

Tchin-tchin

ACTIVITY KIT

ACTIVE GAMES

FOR THE WATER THEME

In partnership with

Québec 



ASSOCIATION
QUÉBÉCOISE DE LA
GARDE SCOLAIRE

SOUTENIR
REPRÉSENTER
MOBILISER



ASSOCIATION POUR LA SANTÉ
PUBLIQUE DU QUÉBEC



About the *I'm Thirsty for Health!* initiative

The “*I'm Thirsty for Health*” is an initiative from the *Association de la santé publique du Québec*. It aims to promote healthy hydration by encouraging, regulating and rewarding children's consumption of water.

A multitude of tools are available to promote drinking water at soifdesante.ca.

Thanks to our partnership with the *Association québécoise de la garde scolaire*, the project will roll-out along with the *Tchin-Tchin Challenge*, during the last week of March.

It includes:

- Two *Tchin-tchin* activity kits;
- A User-Guide;
- Ideas for parents – for home use
- Promotional material;
- etc.



ADDITIONAL COMPLIMENTARY TOOLS TO PROMOTE BETTER WATER DRINKING HABITS!

Promoting healthy hydration habits promotes overall student health. To achieve this and to provide the *Challenge* winning conditions, consult the *Tchin-tchin Challenge* User-Guide (French).

Additionally, after the Canadian Water Week, you are invited to continue the Challenge right to the end of the year with the *Tchin-Tchin Champions*. Learn more about it in the User-Guide (French)!

Furthermore, *I'm Thirsty for Health!* proposes a variety of complementary tools to promote water in your school to provide awareness to school teams to their role of model (French):

- Digital graphics for *A favorable school that consumes water*;
- *Being a role model with pride*;
- Tools for school boards;
- Educational activities for teachers; those in physical education and health;
- and much more!

To learn more about the Campaign, the *Tchin-tchin Challenge* and its' User-Guide, check out soifdesante.ca/ecole.

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



ASSOCIATION QUÉBÉCOISE DE LA GARDE SCOLAIRE
SOUTENIR
REPRÉSENTER
MOBILISER



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Tchin-tchin

ACTIVITY KIT

ACTIVE GAMES FOR THE WATER THEME

This kit contains eight suggested activities, each one is unique. These are achievable at different moments throughout the day.

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- Water bottle illustration for the activity *Blue Gold Rush*.

NEW



For additional activities; check-out the
Tchin Tchin Activity Kit
– *Healthy hydration*



SKILLS

Overall global development of students learning:

- Develop cooperation with their peers.

Professional expertise put forward by this activity:

- Planning and organizing of activities focusing on social development.

EDUCATIONAL INTENT

- At the end of this activity, the students will have worked with their peers and developed cooperation strategies.

AGE GROUP

Multiage.

DURATION

20 to 30 minutes.

LOCATION

Gym or outside.

REQUIRED MATERIAL

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

Scenario

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

Instructions

1. Choose 5 students and give them each a jersey. They will be the mosquitoes. The other students 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.
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 a bottle (but not empty-handed camels). A camel who gets stung is considered “injured”. He 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 its own zone before returning to the game.
6. The game ends when all the bottles are on the camel side. Then, pick other students 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, he 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 students to bring their water bottles to stay hydrated during this active game.





SKILLS

Overall global development of students learning:

- Develop cooperation with their peers.

Professional expertise put forward by this activity:

- Planning and organizing of activities focusing on social development.

EDUCATIONAL INTENT

- At the end of this activity, the students will have worked with his peers and developed cooperation strategies.

AGE GROUP

Multiage.

DURATION

20 to 30 minutes.

LOCATION

Gym or outside.

REQUIRED MATERIAL

- 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 student's own water bottles for this activity.

Scenario

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 student to be the first guardian and ask him to stand in the centre of the circle.

Instructions

1. Get the students to stand and form a circle.
2. Arrange 3 water bottles in a triangle pattern in the centre of the circle, placing them about 30 cm apart.
3. Appoint a guardian to protect the water by keeping the bottles from getting knocked over by a ball. The students 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 student in the circle. A student who manages to knock over a bottle becomes the guardian, and the previous guardian joins the circle.

Variations

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

IMPORTANT: Get the students to bring their water bottles to stay hydrated during this active game.





SKILLS

Overall global development of students learning:

- Develop cooperation with their peers.

Professional expertise put forward by this activity:

- Planning and organizing of activities focusing on social development.

EDUCATIONAL INTENT

- At the end of this activity, the student will have worked with his peers and developed cooperation strategies.

AGE GROUP

Multiage.

DURATION

20 to 30 minutes.

LOCATION

- Different places in the school, according to what areas are available after the class.

REQUIRED MATERIAL

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

Preparation

- Hide a number of water bottles or images of water bottles around the playing area. You can use the students' water bottles.
- Hide several glasses in a room (ex.: gym, hallway, outdoor courtyard).

Scenario

Read the "Treasure Hunt" text out loud.

Treasure Hunt

Treasure is actually hidden all around the school. 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!

Instructions

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).

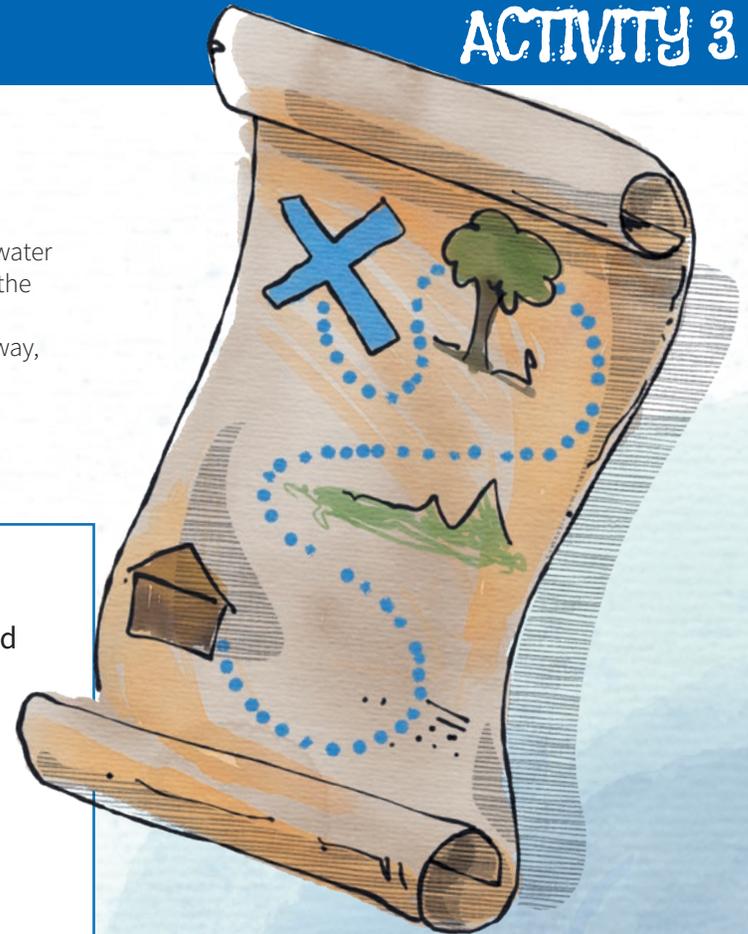
Answer: Water. It is so precious; it is often called Blue Gold. To find it, we will have to solve the other riddles.

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.





3. Tell the students 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.
 - a. Once the students have found all the bottles, congratulate them on having found one way of carrying Blue Gold.
 - b. 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. Invite students to take their water-bottles and provide clues to identify the areas chosen to search the second object..
5. Go to the selected place.
6. Read the third riddle. Provide clues if necessary.

**I am a container that carries
Blue gold (water).**

(Clues: I am often put on the table during mealtimes.)

Answer : Water glass.

7. Invite students to look for glasses. When all the glasses are found, offer one to students who don't have their water bottles.

8. Read the last riddle out loud.

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

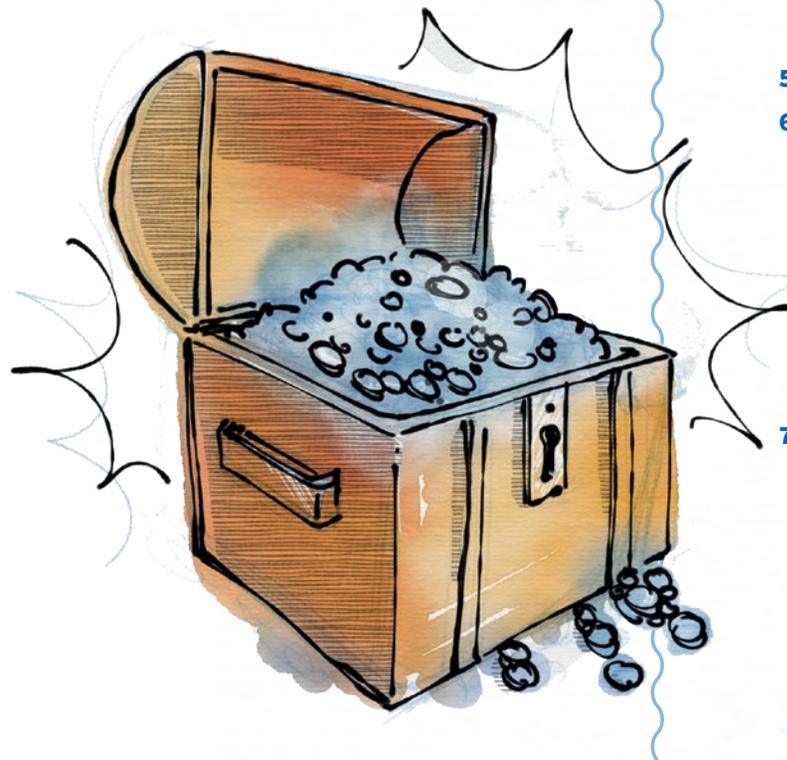
Answer(s): Water fountain or tap.

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

Variations

- After this game, play *A Tempting Offer* or *H2w0w* (*Tchin-tchin* Activity Kit – Healthy hydration) to draw attention to the taps and fountains.
- Create additional riddles to extend play time.
- Have students work in teams of two.

IMPORTANT: Get the students to bring their water bottles to stay hydrated during this active game.





SKILLS

Overall global development of students learning:

- Develop cooperation with their peers.

Professional expertise put forward by this activity:

- Planning and organizing of activities focusing on social development.

EDUCATIONAL INTENT

- At the end of this activity, the student will have worked with his peers and developed cooperation strategies.

AGE GROUP

Multiage.

DURATION

30 minutes.

LOCATION

Gym or large multipurpose room.

REQUIRED MATERIAL

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

Scenario

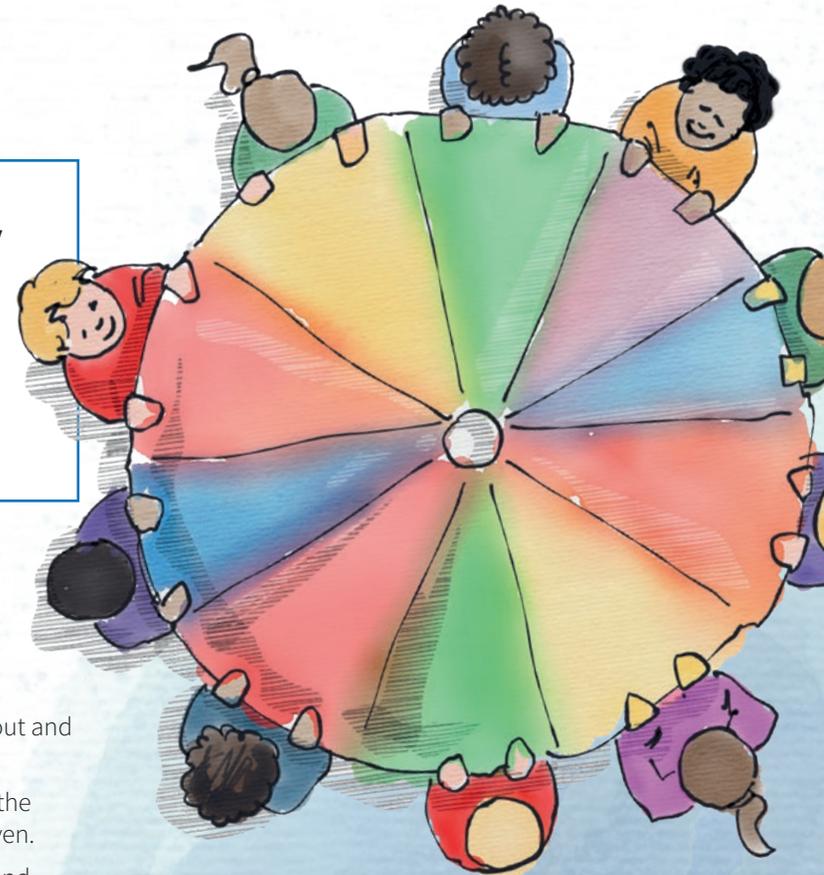
Read the text « Out to sea » out loud.

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.

Instructions

1. Lay the parachute out on the ground.
2. Get students to sit in a circle around the parachute, with each player in front of a different color. The educator 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 each student 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 students keep shaking it. You can call out the students' real names or assign numbers at the start, giving each number to two students.
 - *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 students 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 students 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

Scenario : 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 students are gently rustling the parachute (Smooth sailing), slide a recycling bin under the hole in the center. Then, toss a few balls/small items on the parachute to represent plastic trash. Have students 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 students dive under the parachute in pairs to pick up the trash and place it in the recycling bin.
- For the senior students, a player can be chosen and take turns being the conductor; who decides rhythm waves.
- Students can close their eyes closed and let the educator chooses the conductor. The students should imitate and identify it.
- Determine a sign to show students 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 educator 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 students to bring their water bottles to stay hydrated during this active game.





WATER THIEVES

ACTIVITY 5

SKILLS

Overall global development of students learning:

- Develop cooperation with their peers.

Professional expertise put forward by this activity:

- Planning and organizing of activities focusing on social development

EDUCATIONAL INTENT

- At the end of this activity, the student will have worked on the relationship with his peers and developed cooperation strategies.

AGE GROUP

Multiage.

DURATION

20 to 30 minutes.

LOCATION

Gym or outside.

REQUIRED MATERIAL

- 1 bottle for every 2 students.

Scenario

This game is played in teams of 7 to 10 (depending on the number of students). The first team to rack up 25 points wins. Every bottle is worth 1 point.

Instructions

1. Divide the students 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.

1 2 3 4 5 6 7 8 9 10



1 2 3 4 5 6 7 8 9 10

4. An educator loudly calls out a number.
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.

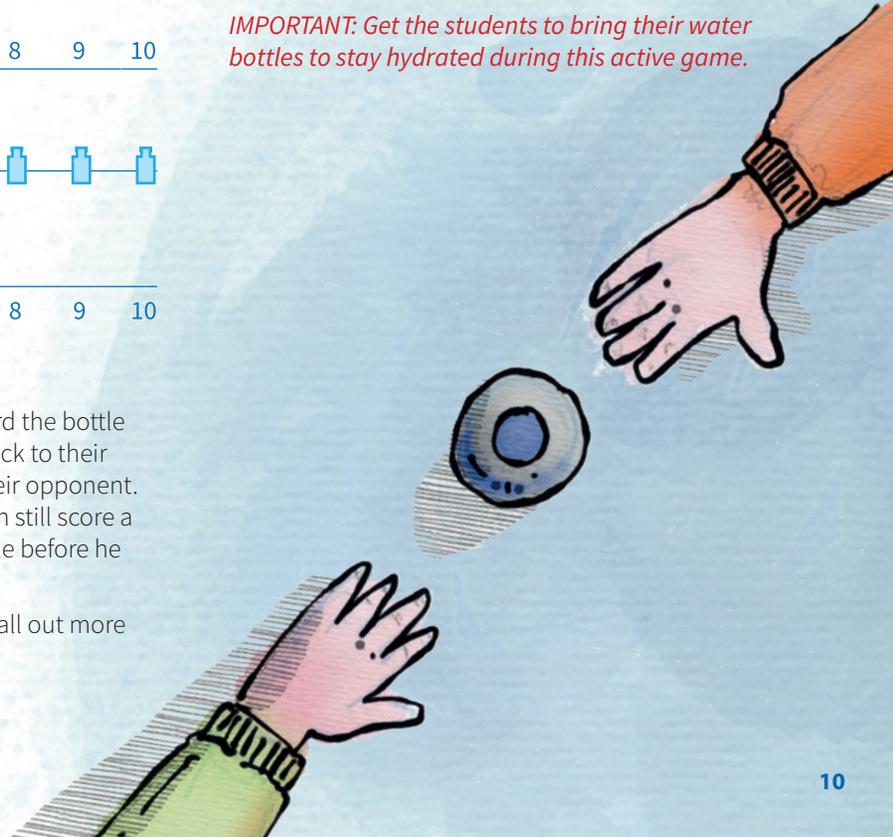
- You can designate a word that means all the numbers (ex.: *infinity*). Count all the bottles collected by each side and attribute a point to the side with the most bottles. In the event of a tie, each team gets 1 point.

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 students hop on one foot, walk backwards, or hop like a frog.

IMPORTANT: Get the students to bring their water bottles to stay hydrated during this active game.





SKILLS

Overall global development of students learning:

- Develop cooperation with their peers.

Professional expertise put forward by this activity:

- Planning and organizing of activities focusing on social development.

EDUCATIONAL INTENT

- At the end of this activity, the student will have worked with his peers and developed cooperation strategies.

AGE GROUP

Elementary School (Grade 2 & 3).

DURATION

20 to 30 minutes.

LOCATION

Gym or outside.

REQUIRED MATERIAL

- 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

1. Divide the students into 2 to 4 teams depending on the number of students. Each team should have no more than 10 players. Identify the teams using jerseys or some other distinct marker.
2. 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).
3. Every player tucks 1 flag in each sock, leaving half of it out to lie on the ground. Flags must not be held in place by the side of the shoe.
4. Place a bottle (the "pennant") and a bucket (the "pool") in each team's zone.
5. Extra flags go into a team's pool (in a pile or in a bucket).
6. 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 could help players keep track).
7. Each team starts the game close to their pennant.
8. At the start signal, the players try to steal their opponent's bottle without losing their own flags. 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.

- 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.
- 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 students to bring their water bottles to stay hydrated during this active game.





SKILLS

Overall global development of students learning:

- Develop overall motor skills.

Professional expertise put forward by this activity:

- Planning and organizing of activities focusing on motor skills.

EDUCATIONAL INTENT

- At the end of this activity, student would have worked on their motor skills.

AGE GROUP

Multiage.

DURATION

30 minutes.

LOCATION

Gym or outside.

REQUIRED MATERIAL

- 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.

Scenario

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.

Rules

- 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.

Instructions

1. Make 2 to 4 teams, depending on the number of players.
2. Have each team form a line.
3. 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..





4. At the signal, one student per team starts and slaloms through the bottles while performing a task.
 - a. On the first run, the student dribbles a ball.
 - b. On the second run, the student manoeuvres the ball with his feet.
 - c. On the third run, the player carries a small item on a spoon. If he drops the item, he must place it back on the spoon before continuing.
5. 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.
6. 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 (ex.: while skipping rope, backwards, hopping on one foot, crab-walking).

IMPORTANT: Get the students to bring their water bottles to stay hydrated during this active game.





SKILLS

Overall global development of students learning:

- Develop cooperation with their peers.

Professional expertise put forward by this activity:

- Planning and organizing of activities focusing on social development.

EDUCATIONAL INTENT

- At the end of this activity, the student will have worked with his peers and developed cooperation strategies.

AGE GROUP

Multiage.

DURATION

30 minutes.

LOCATION

Gym or outside.

REQUIRED MATERIAL

- 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.

Scenario

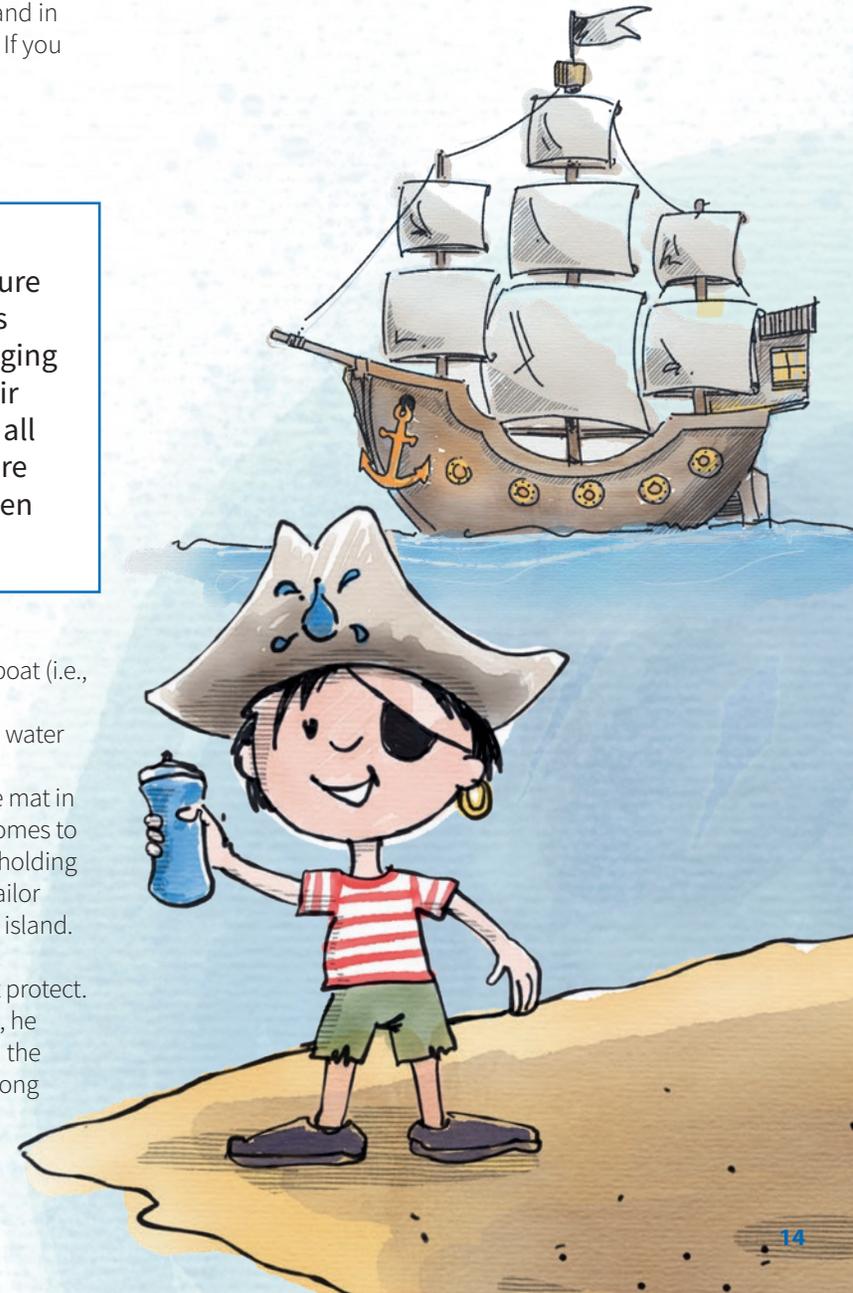
Read the text « The precious cargo » out loud.

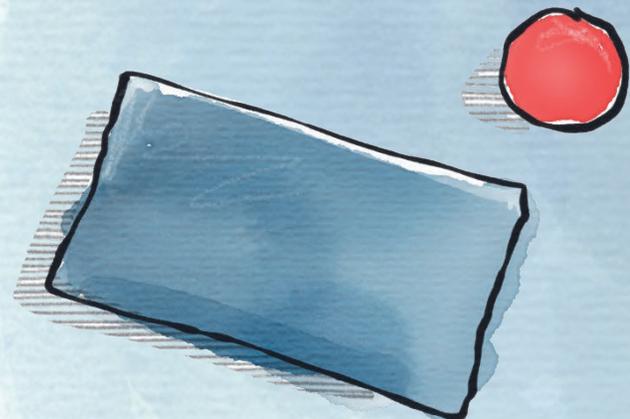
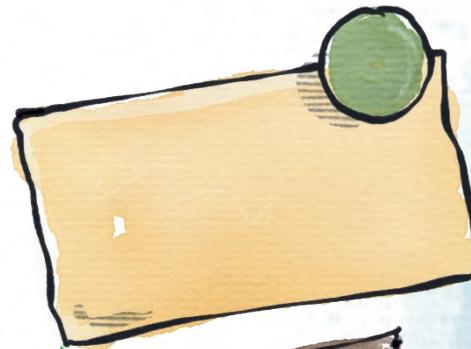
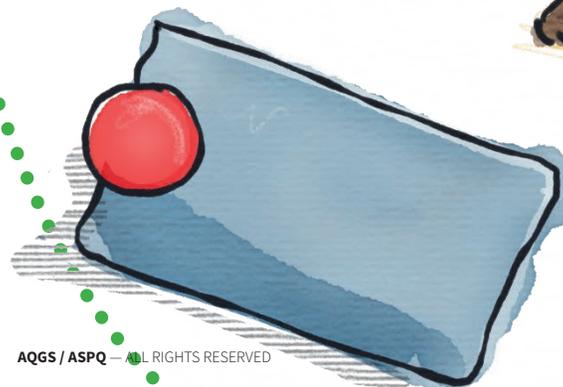
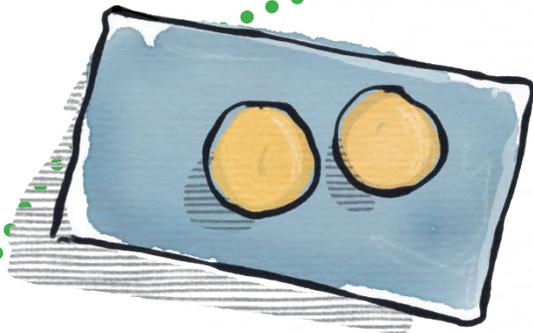
The precious cargo

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.

Rules

- 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.





Instructions

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.
2. Give the sailors at least 3 water bottles.
3. 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.
4. Before the game begins, the sailors spread out on the boats.
5. Give the start signal.
6. 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 and sailors.
- Allow ample time for play. For example, after 10 minutes, change the roles.
- For younger students:
 - introduce the game with pirate-sharks. All players can be eliminated, if they are touched by someone outside the boat.
 - limit the play area to a smaller one.

IMPORTANT: Get the students to bring their water bottles to stay hydrated during this active game.



SKILLS

Components of the student's development:

- Develop cooperation with peers
- Develop gross motor skills, agility and endurance.

Professional expertise put forward by this activity:

- Planning and organization of a predominantly psychomotor and social activity.

EDUCATIONAL INTENT

- The activity allows the student to work on their motor skills as well as their social relationships with peers.

AGE GROUP

2nd and 3rd grade of primary school.

DURATION

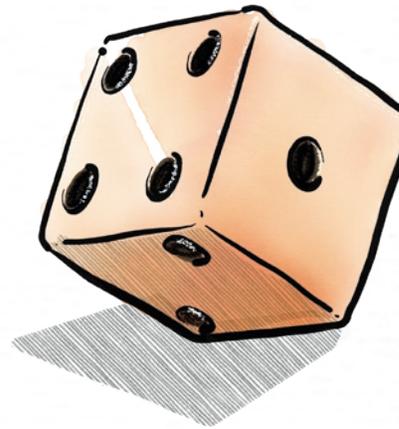
20 minutes.

LOCATION

A sufficiently large room or gymnasium.

REQUIRED MATERIAL

- A water bottle per student
- One dice
- Ball (optional)



Preparation

- Ask students to bring their water bottle to hydrate during the game;
- Identify the exercises that correspond to each face of the dice and plan for one face to be associated with a water break;
- Create teams of 4 to 8 students, either 3 teams of 4 students or 2 teams of 8 students (varying depending on the number of students).

Scenario

The Water Dice Exercises activity proposes a series of physical activities associated with each face of the dice and contributes to reminding young people of the importance of drinking water during physical activity. The winning team is the one that first completes two consecutive rounds of the dice.

Approach

- Once the teams are formed, they take turns rolling the dice and collectively performing the exercise associated with the dice number.
- The first team to complete all 6 faces of the dice wins the round

Here are some exercise suggestions for each face of the dice:

- Face 1:** Cross the room from one side to the other while jumping on one leg.
- Face 2:** Do 15 jumping jacks.
- Face 3:** Hold the wall-sit position for 20 seconds.
- Face 4:** Form a structure composed only of team members (pyramid, chair) and maintain balance (Note: ensure that the environment is safe when performing this exercise).
- Face 5:** Team members form a circle and pass an object (with a ball or other) using only their non-dominant arm (e.g., if the student is right-handed, they must use their left arm, and vice versa).
- Face 6:** Take a water break.





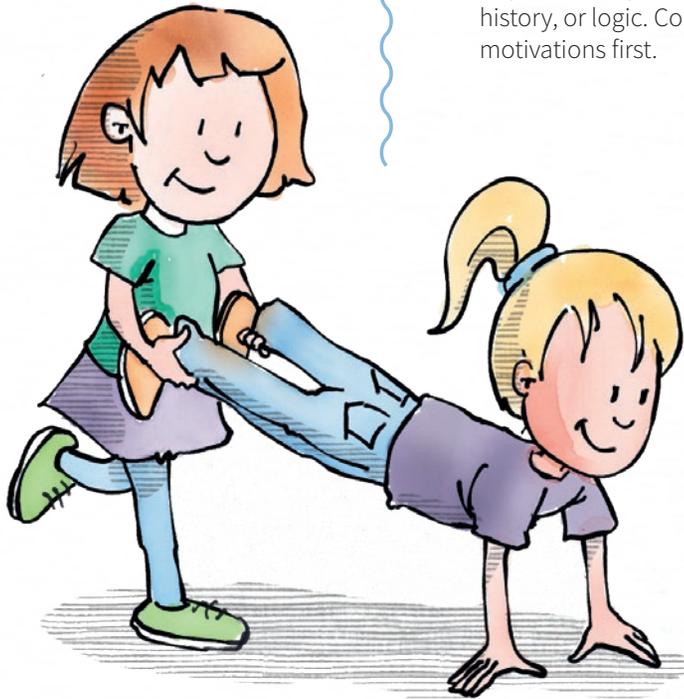
Other exercise suggestions:

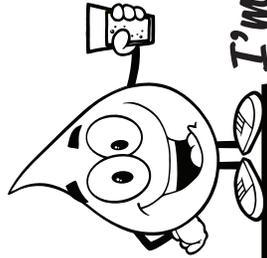
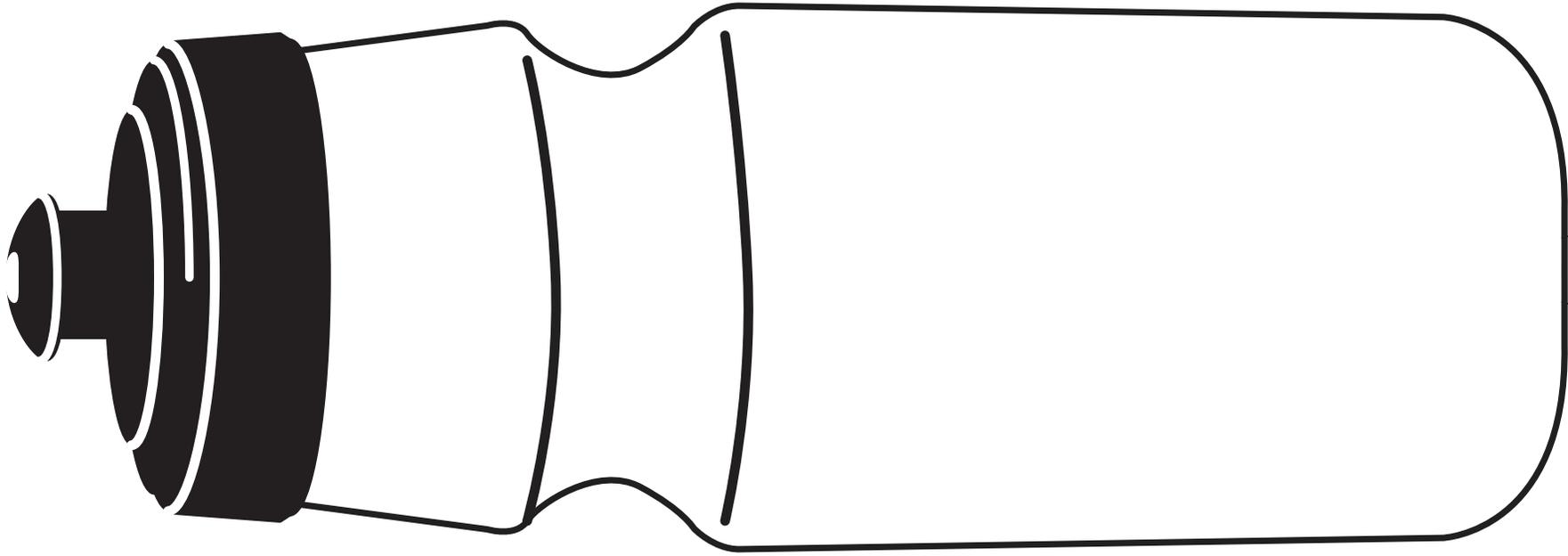
- Stand on one leg for 15 seconds (with both eyes open, one eye closed, or both eyes closed);
- Plank position for 20 seconds;
- Pretend to jump rope (10 repetitions);
- Complete a round trip of the room in pairs using the human wheelbarrow position. One person holds the legs of their partner so that they can move forward only with their arms, and vice versa for the return.

Variants

- It may be interesting to incorporate exercises that require a component related to mathematics, history, or logic. Consider assessing the group's motivations first.

Note: ensure that students drink according to their needs. The important thing is to listen to thirst signals according to the level of intensity of the exercises performed. Ensure that water bottles are tightly closed to avoid water damage or accidents.





I'm Thirsty for Health!