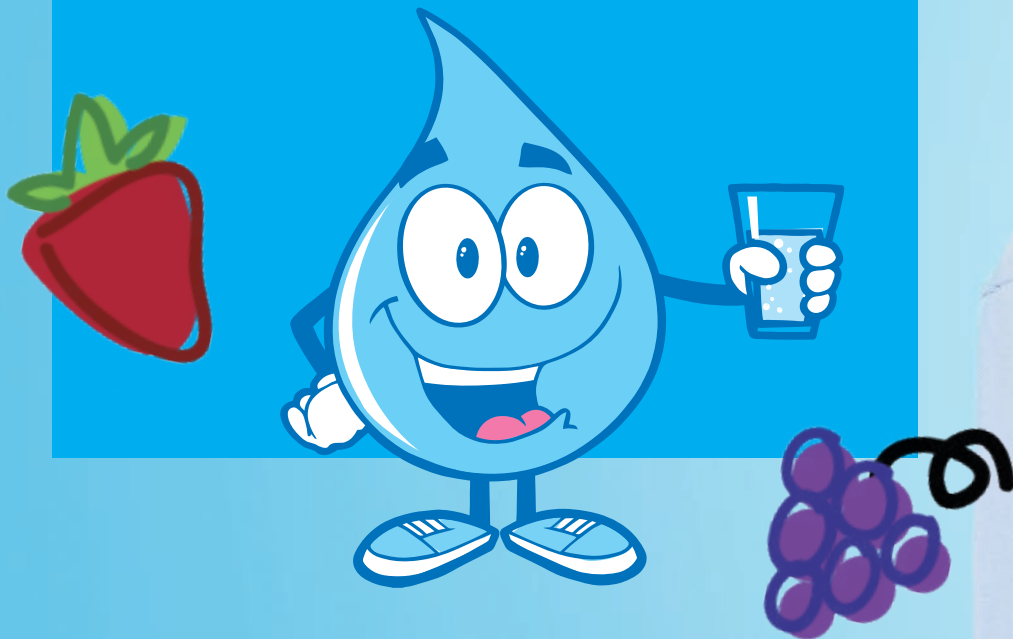


Mister FunWater

ACTIVITY KIT



vital collectif



About the campaign *I'm thirsty for health!* and the *Mister FunWater Challenge*.

The I'm thirsty for health! campaign is an initiative of the Collectif Vital. It aims to promote healthy hydration by encouraging, normalizing and valuing the consumption of water by children.

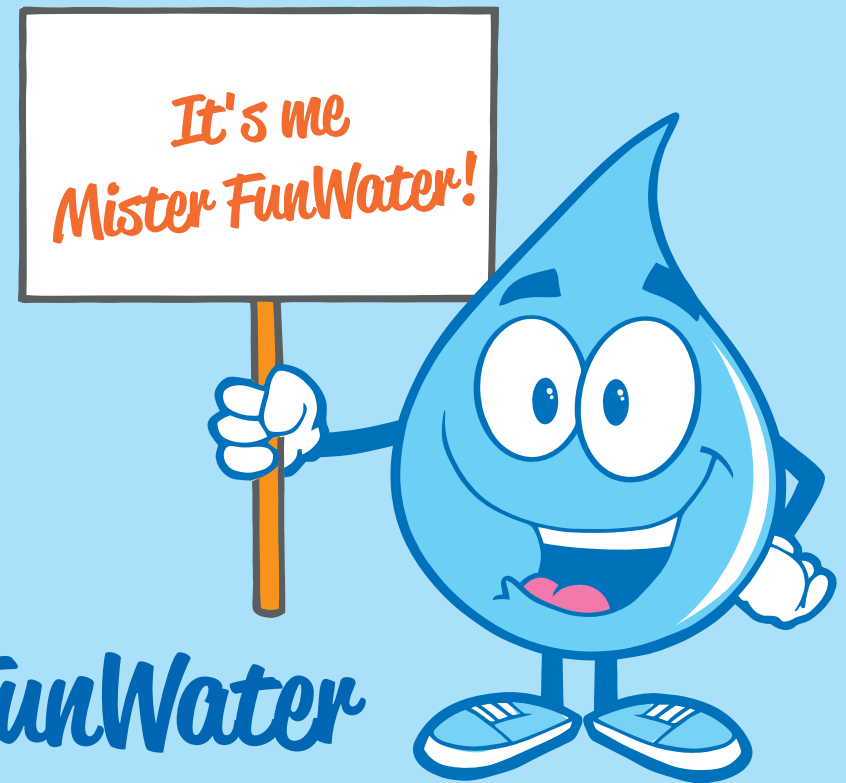
In daycare centres, the campaign starts with the *Mister FunWater Challenge* to highlight *Canada Water Week* and *World Water Day* on March 22.

In addition to toasting with water at lunchtime, this *Challenge* includes :

- The Mister FunWater Activity Kit;
- accompanying guide outlining the winning conditions for a successful Challenge;
- suggestions for parents to use at home;
- promotional material;
- customizable certificates of participation for:
 - the children;
 - the daycare.

All tools are available free of charge at thirstyforhealth.ca/daycare.

* The *Mister FunWater Challenge* is an initiative of the Collectif Vital. It is inspired by the *Tchin-tchin Challenge* that takes place in elementary schools, a joint initiative of the Collectif Vital and the Association québécoise de la garde scolaire.



ACTIVITY KIT

Mister FunWater

Mister FunWater is the water droplet star of the *Challenge* bearing his name. The activity kit includes five suggested stand-alone activities that can be completed at various times of the day, as well as colouring pages. The activities help children discover the basics of healthy hydration in a fun way.

Table of Contents

• Meet Mister FunWater	3
• My friend Mister FunWater	4
• Mister FunWater's Gift	6
• Detective Taste Bud	7
• Celebration of Water	9
• Mr Funwater says...	11

Appendix

- Mister FunWater stick puppet
- Colouring pages illustrating water consumption in various contexts (6)
- Miniature images of Mister FunWater
- Mister FunWater letter
- Detective Taste Bud colouring page

NEW

ACTIVITY 1

MEET MISTER FUNWATER

REQUIRED MATERIAL

- One Mister FunWater stick puppet per child (see appendices)
- Age-appropriate colouring pencils
- Adapted scissors
- Craft sticks
- Glue or tape

LENGTH

- 30 minutes.

BEFORE CARRYING OUT THE ACTIVITY

- Using the image (see appendices), make one stick puppet, which will serve as a model for the children and capture their interest during the presentation.



SUMMARY

THE CHILDREN ARE INTRODUCED TO MISTER FUNWATER AND MAKE A STICK PUPPET OF HIM.

Instructions

1. Read the scenario to the children.

Scenario

I have someone to introduce you to today. His name is Mister FunWater. What does he look like to you? (let the children answer).

Yes, you're right, he's a water droplet!

This week we celebrate water. So, Mister FunWater has come to do some activities with us! He wants to play with us and give some toasts with water.

Do you want your own Mister FunWater stick puppet? Let's make one together!



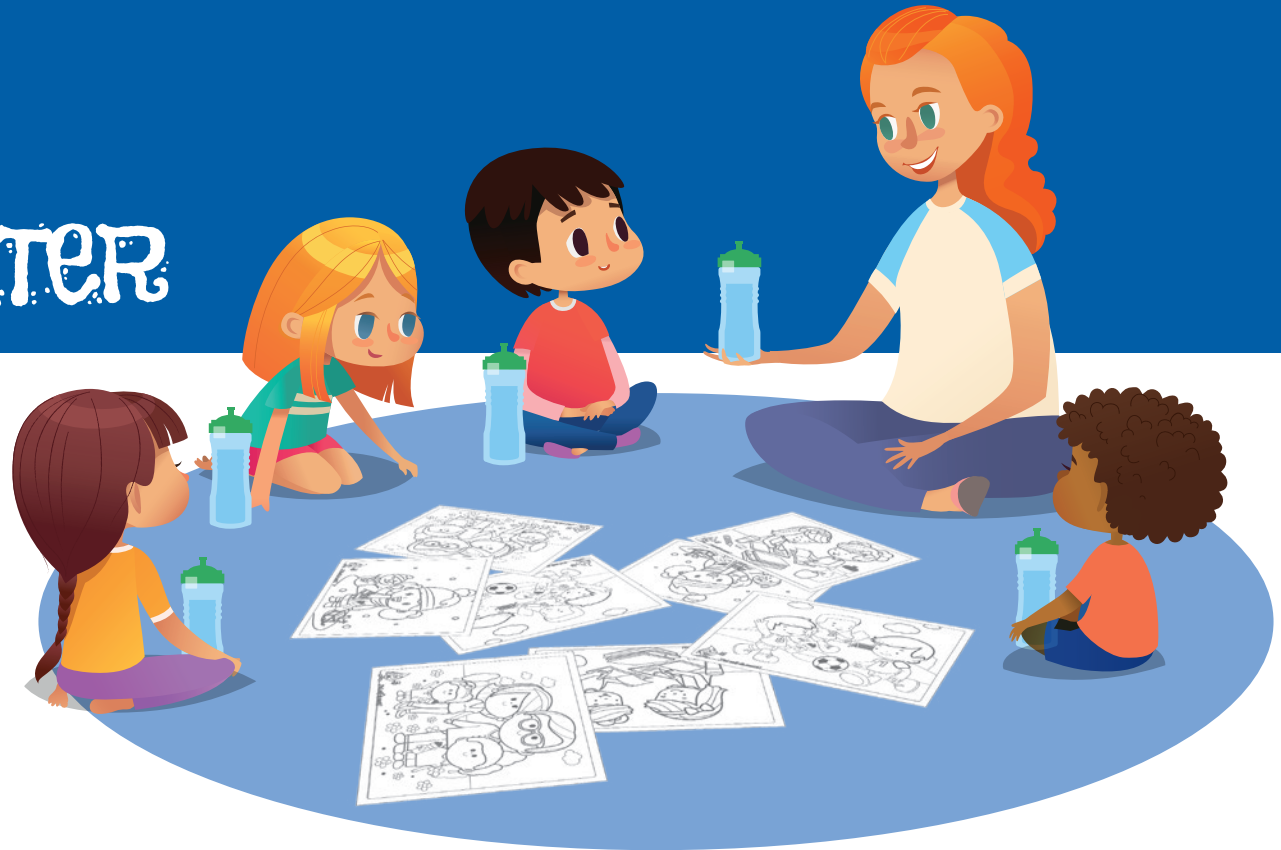
2. Hand out an image of Mister FunWater to each child.
3. Have the children colour and cut out the image.
4. To complete the stick puppet, glue a craft stick vertically to the back of each Mister FunWater, leaving half of it sticking out below the image.

Variation

To prepare for water week and create a festive atmosphere, post water droplets or images of Mister FunWater around the room.

ACTIVITY 2

MY FRIEND MISTER FUNWATER



REQUIRED MATERIAL

- One copy per child of one of the *I'm thirsty for health!* colouring pages, illustrating water consumption in various contexts (see appendices).
- Age-appropriate colouring pencils.

LENGTH

- 30 minutes. This activity can be separated into two: colouring and the talk.

BEFORE CARRYING OUT THE ACTIVITY

- If you want to learn more about healthy hydration, we suggest reading the following short article:
 - **Ideas for drinking more water** (Collectif Vital and AQGS, 2017).

SUMMARY

THE TALK WITH COLOURING PAGES HELPS SHOW CHILDREN THAT DRINKING WATER IS EASY AND BENEFICIAL THROUGHOUT THE DAY AND IN ALL SEASONS.

Instructions

1. Hand out the colouring pages randomly to the children and ask them to colour them.
2. When the pages are coloured, bring the children together to discuss as a group the different scenes pictured (talk).
3. Point out to the children that there is a small water droplet on each colouring page. It's Mister FunWater. He loves drinking water and encourages all his friends to drink it too.

Ask them: **“Do you know why Mister FunWater loves drinking water?”**

Possible answers: it tastes good, it's healthy, it's good for you, it quenches your thirst, etc.

4. Congratulate the children and tell them that those are good reasons to drink water. As needed, suggest other answers.
5. Name one of the colouring pages and ask the children who coloured that page to show their work to the other children. Highlight their good work and ask a question related to the scene shown (see suggestions on next page).
6. Repeat for each of the six scenes shown in the illustrations.



ACTIVE GAMES

Is it important to drink water when you are doing sports with your friends?

Answer: it's very important to drink water when you are very active, because your body is thirstier.

SUMMER

Should you drink water when it's hot outside?

Answer: so that you don't get too hot, you need to drink water even more often.



CALM GAMES

When you do a calm activity, do you need to drink water?

Answer: yes, you can drink water any time you are thirsty.



WITH YOUR FAMILY

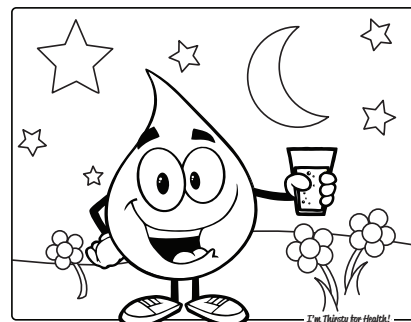
What do you drink at home?

Answer: you can drink milk and sometimes other drinks too, but water should be the beverage that you drink most often during the day.

WINTER

Should you drink water when it's cold outside?

Answer: yes, your body is thirsty all year, regardless of the temperature.



MISTER FUNWATER IN THE EVENING

Can you drink water in the evening?

Answer: after supper, you can drink a bit of water if you're thirsty but be careful not to drink too much or you might wet your bed during the night.

By drinking water often during the day, you won't be as thirsty in the evening.

4. Conclude the activity by inviting the children to have a sip of water. Mention that water is the body's preferred drink. Remember that it is essential in order to feel good and that it is important to drink it throughout the day every day..
5. If possible, display the drawings in the room as a reminder or encourage the children to take their drawing home. Parents can be encouraged to visit the www.thirstyforhealth.ca/home site to discover tips to make healthy hydration easier.



ACTIVITY 3

MISTER FUNWATER'S GIFT

REQUIRED MATERIAL

- One glass per child
- Age-appropriate colouring pencils
- Scissors
- Tape or glue
- Confetti or construction paper (optional)
- Miniature images of Mister FunWater (see appendices)
- Mister FunWater letter (see appendices)
- Paper to write a birthday greeting to Mister FunWater.

LENGTH

- Activity: 30 minutes
- Thank you from Mister FunWater: 15 minutes (the next day or at the end of the week)

SUMMARY

CHILDREN DECORATE A GLASS OR BOTTLE TO CELEBRATE MISTER FUNWATER'S BIRTHDAY.

Instructions

1. Read the scenario to the children.

Scenario

Friday¹ is Mister FunWater's birthday! Do you think we should make him a surprise? Since he loves water, I thought about making him a nice drinking glass. Do you want to make one with me?

2. Give each child an image of Mister FunWater and ask them to colour it.
3. Stick it on the glass.
4. Add confetti or other decorations, if you want.
5. When the children have finished making their gift, congratulate them and tell them that Mister FunWater will be thrilled to see their gifts. Place the glasses in a special place in the room and place a little "Happy Birthday Mister FunWater" message near the glasses.

The next day (or later in the week)

6. Replace the "Happy Birthday" message with a letter from Mister FunWater and read it to the children.



Variations

- Decorate the children's water bottles (if they are from home, ask for permission from the parents).
- To create a festive atmosphere, decorate the room with colouring pages, banners or hanging water droplets. Take the opportunity to point out water sources (tap, water fountain).
- Add a drawing or card for Mister FunWater, rolling them up in the glasses. If you want, when he visits at night, Mister FunWater can pick up these messages and leave his letter.
- Use cardboard and a variety of materials to complete the craft.
- When the glass is clear, the image can be stuck on the outside of the glass facing in so that the children can see their work through the water when they drink out of the glass.

¹ March 22 is World Water Day. Nevertheless, you can set another date to celebrate Mister FunWater's birthday, if you want.

ACTIVITY 4

DETECTIVE TASTE BUD

REQUIRED MATERIAL

- A mirror (optional)
- One glass per child
- Variety of fruits and vegetables to make three flavoured water recipes
- Four pitchers
- Blindfold (headband/scarf) to cover the children's eyes
- Detective Taste Bud¹ colouring page (see appendices).

LENGTH

- Preparation: 15 minutes
- Infusion: 15 minutes
- Activity: 30 minutes

BEFORE CARRYING OUT THE ACTIVITY

- Fill a pitcher with plain water and keep it fresh. The resting time reduces the taste of chlorine, if applicable.
- Without the children seeing, because they will have to guess the ingredients used, prepare a recipe of flavoured water in each of the remaining pitchers. To do this, read the section *Tips for Flavouring Water* in the accompanying guide to the *Mister FunWater Challenge*

¹ Interesting fact: Detective Taste Bud is a mouse, because rodents are excellent tasters.

SUMMARY

THE CHILDREN HELP DETECTIVE TASTE BUD IDENTIFY THE INGREDIENTS USED TO FLAVOUR THE DIFFERENT PITCHERS OF WATER.

Instructions

1. Read the scenario to the children.

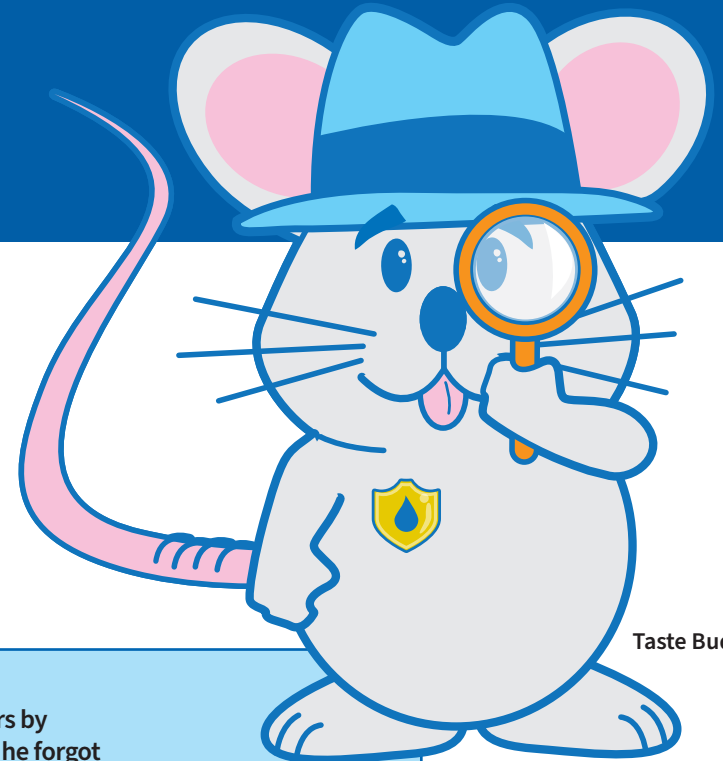
Scenario

Mister FunWater made some flavoured waters by adding fruits and vegetables. Unfortunately, he forgot to mark the flavours on each pitcher of water. His friend, Detective Taste Bud, has come to help figure them out and needs your help. Have you ever noticed the little bumps on your tongue? Invite the children to look at their tongue in a mirror or show them an image of a tongue.

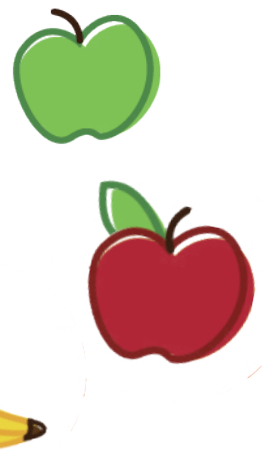
Those are your taste buds. They help you taste food. Thanks to their superpower, you can help Detective Taste Bud and Mister FunWater figure out the missing flavours!

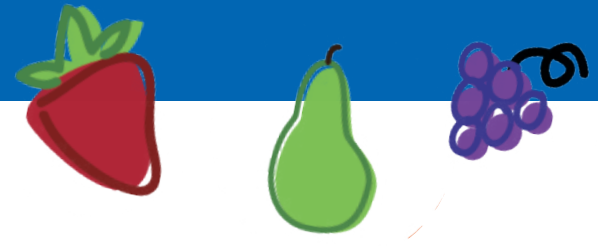
We have four flavours to find, are you ready?

2. For younger children, show the fruits and vegetables used by Mister FunWater for all the recipes. For older children, keep them secret.
3. Cover their eyes and tell them that this will help their taste buds focus more on the taste.
4. Bring the pitchers to the table and pour a small amount of the first flavoured water



Taste Bud





into the glasses. For younger children, place a glass in each child's hand to reduce the risk of spills. For older children, place the glasses on the tables so they have to use their hands gently to feel for them.

5. Invite the children to take a sip and guess the secret ingredient in the flavoured water. Repeat as many times as necessary.
 - When a child gives the right answer, ask the others if they agree, inviting them to take another sip.
6. Repeat for each recipe of flavoured water. For the plain water, although nothing has been added, try to get them to guess that there is nothing in it. Point out that water does not always need a flavour to be pleasant and refreshing.
7. At the end of the tastings, remove their blindfolds and ask each child to choose the water they liked

most and the one they liked least, explaining the reason for their choice. Explain that everyone has different tastes and preferences and that by trying new foods, we can make some nice discoveries.

8. If you want, hand out the Detective Taste Bud colouring page as a thank you for their help and invite them to colour it.

Note: At the end of the activity, all the ingredients (fruits and vegetables) can be eaten.

Variations

- For younger children, the activity can be done without blindfolds by asking them to close their eyes when they have a mouthful of water. Hide the fruits by placing cardboard around the pitchers or using opaque pitchers.
- The tasting can include more than three flavours and be spread out over several days, with one or two flavours a day, remembering to include plain water at least once.
- To promote the discovery of new flavours, it is also possible to flavour the water with fresh herbs (e.g., mint, cilantro, basil).
- To increase the difficulty, flavour the water with two different ingredients. For example, you could use two fruits (e.g., different melons, peaches and raspberries, mangoes and pineapples, strawberries and bananas) or add an herb with a fruit or vegetable (e.g., mint and cucumber, strawberry and basil, mango and rosemary).



ACTIVITY 5

CELEBRATION OF WATER



REQUIRED MATERIAL

- One glass per child
- Two pitchers
- Two measuring cups (250 ml or 1 cup)
- Variety of herbs, fruits and vegetables to make flavoured water recipes
- Cutting boards
- Adapted or plastic knives.

LENGTH

- Activity: 30 minutes
- Infusion: 15 minutes

BEFORE CARRYING OUT THE ACTIVITY

- Read the section *Tips for Flavouring Water* in the accompanying guide to the *Mister FunWater Challenge*.
- If you want, decorate the room in a festive way by posting the colouring pages completed by the children previously or other decorations that symbolize the celebration of water.

SUMMARY

TO CELEBRATE WATER AND EXPLORE NEW FLAVOURS, CHILDREN CAN PREPARE FLAVOURED WATERS AND TASTE THEM.

Instructions

1. Read the scenario to the children.

Scenario

This week, across the planet, water is being celebrated. Therefore, it's Mister FunWater's birthday. You are invited to his party, where you can taste nice cold water and make special water recipes.

2. Wash the children's hands and the food.
3. Show the ingredients for the flavoured water recipes and ask the children to identify them. Invite them to taste the ingredients that they are unfamiliar with so that they have an idea of their flavour.
4. Give a demonstration on how to cut the ingredients, emphasizing the safety rules when using knives.
5. In small groups, ask the children to cut up enough of the ingredients to fill a measuring cup to the top. Place the ingredients in the pitcher and add four parts water for each cup of cut-up fruits or vegetables.



6. For optimal flavour, let rest approximately 15 minutes in the fridge. You can use this time to clean up.
7. Serve each child a glass of water of their choosing.
8. Sing “Happy Birthday” to Mister FunWater and invite the children to clink their glasses with each other and take a sip.
9. Ask the children to describe the sensations they feel (taste, smell, colour) and whether they like the flavour. Explain to them that everyone has different tastes and preferences and that by trying new foods, we can make some nice discoveries.



Note: at the end of the activity, the ingredients (fruits and vegetables) can be eaten.



Variations

- The recipe can be made directly in the pitcher by filling 1/5 of the pitcher with ingredients and the rest with water. To help the children, place two pieces of opaque tape on the pitcher, one to mark the amount of ingredients and another to mark the amount of water.
- In small groups, the water recipe can be personalized for each child by making it directly in the glass. In this case, after the infusion, remove the ingredients from the glasses before drinking the water to prevent choking.
- Offer several choices of ingredients so the children can choose their flavoured water recipe.
- Invite parents to taste the waters made when they come to pick up their children.
- This activity can be carried out to prepare the *Detective Taste Bud* activity for another group.
- Invite the children to wear a piece of clothing or accessory that highlights the celebration of water.

ACTIVITY 6

MR FUNWATER SAYS...

REQUIRED MATERIAL

- No materials

LENGTH

- 15 minutes

BEFORE CARRYING OUT THE ACTIVITY

- Explain to the children that there are different states to water:
 - * **Gaseous**: state where water is invisible as fog in the shower, clouds or water vapor escaping from the kettle.
 - * **Liquid**: like the water we drink.
 - * **Solid**: like ice cubes that form in the cold winter months.
- Remind children to drink water before, during and after the activity. The important thing is to listen to their thirst signals according to the level intensity of the exercises performed.



SUMMARY

CHILDREN TRANSFORM INTO DIFFERENT STATES OF WATER (GASEOUS, LIQUID, SOLID).

Instructions

1. Before starting, disperse the children into the activity area.
2. Each state represents a motor skill.
 - **Gaseous**: walking on tiptoes (lightness), hopping;
 - **Liquid**: fast walking (water stream) or sideways walking;
 - **Solid**: static on one foot or static in the position they are in.

3. To begin the activity, children will move around the room in the liquid state of water.
4. To change the state of the water, say “**FunWater Says**”: Name the state of the water (e.g., Mr. FunWater says: Solid). Children will need to adopt the state of the water mentioned (the associated motor skill).
5. Each child must remain in the mentioned water state until you say another water state.
6. Take 3 to 5 minutes to explain each of the water states with examples. The activity takes about 10 minutes. Music can be incorporated during the activity to energize the activity.



I'm Thirsty for Health!



I'm Thirsty for Health!



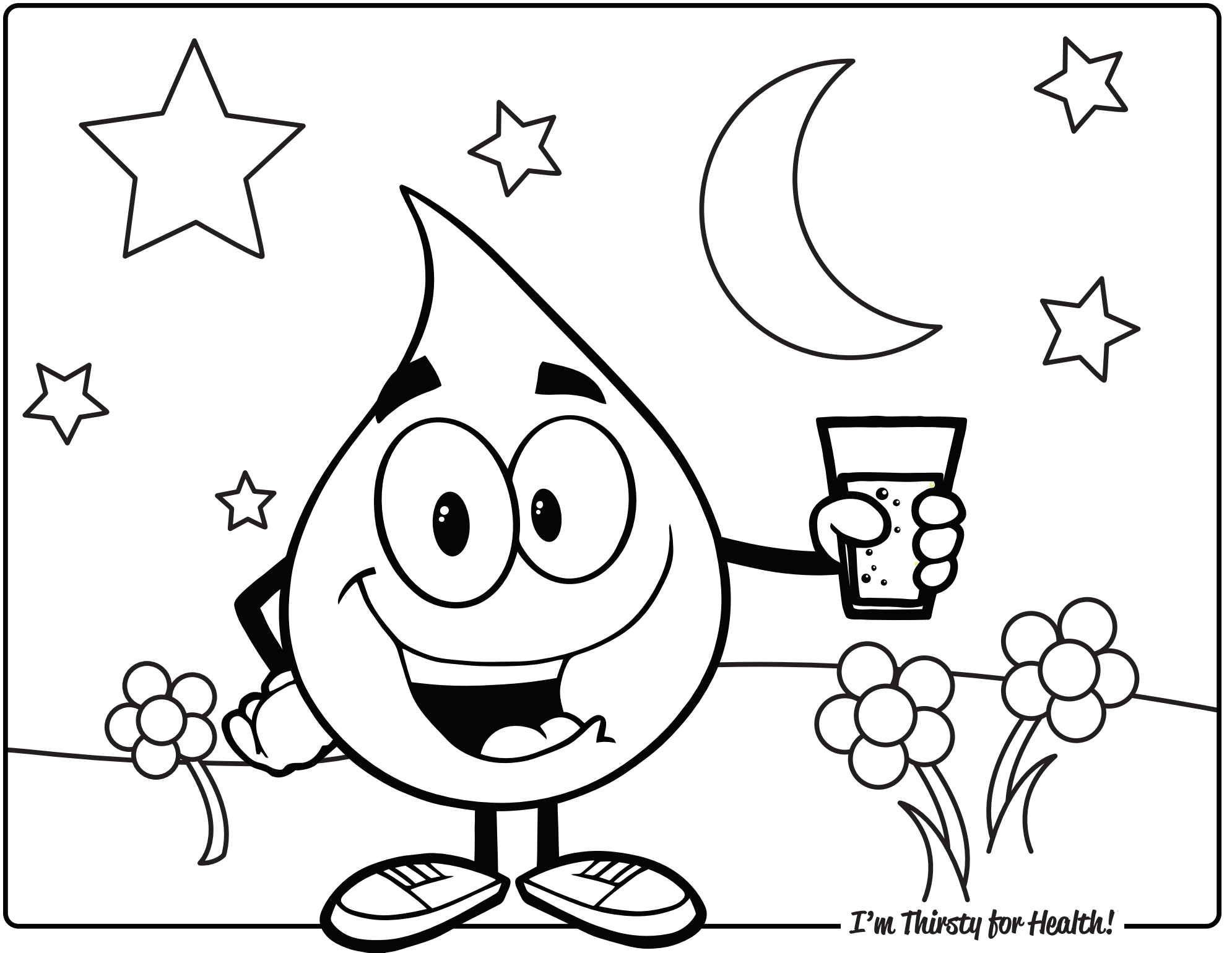
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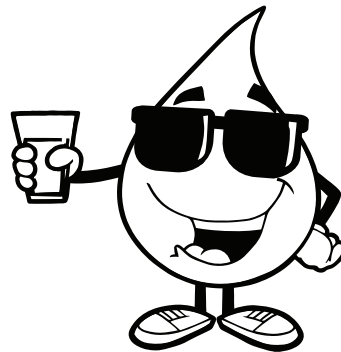
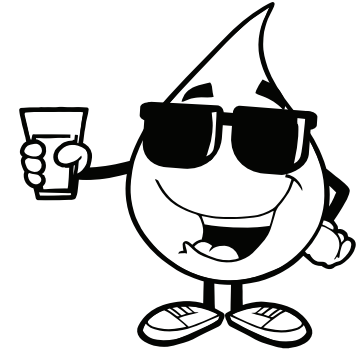
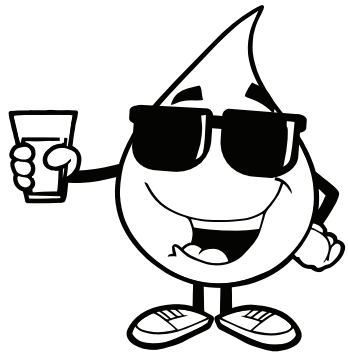
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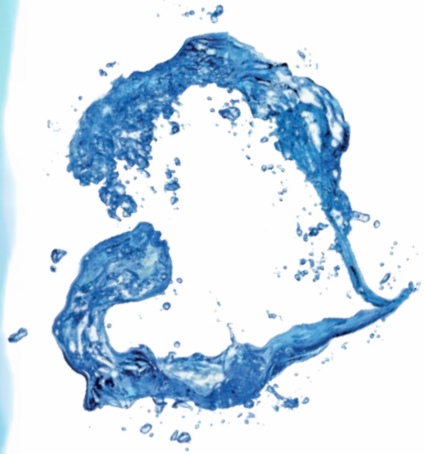


I'm Thirsty for Health!



I'm Thirsty for Health!





Hi!

I visited last night and found your lovely gifts!

What a wonderful surprise!

I can see that you put a lot of effort into your decorations. They're really beautiful!

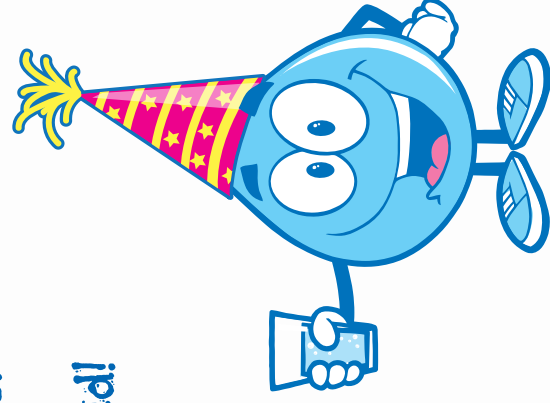
If you want, you can keep your glass to think of me when you drink water.

You know what would make me happy? For you to do a nice toast with your friends today!

This is the best birthday I've ever had!

Thank you so much!

Your friend for life,

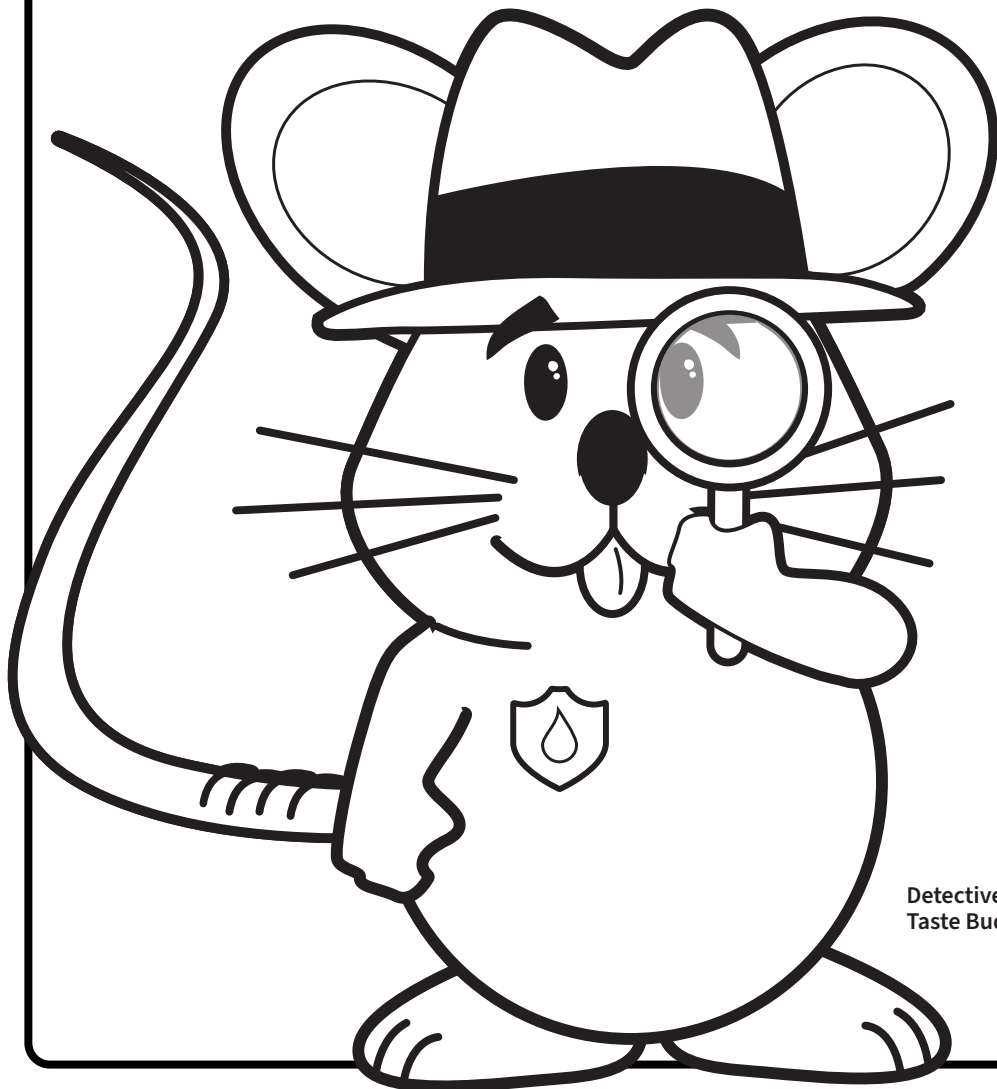


Mr FunWater

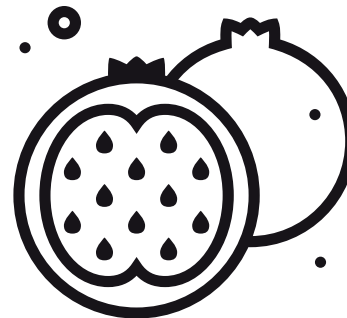
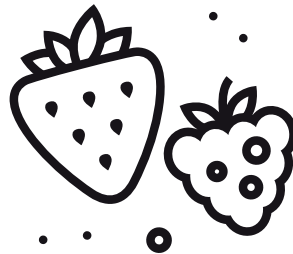
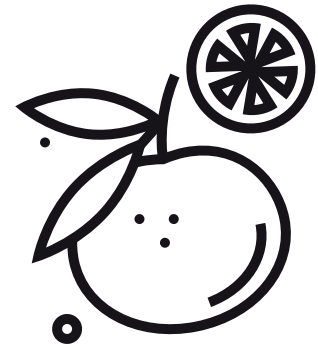
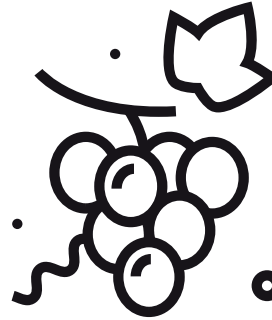
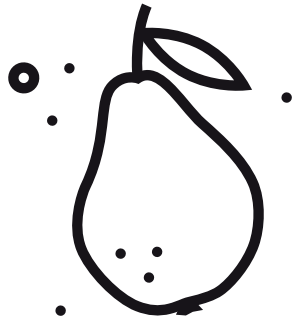
MISTER FUNWATER

PUPPET





Detective
Taste Bud



I'm Thirsty for Health!

