

Activity: Water Relay

Objective: Participants will learn the recommended daily amount of water.

In relay teams youth will run to squeeze water from a wet sponge into an empty bottle.



Space Needs: Outdoors on grass is best as gym floors and pavement can get too slippery.

Materials:

- One for each team
- Large plastic bowls or buckets
- Clear water bottle or large cups
- Sponges

Setup:

- Place bowl/buckets full of water at the start line where each team will line-up.
- Place one sponge in each bowl.
- Place empty water bottle or large cup about 20 large steps away from the start line.

Steps:

- 1) Divide the participants into 2-5 teams. Have each team line up behind a bowl filled with water and a sponge.
- 2) “How many of you have ever felt hot, tired, and thirsty after a lot of physical activity? We are going to pretend there is a group of kids who have not had any water all day. They are feeling tired because they are dehydrated and thirsty, and they need water fast!”
- 3) Each person on the team takes a turn soaking the sponge with water and running down to the water bottle/cup to squeeze the water out of the sponge and fill the empty container.
- 4) Once the sponge is squeezed youth run back to their team’s water bowl and pass the sponge to the next person in line.
- 5) Participants should continue taking turns until the water bottle is completely full.
- 6) The first team to fill the bottle wins!

**Go to CLOCC.net/teamgames
to see a video demonstration!**