



TAKE ON THE *MISTER FUNWATER* CHALLENGE!

The *Mister FunWater Challenge* is an awareness activity that encourages children to drink water with their lunch. The *Challenge* takes place in the third week of March, during *Canada Water Week*.



How can you participate?

- To take on the Challenge, children are invited to toast as a group with a glass of water at lunch during the third week of March.
- Early childhood education centres that wish to participate in the *Mister FunWater Challenge* must register at thirstyforhealth.ca/daycare.
- Please only one registration per daycare. The facilities registered have a chance of winning participation prizes for the children.

Free tools available for download

Tools for the Mister FunWater Challenge are available to download free of charge from the thirstyforhealth.ca/daycare site, including:

- printable 8 ½ X 11 posters.
- printable and customizable certificates of participation.
- a *Mister FunWater* activity kit, including colouring pages.
- An accompanying guide that outlines the conditions for success for the *Mister FunWater Challenge*.

Suggested schedule

Each early childhood education centre can adapt the roll out of this Challenge to suit their needs. Here is our suggested schedule:

BEFORE THE CHALLENGE

- 1- Print and post the poster in the early childhood education centre, announcing the upcoming *Challenge*.
- 2- Consult the *Mister FunWater* tools and activities available at thirstyforhealth.ca/daycare.
- 3- Get parents involved by inviting them to visit the thirstyforhealth.ca site.

DURING THE CHALLENGE, IN THE THIRD WEEK OF MARCH

- 1- At the start of lunch (or at the most convenient time during lunch), offer the children a glass of water.
- 2- At an appropriate time during the meal, ask the children to raise their glass, look their neighbours around the table in the eye and say “*Cheers*” as they are doing so.

IMPORTANT : The educator, as a role model, is encouraged to have a glass of water and say “*Cheers*” with the children.

AT THE END OF THE CHALLENGE, ON FRIDAY

- 1- Hand out a personalized certificate of participation to each child.
- 2- Post the daycare’s certificate of participation.
- 3- Encourage the children to this good healthy habit (remain their role model!).

IMPORTANT : The *Mister FunWater Challenge* is an opportunity to promote water consumption, without necessarily prohibiting other drinks.

*Happy Mister FunWater
Challenge week everyone!*

For information, contact the
Collectif Vital at (514) 598-8058 or soifdesante@gmail.com



*Thirsty
for Health!*



THE MISTER FUNWATER CHALLENGE IS AN INITIATIVE OF THE COLLECTIF VITAL. IT IS INSPIRED BY THE TCHIN-TCHIN CHALLENGE, A JOINT INITIATIVE OF THE ASSOCIATION QUÉBÉCOISE DE LA GARDE SCOLAIRE.

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