

To Our Health!

A special mission to prepare you for the *Tchin-tchin Challenge*

Let's take advantage of **Canadian Water Week** to establish a new habit so that water becomes our best drink for hydration. Therefore, get ready to successfully take on the Challenge by starting with identifying the healthy hydration goals you want to achieve.

To get started, print the coupons from the following page and invite your students to collectively choose one or more Tchin-tchin goals to accomplish as a group. Write down the goal(s) and display them prominently, such as on a wall in your classroom. Don't forget to participate yourself!

How to write a Tchin-tchin goal?

By (add a date of your choice), our group commits to (add a specific action related to healthy hydration).

HERE ARE SOME EXAMPLES OF ELEMENTS TO INCLUDE IN YOUR GOAL:

- Ideas for dates:**
- **World Water Day** (March 22)
 - **Earth Day** (April 22)
 - **Summer vacation** (June)

IDEAS FOR SPECIFIC ACTIONS:

- *Drink water before and after any physical activity.*
- *Share a cheer with a friend, educator, or teacher.*
- *Prepare flavored water with fresh vegetables and fruits every Friday.*
- *Decorate the school's water fountain with decorative elements.*
- *Stay hydrated by drinking a few sips of water during homework.*
- *Drink water during lunch to accompany my meal.*
- *Drink water with my snack.*



J'ai soif de santé!

By **, I commit to**

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Signature:

Draw your Tchin-tchin goal.

A large, empty rectangular box with a thin black border, intended for drawing a goal. It occupies the right two-thirds of the page below the signature line.