

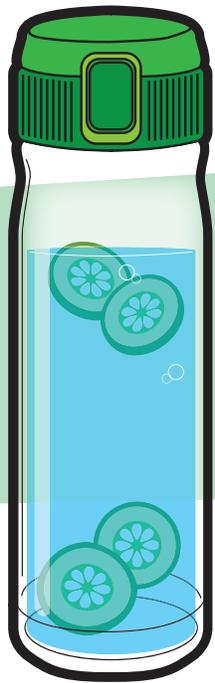
WE'RE PUTTING YOU TO THE H₂O TEST!

Hey counselors!

We've drawn up a list of 10 challenges to take up with other counselors or your group of campers during the *Tchin-tchin Challenge in my summer camp* week. The goal of these challenges is to remind you of the importance of drinking water and making a habit of it! Are you up to the challenge?



To your water bottles!



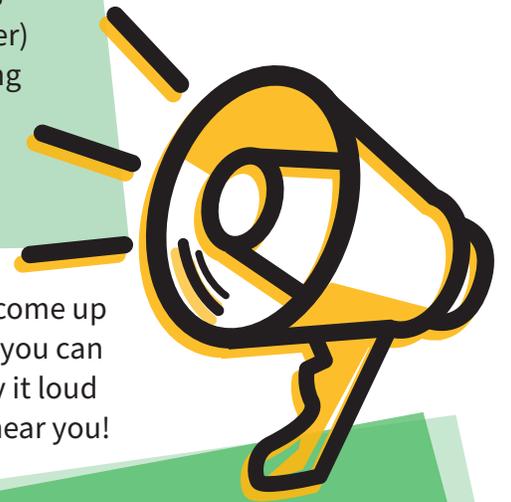
1. Replace your **juices** and **sugary drinks** (ex. Sports drinks, Ice Tea, vitamin water) with water. Have you considered putting frozen fruit or herbs in your water to make it more appealing?

2. Together with your campers, come up with a **team rallying cry** that you can use at each "water break." Say it loud so that the other groups can hear you!

3. Use **music** (bells, maracas, etc.) as a cue to drink water with your campers at regular intervals throughout the day.



4. Create your *Tchin-tchin Challenge in my summer camp* **mascot** costume. Inspire your campers! Who will make the most original costume?





5. Hold a decoration competition at a **water station** (water fountain) for the groups at camp.

6. Change the **words of a song** on the theme of water.



7. Together with your campers, create a special activity highlighting the value of water, and present the activity at a gathering.

8. During the course of the day, play as many **word games** as possible **using the word "water."** Have your campers participate!



Warning!

The goal, in this case, is to promote healthy water consumption. You emphasize the value of water without counting the gulps, while competitions that call for binge drinking water are prohibited.

9. Performing a **dance movement** each time you see a different person drinking water.

10. Establishing a new way of doing "tchin-tchin" at camp, one that reflects your personality.

Water is good for your campers.

Water is good for your campers, but also for YOU. Want to be proactive with your campers? Visit the tremplinsante.ca website to discover the complete *Tchin-tchin Challenge* activity kit at my camp. This summer, take action with your campers...

...take up the Tchin-tchin Challenge in my summer camp.

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Special:

WHAT LIES BEHIND THE CHALLENGES ...!

We asked counselors...

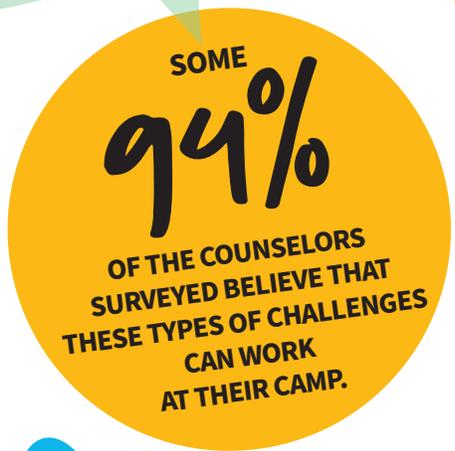
Do you believe these challenges could influence water consumption among the campers?

"It's important to take the time to do it. If you stop to drink water, they'll have no choice but to stop, either."

"The counselors are often role models for the campers, who want to imitate the counselors' actions. Doing so will motivate them, especially if they see that it's enjoyable."

"If they (the campers) trust me, then they may adopt my habits on a daily basis."

"Counselors are role models for the campers. When I was a kid, camp counselors had a positive influence on me."



"THEY IDOLIZE US AND WANT TO DO AS WE DO. THEY'LL FIND IT COOL AND WILL WANT TO FOLLOW THE EXAMPLE WE SET."

Why challenge you, as the counselor, in connection with water consumption?

1. Because you exert a major influence and act as a role model with campers and other counselors.
2. To foster your reflex to drink water.
3. Because by proudly accepting the responsibility for promoting water with campers, you exert a positive impact on their beliefs and lifestyle habits.
4. To help change social norms and make the act of drinking water cool.

Now, are you ready to meet **YOUR** challenge?

