP HANDBOOK

Want to encourage campers to drink more water? Want to know the key to getting the most success out of the *Tchin-tchin Challenge in my camp*?

**All you need is this guide!**

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# 7 WINNING CONDITIONS FOR AN UNFORGETTABLE CHALLENGE!

**THE KEY  
TO THE  
CHALLENGE IS  
HAVING FUN!**

## 1. Focus on positive messages

Did you know you have a key role to play in the *Challenge*? Be positive and encourage your campers and you'll have a major impact on their motivation and sense of pride! Remember that talking about the advantages of drinking water is still a very effective strategy<sup>1,2</sup>.

### Examples of positive messages

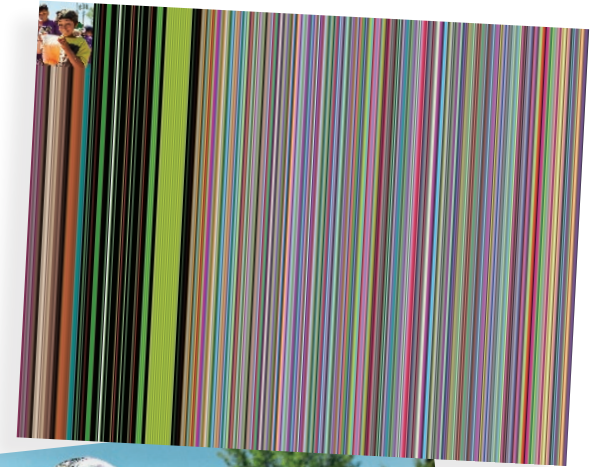
- Drinking water makes you feel good.
- Water is your body's favourite drink.
- You need to drink several glasses of water every day.
- Water quenches your thirst.
- When it's hot out, drinking water is refreshing.
- Drinking water helps you concentrate.
- Drinking tap water is good for the environment!

### Examples of negative messages to avoid

- You'll get sick if you don't drink enough water.
- Juice is full of sugar. It's bad for you!
- No juice!

## 2. Be a role model of healthy hydration

Campers like you and will watch you. If you enjoy drinking water and taking part in the *Tchin-tchin Challenge in my camp*, they'll follow your example and have a lot of fun. Similarly, if they see you having sugary drinks, they will tend to imitate you, so it's better to avoid drinking them. For more ideas on inspiring campers, visit [thirstyforhealth.ca/camp](http://thirstyforhealth.ca/camp).



*Tchin-tchin Challenge in my camp 2018.*



Psst!

### 3. Have fun!

Fun is an essential factor in adopting healthy habits.

Take part in the *Tchin-tchin Challenge in my camp* and the activities with campers. Add some colour or a bit of silliness, for example, think of times during the day to toast with campers in an original way:

- Toast in different places.
- Toast in small groups, raising your arms as high as possible or standing back to back.
- Say a different word or phrase before drinking.
- Do the toast in different languages:
  - ◊ Tchin-tchin (French)
  - ◊ Prost! (German)
  - ◊ Salud (Spanish)
  - ◊ Kampai! (Japanese)

### 4. Trust the human body

You know it's important to stay hydrated throughout the day. If you don't drink enough, your body will let you know :

- Thirst
- Dry mouth
- Dark or low volume of urine
- Headache
- Difficulty concentrating
- Low energy/fatigue<sup>3,4</sup>

The same principle applies to campers. Remind them to drink as often as possible and pay attention to what their bodies are saying, but don't force them to drink.

#### IMPORTANT

**Avoid contests and competitions based how much water you can drink (e.g. adding up the number of glasses drunk, prizes for those who drink the most water, games where you drink water often and at short intervals).**

It is better to avoid putting pressure on campers; this will limit the exaggeration of the more competitive campers. Drinking water too quickly, can make one feel unwell<sup>5</sup>.

Instead of keeping track of the amount of water campers drink, set other group objectives (e.g. the number of *Tchin-tchin* toasts done during the week or the loudest *Tchin-tchin* toast in camp).

## 5. Get parents involved

Did you know that young people are more likely to adopt healthy habits if their parents are involved<sup>6</sup>? You can make a difference!



### SUGGESTIONS FOR GETTING PARENTS INVOLVED

#### Before the Challenge:

- Send or hand out the letter to parents and the document entitled *Ideas for drinking more water*.
- Remind parents to put a water bottle in their child's lunchbox so they can take part in the *Challenge*.

#### During the Challenge:

- Invite parents to a *Tchin-tchin* toast at the end of the day or to attend to a *Tchin-tchin* activity with campers, such as:
  - ◊ *A Tempting Offer* to promote water to their parents.
  - ◊ *Tchin-tchin Chefs* or *Mouth-Watering* activities to introduce parents to recipes for flavoured water.
- Encourage parents (e.g. by email, social media) to take up the *Tchin-tchin Challenge* as a family by having water with meals and consult the tools of the *I'm Thirsty for Health!* Campaign at [thirstyforhealth.ca/camp](http://thirstyforhealth.ca/camp).



## 6. Maximise impact with *Tchin-tchin in my camp* activities

Consult the *Tchin-tchin Challenge in my camp* activity kit to help organise fun and original activities that stress the importance of water consumption for campers. It includes a variety of activities that can be adjusted to various times of day and meet your specific needs. It's a great tool to help plan your schedule!



Available at  
[thirstyforhealth.ca/camp](http://thirstyforhealth.ca/camp)  
and [tremplinsante.ca/en](http://tremplinsante.ca/en)



Available at  
[thirstyforhealth.ca/camp](http://thirstyforhealth.ca/camp)  
and [treimplinsante.ca/en](http://treimplinsante.ca/en)

## 7. Create a wave of water promotion in your camp

- Hold *Tchin-tchin Challenge in my camp* activities with other counsellors and their groups.
- Invite your camp's coordinators or managers to join the campers in a *Tchin-tchin* toast or take part in a special activity.
- Offer flavoured water and share it with as many campers as possible (see *Tips for flavouring water*). You can even make flavoured water with campers (*Mouth-Watering* and *Tchin-tchin Chefs* activities lend themselves well to this).



- Display posters promoting the *Challenge* in different places around camp.
- Decorate sources of drinking water (faucets and fountains) or have campers do it.
- Create other conditions that encourage water consumption in your camp: [thirstyforhealth.ca/camp](http://thirstyforhealth.ca/camp).



### THE TCHIN-TCHIN SQUAD

Have you thought of creating a *Tchin-Tchin* Squad? It's a group of campers (who can change from one day or week to the next), tasked with promoting water to other campers and the counsellors. It could be a good way to keep the *Tchin-tchin Challenge in my camp* going for the rest of the summer!

The *Tchin-tchin* Squad's mission can be:

- Remind campers to bring their water bottles daily.
- Encourage their friends to take part.
- Encourage their friends who forget their water bottles to use the drinking fountains.
- Kick off the *Tchin-tchin* toast when the counsellors says it's time.



# Teen Zone!

## Motivated campers? You bet it's possible!

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

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

## Ideas 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 @treplinsante.



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](http://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!

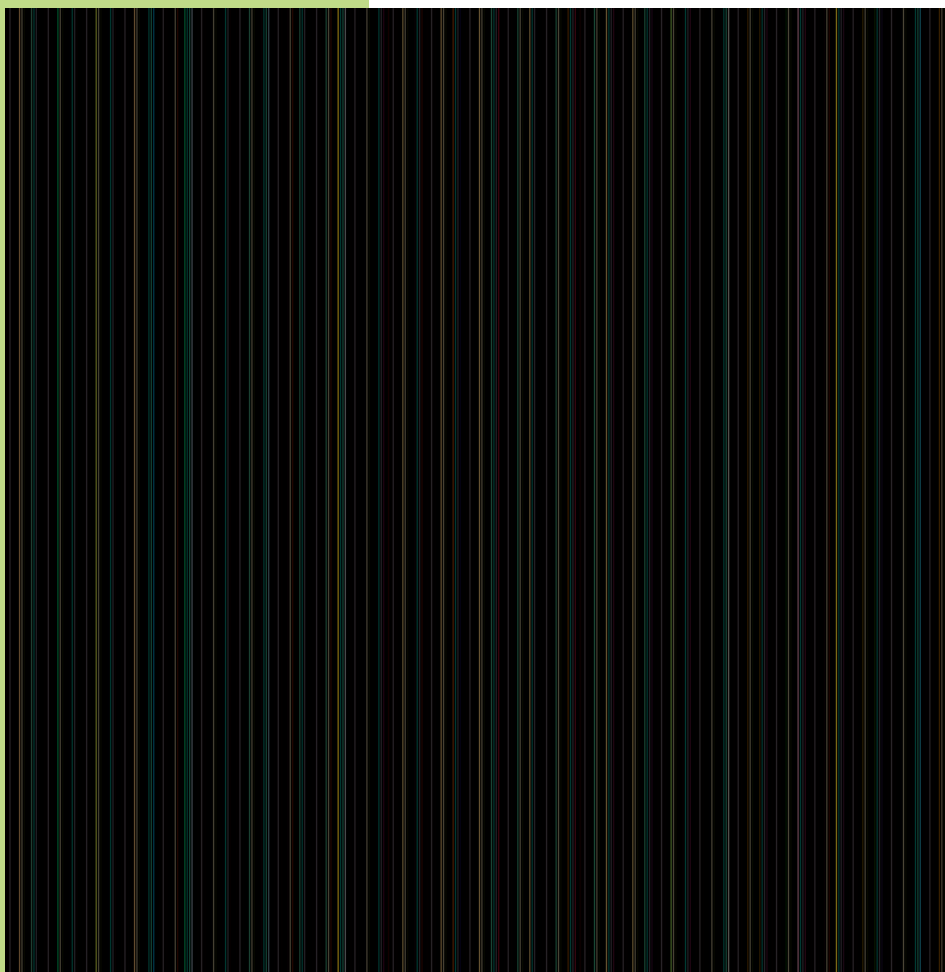
**Hold a photo rally between the groups.**

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.







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.

## Good to know!

### Water: the star of the *Challenge*

**Water is the best drink for staying hydrated.** It's what you should drink the most of throughout the day. To keep water in the spotlight, we always do **the *Tchin-tchin Challenge in my camp* with a bottle or a full glass of water.**

### Room for other beverages

**During the *Tchin-tchin Challenge in my camp*, we encourage parents to include water in lunchboxes, but other beverages are still allowed.** It's up to parents to decide which drink they choose.

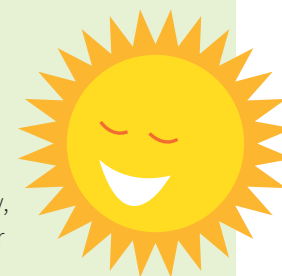
### Tips for maintaining water bottles

Rinse and air-dry the water bottle daily.  
Once a week wash it out with warm soapy water



### Did you know that children are more vulnerable to heat?

Their bodies have more difficulty adapting to changes in temperature. That's why, during periods of intense heat and humidity, you must encourage campers to drink water regularly<sup>6</sup>. Also, remember to have them fill and change the water in their bottles frequently! For more information, visit [www.quebec.ca/en/health/advice-and-prevention/health-and-environment/preventing-the-effects-of-oppressive-and-extreme-heat/](http://www.quebec.ca/en/health/advice-and-prevention/health-and-environment/preventing-the-effects-of-oppressive-and-extreme-heat/).



## FAQ

### “I only have a short period of free time: Can I do any activities?”

Of course! Activities have a variety of durations to accommodate all schedules.

### “I have a group of older campers. How can I motivate them to take part?”

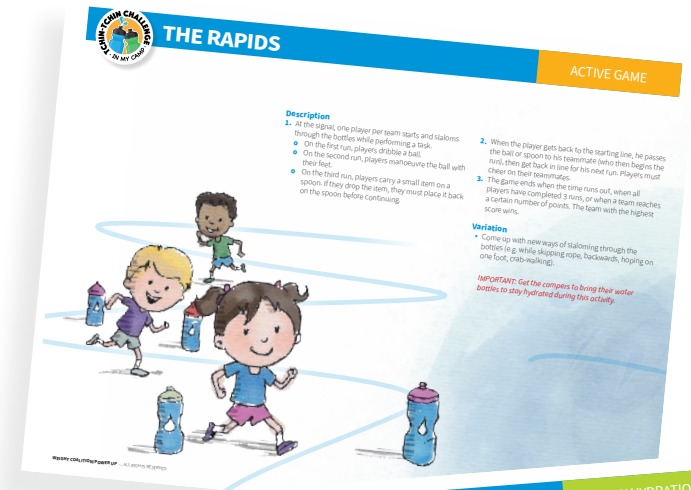
Everyone loves a toast! You just have to find a different toast to do with your campers.

You will find a variety of suggestions for each *Tchin-tchin in my camp* activity. You can add certain options, increase the level of difficulty, or adapt the activity for any age group.

Be creative! Appeal to your group’s creativity for new ways of adapting the activity? Have them lead the younger campers or host a special day, for this activity.

### “I’d like to do at least one activity daily. How can I reduce my prep time?”

- Pair up with another group and prepare the activities with the help of a second counsellor.
- You can also organize an active game with several groups, changing the rules to create multi-age teams. Older campers can help younger ones. Your role will be to guide and motivate the troops.



### “I don’t have enough time to carry out every activity in the kit during the week of the Challenge. Which ones should I choose?”

No problem! Wide ranges of activities are available to meet different needs and interests. There’s no need to limit yourself. You have the whole summer to do the activities! Have you considered organizing a theme day on water for the whole camp?



Available at  
[thirstyforhealth.ca/camp](http://thirstyforhealth.ca/camp)  
 and [tremplinsante.ca/en](http://tremplinsante.ca/en)

## Tips for flavouring water

### Recipes

Use one cup of (fresh or frozen) fruits or vegetables for every four cups of water.

Examples of classic favourites\*

- Melon
- Strawberries
- Raspberries
- Peaches
- Berries
- Mango
- Pineapple
- Cucumber
- Bell peppers
- Cantaloupe
- and many more to discover!

You can combine several ingredients or add a few sprigs of herbs (e.g. coriander, mint, basil, rosemary).

When it comes to regular consumption, it's better to avoid flavouring water with citrus fruit (e.g. lemon, lime, orange, grapefruit) or commercial flavouring, because they acidify water to a level that is harmful to teeth.



### Tips

- Use frozen fruit to speed up prep time.
- For extra flavour:
  - ◊ Chop the fruits and vegetables into small pieces.
  - ◊ Crush herbs by lightly rolling them between your hands.
  - ◊ Let water with ice cubes sit at room temperature for at least 15 minutes. If using frozen fruit, let the water infuse at room temperature. For optimum freshness, drink the water within 24 to 48 hours.
- Fruits (except strawberries and bananas if infused for extended periods) and vegetables will retain their texture, so feel free to eat them. Zero waste!

#### IMPORTANT

Allergy check: Ensure none of your campers have allergies to the food you choose.



## Preparing for the *Tchin-tchin Challenge in my camp*

The *Tchin-tchin Challenge in my camp* takes place during the **first week of July**.

Here are some opportunities to include in your program to get the most out of the *Challenge* and enjoy everything it has to offer.



Available at  
[thirstyforhealth.ca/camp](https://thirstyforhealth.ca/camp)  
and [treimplinsante.ca/en](https://treimplinsante.ca/en)

<b>June</b>	<ul style="list-style-type: none"> <li>Ask your coordinator to register your camp for the <i>Challenge</i>*.</li> <li>Download the tools, print what you need, and plan out the <i>Tchin-tchin Challenge in my camp</i> and activities.</li> </ul> <p><i>* Limit of one (1) registration per camp.</i></p>	
<b>Last week of June</b>	<ul style="list-style-type: none"> <li>Put up the posters promoting the <i>Challenge</i> around camp.</li> <li>Give parents the letter, by email or in person, along with the document entitled <i>Ideas for drinking more water</i>.</li> <li>On Friday, remind campers and parents of the upcoming <i>Tchin-tchin Challenge in my camp</i>.</li> </ul>	
<b>First week of July</b> (week of the <i>Tchin-tchin Challenge in my camp</i> )	<ul style="list-style-type: none"> <li>Join campers in the toasts, take part in activities, have fun, and be a role model promoting healthy hydration.</li> <li>Share your experience with the rest of the camp and the Power Up team.</li> <li>Hand out a participation certificate to each camper to confirm their participation.</li> <li>Submit your camp's application to the Hall of Fame, if you think you stood out during the week of the <i>Challenge</i>.</li> <li>Display the camp's participation certificate.</li> </ul>	
<b>Throughout the summer</b>	<ul style="list-style-type: none"> <li>Take opportunities to encourage campers to continue drinking water and keep the <i>Tchin-tchin Challenge in my camp</i>. (e.g. the <i>Tchin-tchin Squad</i>).</li> </ul>	

**Do you want to do the *Tchin-tchin Challenge in my camp* before or after the first week of July?** You can! The *Challenge* is flexible, and the tools are available all summer long. However, the participation draw prizes are only open to camps registered for the official week dates of the *Challenge*.

## References

- 1 Gallagher KM and Updegraff JA (2012). Health Message Framing Effects on Attitudes, Intentions, and Behavior: A Meta-analytic Review.
- 2 Sherman DK, Mann T., & Updegraff JA (2006). Approach/Avoidance Motivation, Message Framing, and Health Behavior: Understanding the Congruency Effect.
- 3 Government of Canada (2016). *Drink water to stay hydrated*.
- 4 About Kids Health (2013). *Dehydration*.
- 5 Institute of Medicine (2005). *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate*.
- 6 Government of Québec (2018). *Preventing the effects of heat*.

## About the *Tchin-tchin Challenge in my camp*

In the first week of July, kids attending summer camp are invited to take up the *Tchin-tchin Challenge in my camp* with their counsellors. The goal is to encourage water consumption while at camp.

It includes a variety of free tools:

- promotional posters;
- a *Tchin-tchin Challenge in my camp* activity kit;
- personalizable participation certificates for the camper and the camp;
- letter templates to inform managers, counsellors, and parents;
- and tips to share with parents

The *Tchin-tchin Challenge in my camp* is a joint initiative by the Weight Coalition and Power Up. It is inspired by the *Tchin-tchin Challenge* held in schools, a joint initiative by the Association québécoise de la garde scolaire and the Weight Coalition. The *Tchin-tchin Challenge* and the *Tchin-tchin Challenge in my camp* are part of the Weight Coalition's *I'm Thirsty for Health!* Campaign.



All material is available for free at [soifdesante.ca/camp](http://soifdesante.ca/camp) and [tremplinsante.ca/en](http://tremplinsante.ca/en).



**Share your successes and highlights by sending us photos!**  
**That's our greatest reward!**

[info@tremplinsante.ca](mailto:info@tremplinsante.ca)

**FOR MORE INFORMATION :**  
**Power Up 418 648-6618**  
**Weight Coalition 514 598-8058**

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