



THE LIGHTNING GAMES

HEALTHY HYDRATION

THESE SHORT WATER-THEMED ACTIVITIES STRESS THE IMPORTANCE OF DRINKING WATER REGULARLY. CAMPERS LEARN ABOUT HEALTHY HYDRATION WHILE HAVING FUN.

AGE GROUP

Multiage.

DURATION

5 to 10 minutes.

REQUIRED MATERIALS

- A page.
- A pencil.



ACTIVITY #1 : HERE'S TO WATER!

Preparation

Write down the benefits of drinking water on a page.

- It quenches your thirst.
- In hot weather, it's refreshing.
- When I drink water, I don't get a headache during the day.
- Cold water wakes me up when I feel sleepy.
- It makes me feel good.

Etc.

Description

1. Explain that there are many benefits to drinking water. The goal of this activity is to guess what these benefits are when they are mimed.
2. Choose five (5) volunteers. Each one will mime a benefit while the rest of the group tries to guess what it is.
3. The volunteers take turns miming their benefit in front of the group. If the group is having a hard time, you can provide clues to keep the mimes from running too long (max. 2 minutes per mime).
4. Have a round of applause for the volunteers and congratulate the group on guessing the benefits of drinking water. Once the game is over, ask them to remind you of these benefits.

Variations

- With younger players, get the whole group to mime the benefits at the same time.
- Mime each word of the sentence.