

*I'm Thirsty for Health!*

# TCHIN-TCHIN CHALLENGE

IN  
MY CAMP

Activity Kit



THE TCHIN-TCHIN CHALLENGE ACTIVITIES  
WERE CREATED AND ADAPTED BY:



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# TCHIN-TCHIN CHALLENGE

IN MY CAMP

## Activity Kit

This kit presents suggestions for **22 separate activities**. Camps can decide how many and which ones to use according to their respective programs and resources.

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#### ACKNOWLEDGEMENTS

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## 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* handbook;
- personalizable participation certificates for the campers and the camp;
- letter templates to inform managers, counsellors, and parents;
- and tips to share with parents.

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

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.



### Ideas to develop water drinking habits during the summer

You can also help kids maintain drinking water habits by promoting healthy hydration and making water visible beyond the *Tchin-tchin Challenge in my camp*.

**Read the *Tchin-tchin Challenge in my camp* handbook to learn more.**

Healthy hydration activities like the ones in this kit can be included in your camp's weekly schedule or during theme days throughout the summer. For example, the game *Out to Sea* can be part of a week on environmental protection. The *Mouth-Watering* activity or *Tchin-tchin Chefs* could fit into a culinary week, while *Guard the Blue Gold*, *Blue Gold Rush*, and *All Aboard!* to have a pirates and treasure theme. *The Lighting Games* are a great way to keep campers entertained between activities.

*I'm Thirsty for Health!* Campaign also offers camps other ways of increasing water's visibility and appeal. For more information, visit [thirstyforhealth.ca/camp](http://thirstyforhealth.ca/camp).





## This summer, reach for a tall cool drink of water!

Water is the perfect way to stay healthy and hydrated. Get in the habit of drinking water throughout the day, all year long.

It's especially important during the summer. The combination of hot weather and long periods of outdoor physical activity means water is lost (i.e., sweating) at a higher rate, which can lead to heat stroke. That's why it's very important to stay hydrated, especially for young campers, who are more susceptible to dehydration.

Unfortunately, water isn't always the first choice of thirsty campers. With no sugar, colour, or flashy container, it can seem rather plain compared to other options, even though it's the healthiest and most thirst-quenching beverage in the world.

That's why it's important to get the message out and encourage young (and not-so-young) people to go back to drinking water every day. The activities in this kit puts the spotlight on water for about 20 to 30 minutes, but campers won't get in the habit of drinking water when they're thirsty unless it's visible and available everywhere, at all times at camp. It's also important to be a good role model.

So hit the coolers, water bottles, and water fountains!

**HAVE A GREAT SUMMER!**







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.



### AGE GROUP

Multiage.

### DURATION :

5 to 10 minutes.

### REQUIRED MATERIALS

- A ball.

## ACTIVITY #2 : HIDDEN WATER

### Description

1. Remind everyone that it's important to drink water multiple times a day in order to stay in shape and feel healthy. Our bodies cannot survive without water. Explain that while we can drink water, we can also eat it, because it is contained within food. The best food to help you stay hydrated and refreshed is fruits and vegetables because they contain a lot of water. That's one of the reasons why you should eat fruits & veggies often.
2. Get the campers to stand in a wide circle.
3. Holding a ball, stand in the middle of the circle and spin around. Throw the ball to a random camper, who must catch it and quickly name a fruit or vegetable.
4. If the camper fails to name a fruit or veggie or repeats one that has already been named, they have to sit down (without leaving the circle). They are still in the game, but they have to remain seated unless they can name a fruit or veggie the next time you throw them the ball. They can't stand up until they can do that.
5. The game ends when only one player is left standing and declared the winner.

### Variations

- To make the game more challenging, have the players alternate between fruits and vegetables. For example, if the first camper names a fruit, the next one has to name a vegetable.
- When you throw the ball, call out a colour. The player who catches the ball must name a fruit or vegetable of that colour to stay in the game. If they can't, the next player must try to name a fruit or veggie of that colour.
- For a shorter version of this game, when a player can't call out a fruit or vegetable that hasn't already been named, they sit down AND are eliminated.
- Form teams of two and throw the ball at the team.





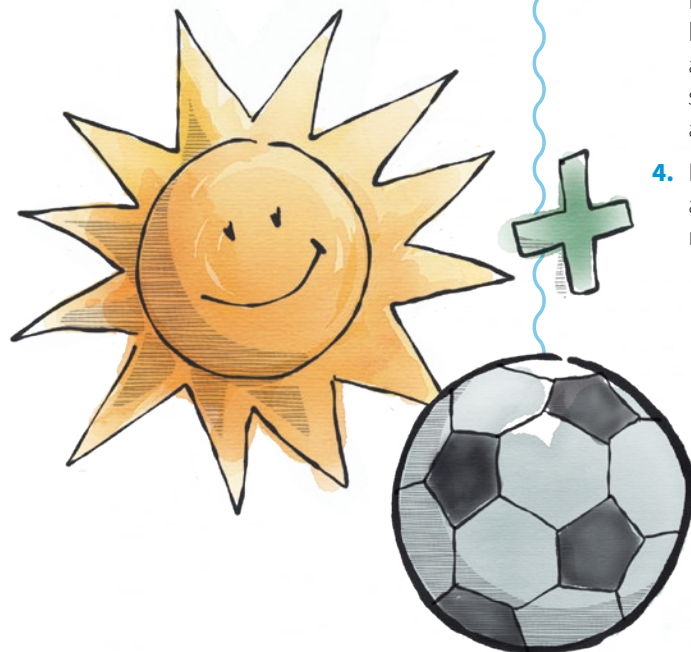


### AGE GROUP

Multiage.

### DURATION

5 to 10 minutes.



## ACTIVITY #3 :

### I DRINK WATER WHEN...

#### Description

1. Have the group sit in a circle on the ground.
2. Explain that water is always the best beverage for staying hydrated. The goal of this memory game is to name moments when you can drink water.
3. Always beginning with the words “I drink water when...,” the campers name times when they drink water, then repeat all the moments previously given. For example, if the first player says “I drink water at breakfast”, the second player must say “I drink water at breakfast and when I play soccer”, the third must say “I drink water at breakfast, when I play soccer, and when I have a snack”, and so on.
4. If a player makes a mistake, they lose their turn, and the next player starts. If 3 players in a row make mistakes, the game starts over.

Examples of good times to drink water:

- On a hike.
- At the pool.
- When you're thirsty.
- When playing with friends.
- When reading a book.
- When you walk past a water fountain.
- When it's hot out.
- When it's cold out.
- During meals.
- Between meals.
- At a birthday party.
- Etc.





THIS ACTIVITY USES THE PLASTIC ARTS TO DRAW ATTENTION TO WATER SOURCES AVAILABLE IN CAMP.

### AGE GROUP

Multiage.

### DURATION

30 minutes.

### REQUIRED MATERIALS

- Pencils.
- Scissors.
- Glue.
- Cardboard and other decorative material.

### Introduction

Making water more noticeable is a good way to remember to drink more of it. This activity involves a project to decorate and showcase the camp's water fountains.

### Instructions

- Create decorations to showcase the camp's water fountains (e.g. cardboard water drops or footprints leading to fountains. Laminate them if they will be placed on the floor rather than the walls).

*Note: With younger campers, it may be easier to make stencils for them to colour and cut out. You can also use colourings ([thirstyforhealth.ca/camp](http://thirstyforhealth.ca/camp)).*

### Variations

- Decorate water glass. For example you can take a transparent glass and get the kids to create a drawing to tape to the glass, facing inward so it can be seen through the water.
- Decorate refillable water bottles (make sure you have permission from the parents).
- Decorate water stations where kids can use glasses of water.
- Ice cubes in different shapes or with small fruit inside can be made ahead of time (put some blueberries, raspberries, or cherries in each section of an ice cube tray before filling it with water and putting it in the freezer). The kids can add the cubes as the finishing touch to a lovely glass of water they reward themselves with after completing the activity.

**Did you know that commercial water bottles are single use?** They are not designed to be washed and reused, because the plastic can degrade. Therefore, they are not a good choice for a decorating project. Also, they are not very environmentally friendly.







THIS ACTIVITY INVOLVES TASTING FLAVOURED WATER TO DISCOVER HOW A DRINK CAN BE TASTY WITHOUT BEING SUGARY.

### AGE GROUP

Multiage.

### DURATION

20 to 30 minutes.

### REQUIRED MATERIALS

- A glass for each camper.
- 4 pitchers (3 for flavoured water, 1 for plain water). If the pitchers are transparent, cover them with opaque pieces of cardboard so the campers can't see the fruit inside (or pour the water in the glasses somewhere the campers can't see).
- Herbs, fruits, and vegetables for the flavoured water (see note).
- 1 tasting sheet for each camper (see Appendix).

*Note: Make sure the campers do not have any allergies to the ingredients used to flavour the water.*

### Introduction

Ask the campers to judge a flavoured water competition.

For tips to flavour water, read the *Tchin-tchin Challenge in my camp* handbook. ([Thirstyforhealth.ca/camp/](http://Thirstyforhealth.ca/camp/)).

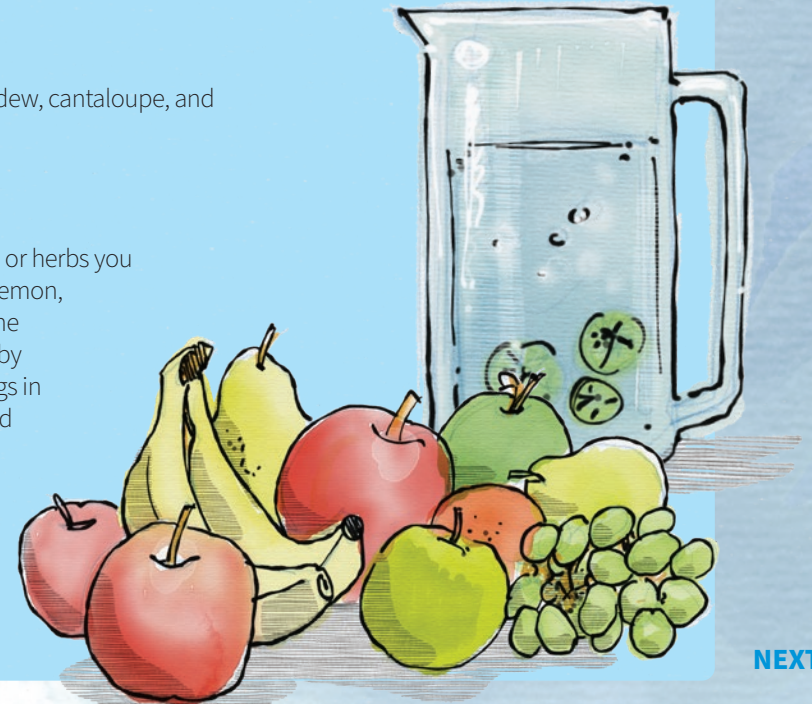
## RECIPES

Add 1 cup of fruit pieces (fresh or frozen) or vegetable pieces to 4 cups of water. Place the pitchers in the refrigerator for 15 minutes to let the flavours infuse into the water. If you are using frozen fruit, let the flavoured water sit at room temperature.

### Suggestions:

- Tropical: mango or pineapple
- Melon: One or a combination of honeydew, cantaloupe, and watermelon
- Refreshing: Cucumber and mint leaves
- Berry tasty: Strawberries

You can use any other fruits, vegetables or herbs you desire. However, avoid citrus fruit (e.g. lemon, lime, orange, grapefruit), which raises the acidity of water and can damage teeth by eroding enamel. Commercial flavourings in powder or liquid form are too acidic and cause irreversible damage to tooth enamel. With homemade, citrus-free flavoured water: no need to worry, just have the fun!





# MOUTH-WATERING!

## HEALTHY HYDRATION



### Instructions

1. Serve a glass of plain or flavoured water to each camper (just water, no fruit). Serve only one type of water at a time.
2. Ask the campers to use their sense of sight, smell, and taste to:
  - a. Describe how the water looks on their tasting sheet.
  - b. Identify how the water smells and write it down.
  - c. Try to guess the flavour of the water without tasting it.
  - d. Taste the water and describe the flavour on their tasting sheet.
  - e. Make a note of their overall appreciation by drawing the corresponding face.
3. Repeat steps **a.** to **e.** with each type of water, including the plain water.
4. Share their observations and preferences as a group.




### Variations

- The tasting activity can be stretched out over several days by sampling one or two flavours per day. Remember to sample the plain water the same way every day.
- Prepare the water with the campers and do the tasting an hour later.
- Kids can discuss their observations as a team (they can complete one sheet per team).

Get the campers to be as specific as possible in their descriptions:

- What can you tell by looking at your glass?
- Is the water coloured?
- Does the water have a smell? What does it remind you of? What is your guess?
- When you taste it, is it sweet or salty?

## Tasting sheet<sup>1</sup>

SAMPLE NUMBER	OBSERVATIONS			MY RATING 😊 😐 😞
	COLOUR 	SMELL 	TASTE 	
1				
2				
3				
4				





THIS ACTIVITY LETS KIDS USE RECIPES TO MAKE FLAVOURED WATER AND DISCOVER NEW FOODS AND DIFFERENT WAYS OF VARYING THE TASTE OF WATER.

### AGE GROUP

Multiage.

### DURATION

45 to 60 minutes (After finishing the recipes, let the water sit for 10 to 15 minutes before serving).

### REQUIRED MATERIALS

- 2 glasses for each participant.
- A pitcher of fresh water.
- A variety of herbs, fruits, and vegetables for the flavoured water recipes (see note\*).
- Cutting boards.
- Age-appropriate knives (table knives for ages 5 to 8, paring knives for ages 8 to 12).

### Introduction

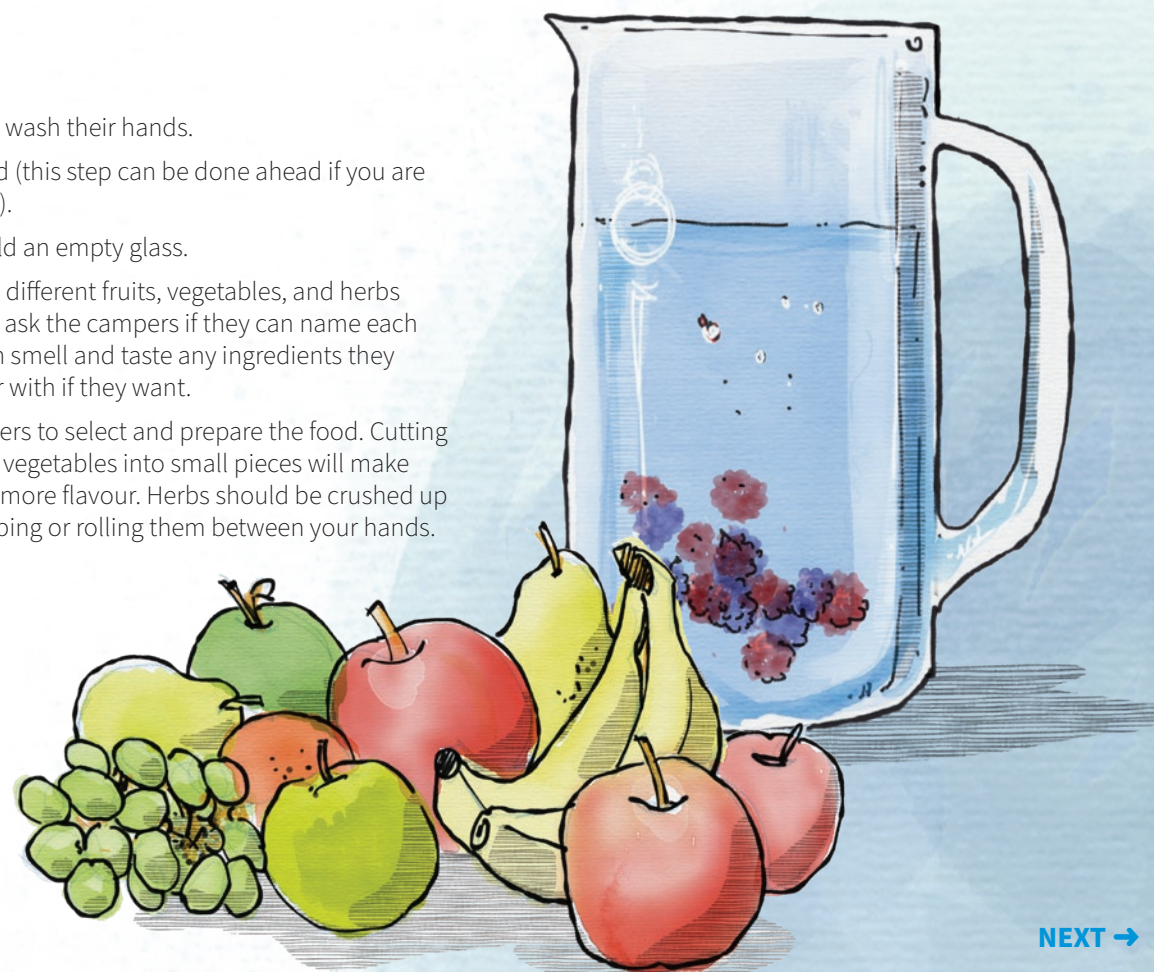
Water is your body's favourite beverage. You have to drink it several times every day. Drinking plain water is nice, but you can also flavour it with fruits, vegetables, and herbs to encourage you to drink more. Have the kids explore new flavours by creating and tasting their own flavoured water.

**Note:** Make sure the campers do not have any allergies to the ingredients used to flavour the water.

### Description

1. Have the kids wash their hands.
2. Wash the food (this step can be done ahead if you are short on time).
3. Give each child an empty glass.
4. Introduce the different fruits, vegetables, and herbs available and ask the campers if they can name each one. They can smell and taste any ingredients they aren't familiar with if they want.
5. Get the campers to select and prepare the food. Cutting the fruits and vegetables into small pieces will make them release more flavour. Herbs should be crushed up lightly by rubbing or rolling them between your hands.

For tips to flavour water, read the *Tchin-tchin Challenge in my camp* handbook. ([Thirstyforhealth.ca/camp/](http://Thirstyforhealth.ca/camp/)).





- For optimal results, a quarter of the glass should be filled with garnish. Then, fill the glass with water and let it sit for around 10 to 15 minutes. Take this opportunity to put everything away. Serve a glass of flavoured water to each camper so they can compare it to their own recipe and ask the other campers to share their water.
- Have the campers taste the water. Ask them to describe the smells, flavours, and colours, and share what they like and don't like.
- When the campers are done tasting the water, suggest that they eat the fruit and vegetable pieces in their glasses. They will have retained most of their flavour and texture, except for the strawberries and bananas, which may be a little bland.

*Several fruits (mango, strawberry, bunch, banana, apple, melon, etc.), veggies (cucumber, ginger, pepper) and herbs (mint, basil, cilantro, rosemary, etc.) can be used to flavor water. Avoid citrus fruit (e.g. lemon, lime, orange, grapefruit), which raises the acidity of water and can damage by eroding enamel. Commercial flavourings in powder or liquid form are too acidic and cause irreversible damage to tooth enamel.*

### Variations

- Hold a flavoured water competition. Divide the group into teams of 3 or 4. Each team comes up with an original recipe and prepares a pitcher of flavoured water. The pitchers must be opaque or covered with cardboard so the other teams can't see the contents. Allow around 10 minutes of infusion time, then have the teams take turns serving their water to the other teams, who will try to guess the recipe based on the flavour. When all the flavoured water has been sampled, each camper votes on his or her favourite. Campers cannot vote for their own team's water. The team with the most votes, wins. Take this opportunity to point out that everyone has different tastes and that it's important to try unfamiliar foods to discover new flavours and explore personal preferences.
- Water can also be flavoured with a couple drops of food extracts (e.g. lemon, orange, vanilla). You can add these products to the list of recipe ingredient options.
- Make at least one recipe as a group in a big pitcher and invite the parents to try the flavoured water. You could set up a small stand where the campers can serve the water. If the water will stand at room temperature for more than an hour, add ice cubes.







# A TEMPTING OFFER

## HEALTHY HYDRATION

THIS ACTIVITY INVOLVES DESIGNING CATCHY SLOGANS TO PROMOTE WATER TO YOUNG PEOPLE.

### AGE GROUP

8 to 12.

### DURATION

30 to 45 minutes.

### REQUIRED MATERIALS

- Large sheets of paper (or large sheets of cardboard).
- Pencils
- Scissors.
- Glue.
- Cardboard and a variety of material to decorate.

### Introduction

The kids want to get their friends, parents, camp counsellors, and camp coordinators to drink more water. They will accomplish this by creating convincing promotional posters and putting them up in strategic areas. Their slogans should be catchy and address one of the following themes:

- A benefit of drinking water.\*
- A good moment to drink water.\*
- A way of remembering to drink water more often during the day.

\*For more examples, see *The Lighting Games* activity.

### Examples of messages:

- Water is brain fuel!
- Nothing quenches your thirst like water!
- Fountains are for filling up.
- Got water?

### Examples of tips/ideas for drinking more water:

- Don't wait until you are thirsty to drink water.
- Drink water throughout the day..
- Take a water bottle to camp with you.
- Go to the water fountain after a physical activity.
- Keep a pitcher of water in the fridge at home.
- Put a pitcher of water on the table at dinner time so you can fill up.
- Add ice cubes to your water to make it cold.
- Serve water in nice glasses.

### Description

1. Ask the kids to identify strategic places to put up posters.
2. Divide the group into small teams.
3. Have each team come up with a slogan promoting water.
4. Decorate the posters.
5. Display the posters in the previously identified locations.

### Some good places to put up posters:

- The dining area.
- Near water fountains.
- Hallways.
- The kids' entrance.
- The gym.

### Variations

- Instead of creating posters, have the kids promote water in other ways. Divide the group into teams of 3 or 4:
  - Have them create and present a short commercial or sketch that will make the audience want to drink water, focusing on the benefits of doing so and providing tips on making it a daily habit.
  - Have the campers rewrite the lyrics to a popular song to make it an ode to water.
- For the younger kids, the message can be illustrated.





# For Teens

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!

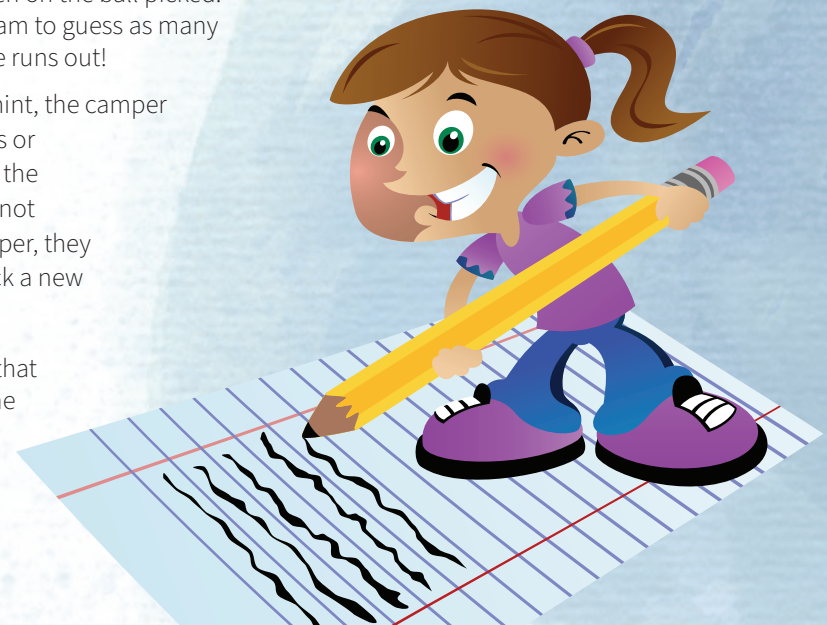
### Review the activity

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!

## HEALTHY HYDRATION

# For Teens

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.





## For Teens

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.





# THIRSTY CAMELS

ACTIVE GAME

PHYSICAL ACTIVITY  
FEATURING WATER.

## AGE GROUP

Multiage.

## DURATION

20 to 30 minutes.

## LOCATION

Gym or outside.

## REQUIRED MATERIALS

- 10 empty water bottles.
- 5 jerseys or other distinctive markers.



## Introduction

To quench their thirst, the camels must get all the bottles in the starting area without getting stung (touched) by the mosquitoes.

## Description

1. Choose 5 campers and give them each a jersey. They will be the mosquitoes. The other campers are camels.
2. Put the mosquitoes on one side and the camels on the other.
3. Place 2 water bottles about 3 meters apart in front of each mosquito so the mosquito and bottle form a triangle shape.

4. At the starting signal, the camels have to go get the bottles and carry them back to their side without getting stung (touched) by a mosquito. A camel can only carry one (1) bottle at a time.
5. The mosquitoes can spread out in any way they want to try and sting the camels carrying bottles (but not empty-handed camels). A camel who gets stung is considered “injured”. It has to give the bottle to the mosquito and go touch a wall (or other appointed spot) to get back into the game. The mosquito brings the bottle back to their own zone before returning to the game.
6. The game ends when all the bottles are on the camel side. Then, pick other campers to be the mosquitoes for the next round.

## Variations

- Each camel starts the game carrying a bottle, and the mosquitoes try to get their bottles by stinging them. When a camel loses a bottle, it becomes a mosquito and joins that side until all the camels have been stung.
- The mosquitoes group works in teams of two (tied arms or tied feet).

*IMPORTANT: Get the campers to bring their water bottles to stay hydrated during this activity.*



# GUARD THE BLUE GOLD

ACTIVE GAME

## PHYSICAL ACTIVITY FEATURING WATER.

### AGE GROUP

Multiage.

### DURATION

20 to 30 minutes.

### LOCATION

Gym or outside.

### REQUIRED MATERIALS

- 3 closed water bottles\*.
- 2 foam balls.

*\* If the bottles fall too easily, you can fill them to about ¼ with water. Don't use the campers' own water bottles for this activity.*

### Introduction

**Have you heard of blue gold? What is it? Why do we call water blue gold?**

- Explain that water is often referred to as «blue gold» and that it's a treasure they must protect during the game. Select a camper to be the first guardian and ask him to stand in the centre of the circle.

### Instructions

- Get the campers to stand and form a circle.
- Arrange 3 water bottles in a triangle pattern in the centre of the circle, placing them about 30 cm apart.
- Appoint a guardian to protect the water by keeping the bottles from getting knocked over by a ball.
- The campers forming the circle take turns rolling a ball on the ground using just their hands to try and knock over the bottles. The guardian tries to block the ball to protect the blue gold. The guardian can use their hands and feet. If the block is successful, the guardian sends the ball back to a random camper in the circle. A camper who manages to knock over a bottle becomes the guardian, and the last guardian joins the circle.

### Variations

- Increase the level of difficulty by making the circle wider.
- Add one or more balls.
- Add more guardians.
- Have kids work in teams of two.
- For the older kids, add restraints (e.g. use the left hand to roll the ball on the ground).

**IMPORTANT:** *Get the campers to bring their water bottles to stay hydrated during this activity.*







### PHYSICAL ACTIVITY FEATURING WATER (TREASURE HUNT)

#### AGE GROUP

Multiage.

#### DURATION

20 to 30 minutes.

#### LOCATION

Different places in camp.

#### REQUIRED MATERIALS

- Water bottles or images of water bottles to print out (see Appendix 2).

#### Preparation

Hide a number of water bottles or images of water bottles around the playing area. You can use the campers' water bottles.

#### Introduction

Read the "Treasure Hunt" text out loud.

### Treasure Hunt

Treasure is actually hidden all around camp. It's right in front of your eyes every day, but you often walk right by without even seeing it. To find it, you'll have to follow clues and solve riddles. Are you up for the challenge?

Happy hunting!

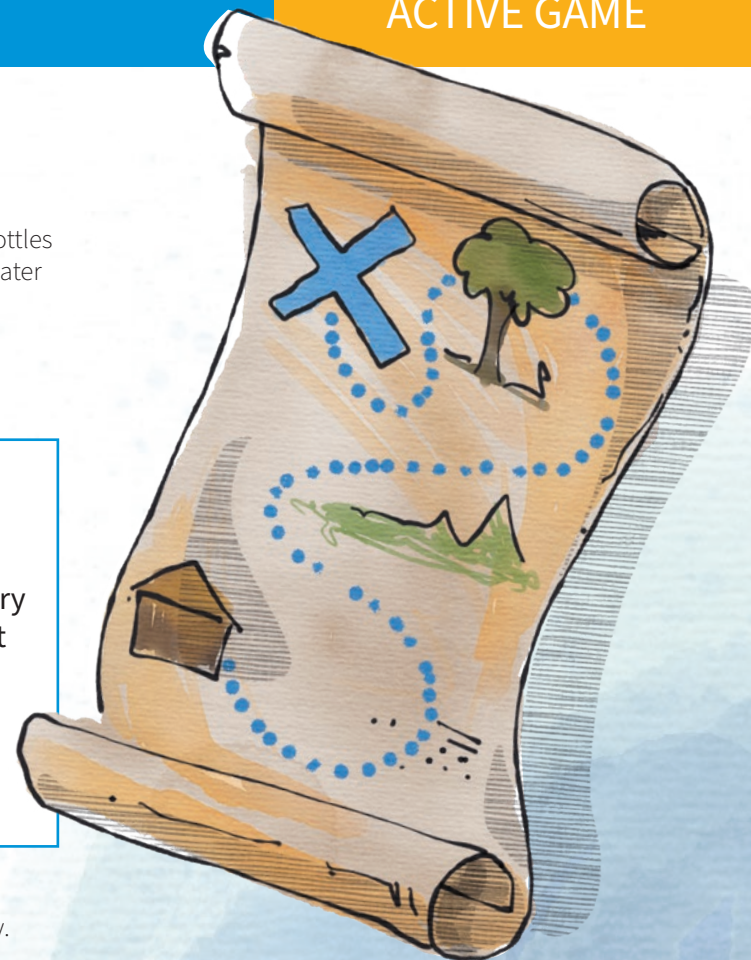
#### Description

1. Read the first riddle. Provide clues if necessary.

Scientists search for me on other planets because I'm a key ingredient of life.

*(Clues: I make up part of the human body. I am odourless. I am transparent. I am refreshing).*

Answer: Water. It is so precious; it is often called Blue Gold. To find it, we will have to solve the other riddles.



2. Read the second riddle.

I can be coloured or clear and made of metal or plastic. I am used to carry Blue Gold.

*(Clues: It fits in your lunchbox. You use it for the Tchin-tchin Challenge).*

Answer: A water bottle.



# BLUE GOLD RUSH

ACTIVE GAME

## Description (next)

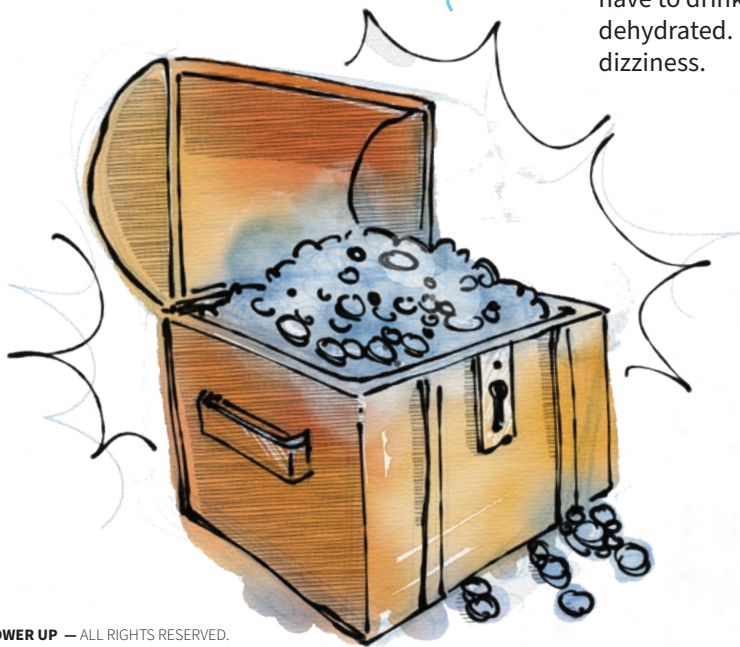
- 3.a)** Tell the players that there are water bottles hidden around the room. Have them search the room and bring all the bottles they find to a designated place.
- b)** Once the players have found all the bottles, congratulate them on having found one way of carrying Blue Gold.
- c)** Ask them to explain **how a water bottle might be useful**.

**Answer:** It is easy to carry and lets you drink water anytime throughout the day.

- 4.** Read the third riddle. Provide clues if necessary.

*This place helps you cool off when it's hot out.*

Possible answers: the water park, a pool, a wading pool. Swimming cools you down, but you still have to drink plenty of water so you don't get dehydrated. Dehydration causes faintness and dizziness.



- 5.** Go to the places identified.

- 6.a)** Read the last riddle out loud.

*You can use me to fill water bottles or glasses with Blue Gold any time of day.*

**Answer(s):** Water fountain or tap.

- b)** Get the kids to identify the locations of water fountains and fresh water taps around camp.
- c)** The group goes to each tap or fountain as it is identified. Help the kids think of locations if necessary. Keep playing until the group has visited every location.
- d)** When you get to the last location, have the kids fill up their bottles/glasses.
- 7.** Have a drink together and congratulate each other on finding the Blue Gold. Remind the group that this treasure is available throughout camp and at all times.

## Variations

- After this game, play *A Tempting Offer* or *H<sub>2</sub>w0w!* to draw attention to the taps and fountains.
- Create additional riddles to extend play time.





### PHYSICAL ACTIVITY FEATURING WATER (PARACHUTE).

#### AGE GROUP

5 to 8.

#### DURATION

30 minutes.

#### LOCATION

Gym, large multipurpose room, or outside.

#### REQUIRED MATERIALS

- Parachute.
- Small balls or other items to bounce on the parachute.

#### Introduction

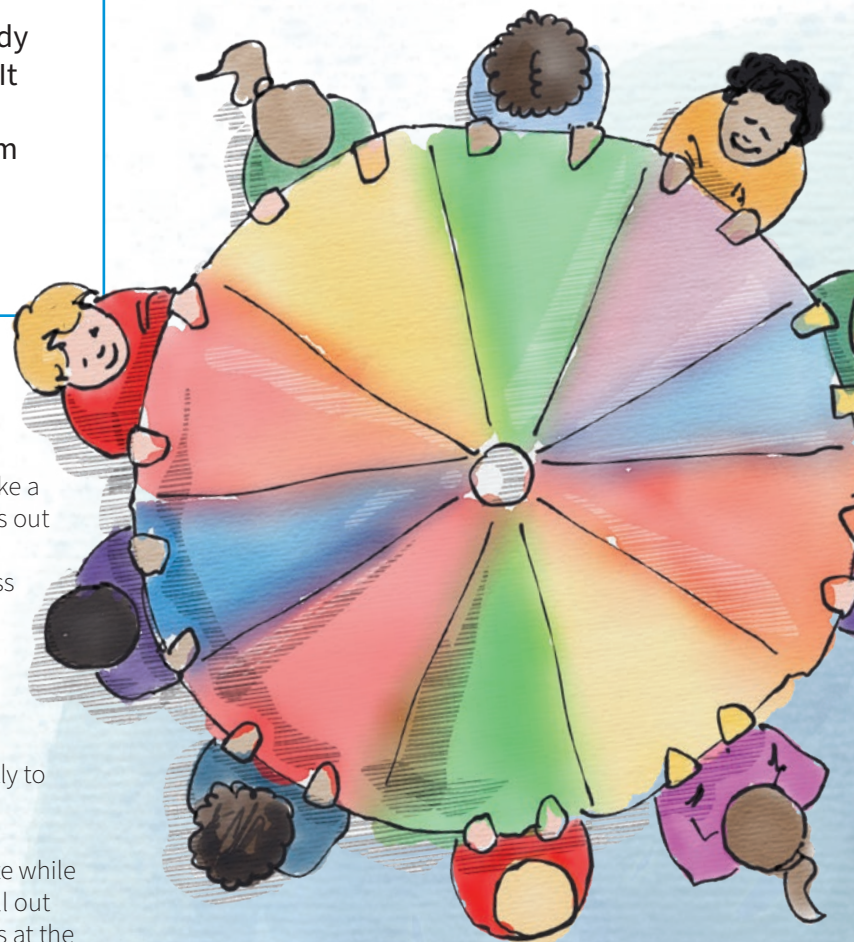
Read the text « Out to sea » out loud.

### Out to sea

It's summertime! The skies are cloudy and grey, but it's still really hot out. It looks like the weather may change, but we decide to cool off with a swim anyway. It's so nice to play in the water! Hopefully, the weather will hold.

#### Description

1. Lay the parachute out on the ground.
2. Get the campers to sit in a circle around the parachute, with each player in front of a different color. The counsellor should also take a place around the parachute to balance things out and manage the game more easily.
3. Explain the goals and rules of the game. Stress the importance of listening closely to the orders given.
4. Have the players take hold of the parachute and stand up.
5. Give the following orders:
  - *Smooth sailing:* Rustle the parachute gently to create small waves.
  - *Diver down:* Two players switch places by crouching or crawling under the parachute while the other kids keep shaking it. You can call out the players' real names or assign numbers at the start, giving each number to two players.
  - *Stormy weather:* Announce that the wind is picking up, and a storm is coming. Have the players rustle the parachute harder to create big waves.





- *Dancing in the sun:* Have the players move the parachute while dancing to end the storm and slam the waves. You could do the twist, gradually going down and back up. Repeat at least twice.
- *Whirlpool:* Spread the parachute out on the ground by having the players move backwards to extend the circle. Spin the parachute by walking in a circle. *Variation: Lay the parachute on the ground and walk in a circle.*

### • *Operation Cleanup*

Introduction : While you're out swimming, you notice bottles and bits of plastic floating in the water. If fish, turtles, birds, and other marine life eat or get trapped in plastic, it can be seriously harmful to their health. You're going to clean up this mess by collecting all the trash floating around.

While the kids are gently rustling the parachute (*Smooth sailing*), slide a recycling bin under the hole in the centre. Then, toss a few balls/small items on the parachute to represent plastic trash. Have the players work together to move the parachute so the items fall through the hole and into the bin.

6. When the game is over, have everyone congratulate each other on a job well done and celebrate with a nice drink of water.

### Variations

- During *Operation Cleanup*, place bits of plastic under the parachute. Have players dive under the parachute in pairs to pick up the trash and place it in the recycling bin.
- A player can be chosen and take turns being the conductor; who decides rhythm waves.
- Kids can close their eyes closed and let the consellor chooses the conductor. The students should imitate and identify it.
- Determine a sign to show kids when to raise their arms or step one foot on the parachute for the wave.
- The players from one section of colours should gather in the middle, under the parachute, and change places.
- The consellor places objects on the parachute and then becomes the great epic narrator, based on various scenarios proposed in the activity. The goal is to keep the objects on the parachute as long as possible.

**IMPORTANT:** Get the campers to bring their water bottles to stay hydrated during this activity.







# WATER THIEVES

ACTIVE GAME

## PHYSICAL ACTIVITY FEATURING WATER.

### AGE GROUP

8 to 12.

### DURATION

20 to 30 minutes.

### LOCATION

Gym or outside.

### REQUIRED MATERIALS

- 1 bottle for every 2 students.

### Introduction

This game is played in teams of 5 to 10 (depending on the number of campers). The first team to rack up 25 points wins. Every bottle is worth 1 point.

### Description

1. Divide the campers into 2 equal teams.
2. Assign a number to each player on the first team and then assign the same numbers to each player on the opposing team.
3. Arrange the players in 2 lines, with the players with the same number facing each other. Keep a distance of at least 5 meters between the two lines.
4. A counsellor loudly calls out a number.

1 2 3 4 5 6 7 8 9 10



1 2 3 4 5 6 7 8 9 10

5. The players with that number rush toward the bottle placed between them and try to get it back to their team's side without getting tagged by their opponent. The player who doesn't get the bottle can still score a point by tagging the player with the bottle before he reaches their side.

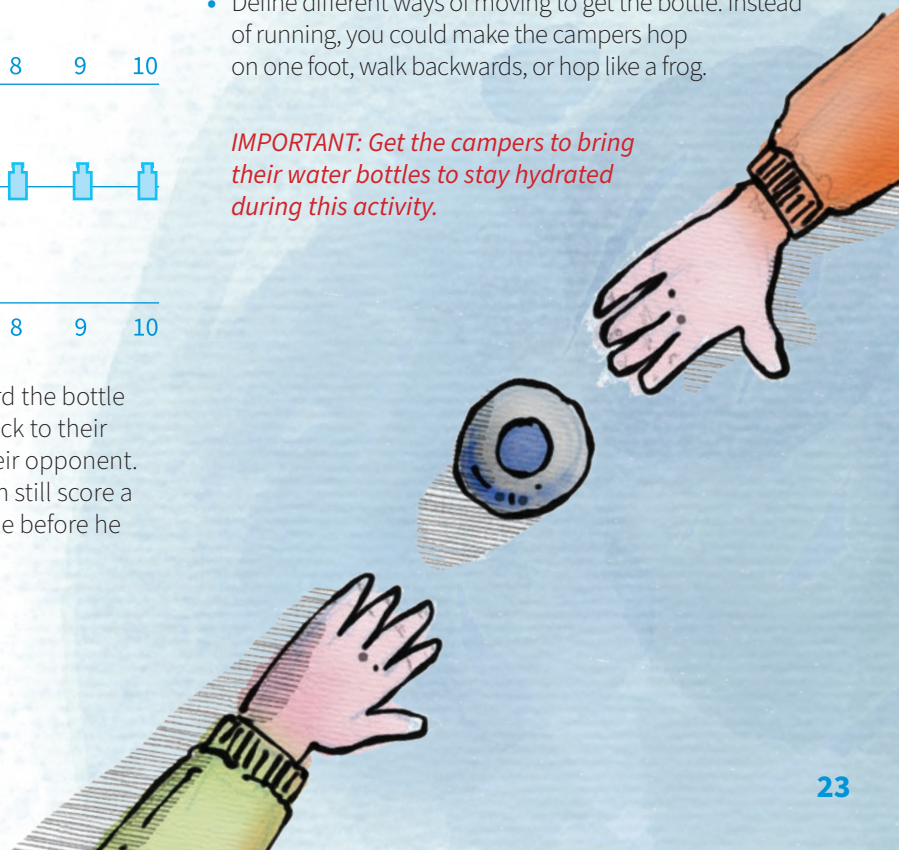
6. Once everyone understands the game, call out more than one number at a time..
  - You can designate a word that means all the numbers (e.g. *infinity*). Count all the bottles collected by each side and attribute a point to the side with the most bottles. In the event of a tie, each team gets 1 point.

*IMPORTANT: Before starting the game, remind the players to be careful not to run into each other.*

### Variation

- Define different ways of moving to get the bottle. Instead of running, you could make the campers hop on one foot, walk backwards, or hop like a frog.

*IMPORTANT: Get the campers to bring their water bottles to stay hydrated during this activity.*





# FLAGS AND PENNANTS

ACTIVE GAME

## PHYSICAL ACTIVITY FEATURING WATER.

### AGE GROUP

5 to 8.

### DURATION

20 to 30 minutes.

### LOCATION

Gym or outside.

### REQUIRED MATERIALS

- 1 bottle per team (2 to 4).
- Jerseys or other distinctive markers to identify the teams.
- 3 flags per player (the type used for flag football if you have them).
- 1 tub or bucket per team (of 2 to 4 players) to hold extra flags.
- Whistle.

### Introduction

The game involves stealing the other team's bottle as many times as possible. Each steal is worth 1 point. The team that accumulates the most points during the game wins.

### Instructions

- Divide the campers into 2 to 4 teams depending on the number of campers. Each team should have no more than 10 players. Identify the teams using jerseys or some other distinct marker.
- Divide the playing area so each team gets a zone (1 team in each corner if there are 4 teams or a team on either side if there are 2 teams).
- Every player tucks 1 flag in each sock, leaving half of it out to lay on the ground. Flags must not be held in place by the side of the shoe.
- Place a bottle (the "pennant") and a bucket (the "pool") in each team's zone.
- Extra flags go into a team's pool (in a pile or in a bucket).

Based on the amount of time available, determine the game's duration or set a number of points to get before the game ends (a chronometer or Timekeeper could help players keep track).



### How to play

1. Each team starts the game close to their pennant.
2. At the start signal, the players try to steal their opponent's bottle without losing their own flags.
3. If a player manages to bring an opposing team's bottle back to his own zone with at least 1 flag in his sock, his team gets 1 point. When the game is stopped (whistle), all bottles are put back in the starting position, and the players return to their zones before the game resumes.
4. A player who loses both flags must return to his zone to get a new flag from his team's pool. If that player was carrying a bottle. He has to return it to the starting position before going to his own zone. If there are no more flags in the pool, the player must wait until his team steals one from an opponent.
5. A player who takes an opponent's flag must bring the flag to his team's pool.

### Variation

- Give each team more than one bottle to extend the game.

**IMPORTANT:** Get the campers to bring their water bottles to stay hydrated during this activity.





### PHYSICAL ACTIVITY FEATURING WATER.

#### AGE GROUP

8 to 12.

#### DURATION

20 to 30 minutes.

#### LOCATION

Gym or outside.

#### REQUIRED MATERIALS

- Water bottles (at least 6 per team).
- Balls (1 per team).
- 1 spoon and 1 small item to carry per team.

#### Preparation

- Identify the starting line.
- Set up a course for each team, arranging at least 6 water bottles in a line. Space the water bottles at least 1 meter apart.

#### Introduction

Read the text « Water is essential to life » out loud.

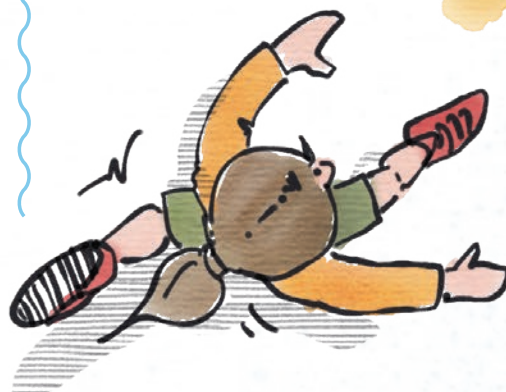
### Water is essential to life

A human being can only survive a few days without water. And yet, it is often wasted and overused. Water is becoming an increasingly scarce resource, one that must be preserved so that every human being on Earth has access to it.

#### Description

- Players must slalom through the water bottles while performing a preset task. They must avoid knocking over any bottles and wasting water.
- Working in relays, teams compete for the highest score by finishing in the shortest time.
- Every successful back-and-forth run earns 2 points.
- If a water bottle is knocked over, the run is worth 1 point. If 2 or more bottles are knocked over, the player must complete the course, but no points are awarded for that run. The player must set the bottles back upright before passing on the relay.
- Make 2 to 4 teams, depending on the number of players.
- Have each team form a line.

Based on the available time, set a duration or a number of points to reach to win the game. A clock or countdown timer can be used to let the players know how the game is progressing.





# THE RAPIDS

ACTIVE GAME

## Description

1. At the signal, one player per team starts and slaloms through the bottles while performing a task.
  - On the first run, players dribble a ball.
  - On the second run, players manoeuvre the ball with their feet.
  - On the third run, players carry a small item on a spoon. If they drop the item, they must place it back on the spoon before continuing.
2. When the player gets back to the starting line, he passes the ball or spoon to his teammate (who then begins the run), then get back in line for his next run. Players must cheer on their teammates.
3. The game ends when the time runs out, when all players have completed 3 runs, or when a team reaches a certain number of points. The team with the highest score wins.

## Variation

- Come up with new ways of slaloming through the bottles (e.g. while skipping rope, backwards, hopping on one foot, crab-walking).

*IMPORTANT: Get the campers to bring their water bottles to stay hydrated during this activity.*







### PHYSICAL ACTIVITY FEATURING WATER.

#### AGE GROUP

8 to 12.

#### DURATION

30 minutes.

#### LOCATION

Gym or outside.

#### REQUIRED MATERIALS

- 5 exercise mats or coloured tape as markers (Cones can be used to designate the different zones if the game is played outside.).
- Jerseys (2 different colours).
- Water bottles.

#### Preparation

- Place exercise mats in the center of the room and in each corner to represent the boats and island. If you don't have any mats, you can use sticky tape.

#### Introduction

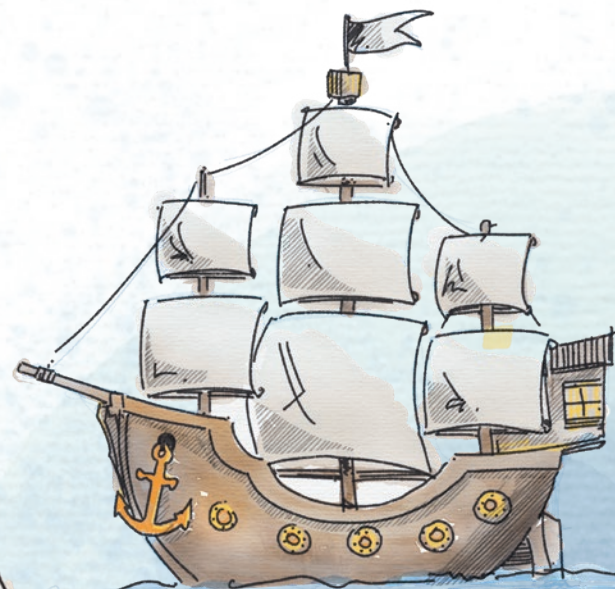
Read the text « The precious cargo » out loud.

### The precious cargo

Water is a necessity of life and a treasure worth protecting. In this game, sailors must carry bottles of water while dodging sharks and pirates to avoid losing their precious cargo. The game ends when all the sailors carrying water bottles (there is a specific number of them) have been caught by sharks or pirates.

#### How to play

- Pirates can only tag sailors when they are on a boat (i.e., on exercises mats).
- Sharks can only tag sailors when they are in the water (i.e., not on exercises mats).



- A tagged sailor must go to the desert island (the mat in the center) and stay there until another sailor comes to the rescue and leads them to the nearest boat, holding them by both hands. If a shark touches either sailor while they are crossing, both must return to the island.
- A sailor can only rescue 1 fellow sailor at a time.
- The sailors have water bottles, which they must protect. If a sailor is tagged while carrying a water bottle, he loses the bottle. The shark or pirate who tagged the sailor carries the bottle to a designated place along the wall. The game ends when all the sailors have lost all their water bottles.

### Description

1. Explain the goal and rules of the game and designate a minimum of 1 shark and 2 pirates. Give the shark a jersey and the pirates jerseys of another colour. The other players are sailors. Give the sailors at least 3 water bottles.
2. Before the game begins, give the sailors a few moments to distribute the bottles among themselves and discuss a strategy for keeping them safe. During that time, the shark and pirates meet at the island to discuss their own strategy.
3. Before the game begins, the sailors spread out on the boats.
4. Give the start signal.
5. When the game is over, you can designate a new shark and different pirates to play again

### Variations

- Give the sailors more water bottles to extend playtime.
- Designate a larger number of sharks or pirates if you're dealing with a bigger group.
- Create pairs of pirates or sailors.

*IMPORTANT: Get the campers to bring their water bottles to stay hydrated during this activity.*





# AQUATIC YOGA

ACTIVE GAME

## PHYSICAL ACTIVITY FEATURING WATER.

### AGE GROUP

Multiage.

### DURATION

30 to 60 minutes.

### LOCATION

Gym or outside.

### REQUIRED MATERIALS

- Exercise mats if the activity is done outside.
- Yoga poses page (see Appendix)

### Description

This activity involves relaxing by doing a series of yoga poses (see Appendix 3). Have the campers stand in a circle. Make sure they leave enough space between themselves to do the exercises. The counsellor demonstrates the exercises, and the campers try to imitate them.

### Variations

- In teams of 2, hold the poses that require balance as long as possible.
- Depending on how much time is available, you can do your favourite poses.
- This activity can be used to calm everyone down after an active game.

*IMPORTANT: Get the campers to bring their water bottles to stay hydrated during this activity.*





### WATER GAME.

#### AGE GROUP

Multiage.

#### DURATION

30 minutes.

#### LOCATION

Outside.

#### REQUIRED MATERIALS

- 3 transparent tubs.
- Pitchers of water or tap or other source of water nearby.
- Glasses or small containers (1 per camper).
- 3 spoons.
- 3 small items to place on the spoons (e.g. balls).
- 2 long ropes to mark the course (e.g. skipping ropes).
- 15 cones or water bottles.

### Introduction

Read the text « The Water Bearers » out loud.

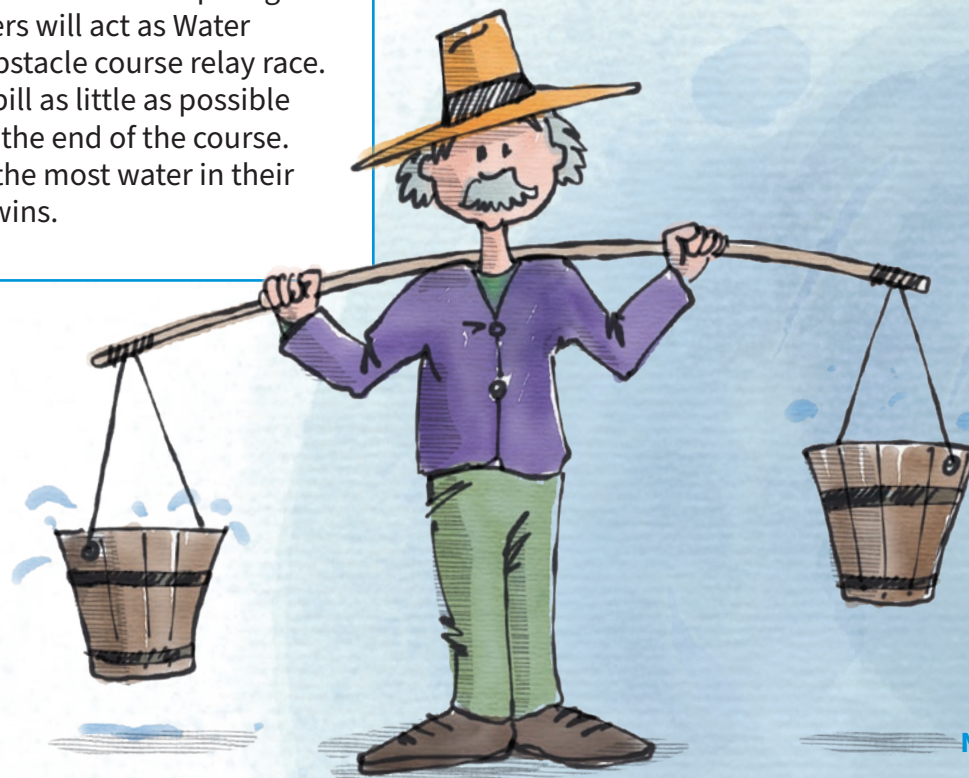
## The Water Bearers

Back before homes had running water, someone had to carry water from the source to the village. The “Water Bearer” had a very important job, because life depends on water. It used to be a very hard job, because water is heavy, and they had to avoid spilling any. The campers will act as Water Bearers in an obstacle course relay race. The goal is to spill as little as possible and fill a tub at the end of the course. The team with the most water in their tub at the end wins.

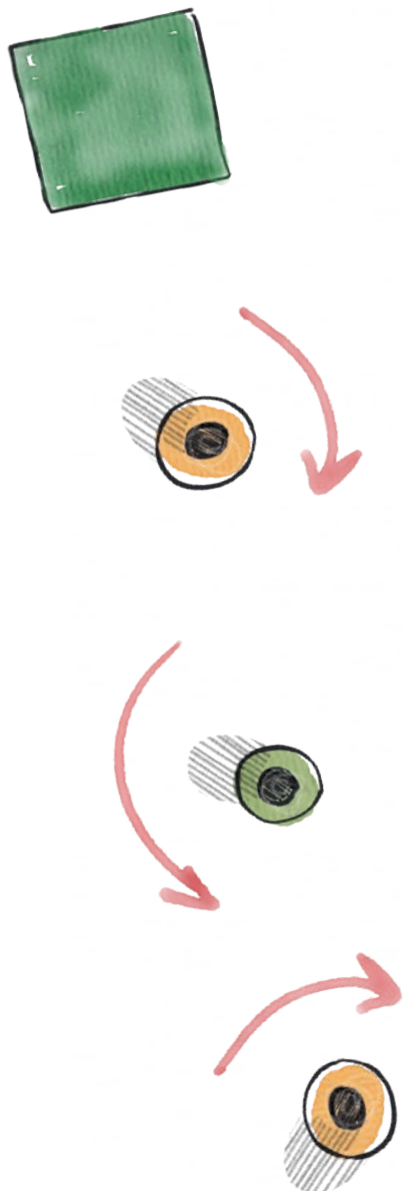
### Preparation

Have the players help you set up a relay course:

- Mark the starting and finish lines with rope.
- Set up 3 rows of cones/water bottles (1 row for each team) between the ropes. Space them 1 meter apart.
- Set up a filling station for the glasses and a place for the spoons and small items at the starting line.
- Place a tub for each team (3 total) at the finish line.
- Assign each player the numbers 1 to 3 and divide them into 3 teams. Players with the same number form a team.







### Description

1. At the signal:
- b. The players fill their glass and spin around 4 times.
- c. Still holding their glass, they take a spoon and use it to pick the small item.
- d. Then, they zigzag their way through the cones/ water bottles.
- e. If they drop their item, they have to start over from the beginning.
6. When they reach the finish line, they dump the water left in their glass into the tub and run back to give the spoon to the next player, then get back in line for their next turn.

*IMPORTANT: Younger kids can do the course without the spoon.*

The activity ends when a tub is full or after a time period set by the counsellor. The team with the most water filled tub, wins.

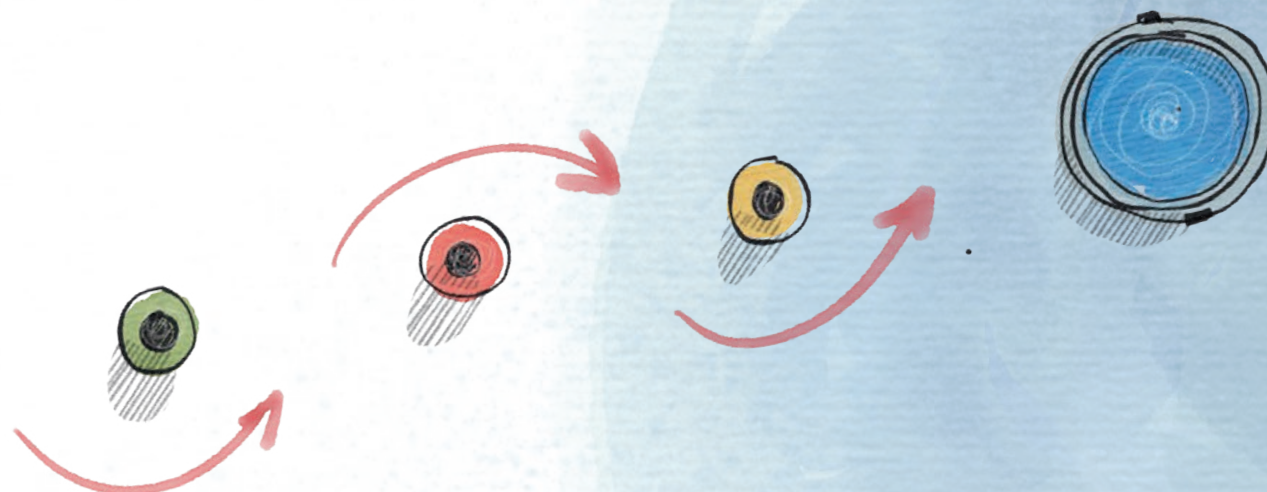
### Variations

- Have the players spin around more times.
- Have the players run the course backwards.
- Increase the distance between stations.
- Add more obstacles.
- Use bigger tubs.

### Tip

When you are done, use what is left in the tubs to water plants, trees, or the garden so it doesn't go to waste. This is also a good opportunity to discuss the importance of water conservation.

*IMPORTANT: Get the campers to bring their water bottles to stay hydrated during this activity.*





### WATER GAME.

#### AGE GROUP

Multiage.

#### DURATION

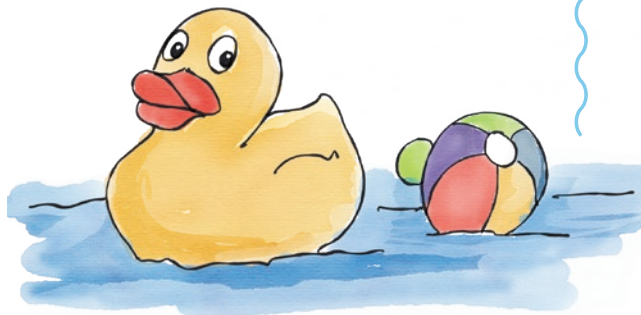
5 to 10 minutes.

#### LOCATION

Pool or paddling pool (indoor or outdoor).

#### REQUIRED MATERIALS

- Variety of floating and sinking items (e.g. balls, dive rings, pool noodles).



### Introduction

Read the text « Protect the water » out loud.

## Protect the water

Water is a precious resource for humans and animals alike. For us, water is something we need for our bodies to function properly. For animals like fish, turtles, aquatic birds, and other sea creatures, water is their home. Fish breathe underwater. Our trash can harm all aquatic life if they eat it or get trapped in it. Working as a team, players clear all the trash out of the water. The team that collects the most trash wins.

### Preparation

- Scatter the items (balls, rings, noodles) around the pool.
- Have the players get into the water and line up along the edge.
- Divide the group into even teams.
- Designate an area for each team to place the items they collect.

**IMPORTANT:** Tell the players they must walk at all times when in the paddling pool or outside the pool and that 1 collected item will be removed from their team's collection for every infraction of this rule.

### Description

- At the signal, the players remove the items from the pool, while respecting the safety rules.
- The game ends when all the items have been collected.

The team that collects the most items wins.

- When the game is finished, congratulate the players for cleaning up the pool. Remind them that protecting water is important for us and for the animals that live in seas, rivers, lakes, and other bodies of water.
- Then, have the kids get their water bottles and take a drink. Take this opportunity to point out that you must remember to hydrate, even when you're playing in the water. It helps prevent dehydration and other effects from the heat. If you don't drink enough water, you may feel tired or dizzy.

### Variations

- The game can be played again several times.
- Teams can be changed up to make things more exciting.
- You can set a time limit. The goal would then be to collect as many items as possible before the time runs out.
- The game can also be played in a wading pool or water park.
- Instead of playing in teams, everyone can work together to clear the pool as quickly as possible. The counsellor acts as timekeeper. You can repeat the game by trying to beat the previous time.

**IMPORTANT:** Get the campers to bring their water bottles to stay hydrated during this activity.





# For Teens

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

**THIS RACE ACTIVITY IS MEANT TO RAISE AWARENESS AMONG CAMPERS 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!

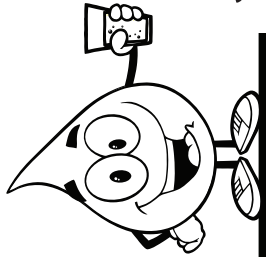
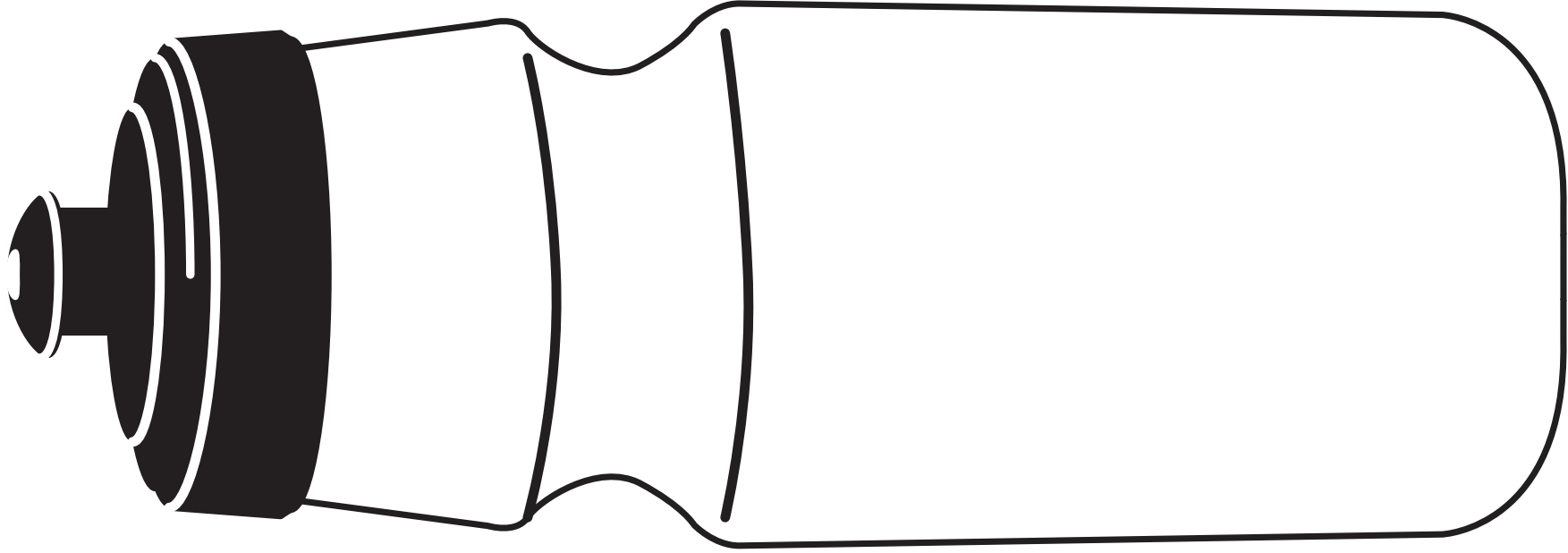
# Tasting sheet

SAMPLE NUMBER	MY OBSERVATIONS			MY RATING
	COLOUR 	SMELL 	TASTE 	  
1				
2				
3				
4				

# Tasting sheet

SAMPLE NUMBER	MY OBSERVATIONS			MY RATING
	COLOUR 	SMELL 	TASTE 	  
1				
2				
3				
4				





*Thirsty for Health!*

# AQUATIC YOGA

## poses



### Pose 1. THE DIVER

1. Stand with your feet together. Keep your back straight and your arms at your sides.
2. Slowly raise your arms above your head until your hands come together.
3. Bend your knees, keeping your back straight.
4. Hold this position for 30 seconds. Keep your shoulders loose and breathe slowly.

### Pose 3. THE FLAMINGO

1. Stand with your feet together and your back straight.
2. Bring your hands together in front of you.
3. Interlink your fingers.
4. Bend your right knee, placing your foot against your left calf or thigh, like a flamingo.
5. Hold this position for 30 seconds, taking deep breaths.
6. Repeat with your other leg.



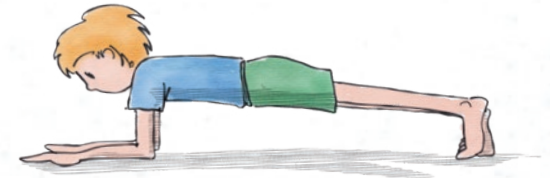
### Pose 2. THE WATER LILY

1. Sit with your back straight and your legs crossed in front of you.
2. Bring your hands together in front of you.
3. Press your palms together.
4. Hold this position for 30 seconds, taking deep breaths.



### Pose 4. THE BOAT

1. Sit down.
2. Lean back, resting on your hands.
3. Raise your legs.
4. Point your toes upward.
5. Hold this position for 30 seconds.



### Pose 6. THE SURFBOARD

1. Kneel on the floor with your feet under your buttocks.
2. Stretch out and place your hands on the floor in front of you.
3. Shift your weight to your forearms.
4. Push your feet back as far as possible until only your toes touch the floor.
5. Look down at the floor. Keep your back straight.
6. Hold this position for a few seconds.



### Pose 5. THE FISH

1. Lie down on your stomach with your arms stretched out over your head.
2. Lift your head up.
3. Raise your arms and legs up as far as you can.
4. Hold this position for a few seconds.



### Pose 7. THE DROPLET

1. Sit on the ground.
2. Get on all fours.
3. Keep your neck and back straight. Look down at the floor.
4. Hold this position for a few seconds.
5. Arch your back up, bringing your neck in.
6. Hold this position for a few seconds.

