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| --- | --- |
| **ITEMS TO BRING:** | **NO** |
| Sticky notes  |  |
| Pens | 10 |
| Red cones | 10 |
| Yellow cones  | 10 |
| Orange cones | 10 |
| Water bottle with water mixed with fruit (optional) | 1 |
|  |  |



Long term aims:

To help participants to understand the importance of staying hydrated to enable a positive lifestyle change.

To encourage them to swap fizzy drinks for healthier alternatives such as water infused with different fruit

To support them in living a healthier, happier life

M+E:

Observing participant’s drink choices as well as them bringing drinks/if any. Record on timeline.

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| --- | --- |
| **Session Title** | Importance of staying hydrated  |
| **Total Time** | 20 minutes (warm up activity)  |
| **Staff** | Wicketz Development Officers  |
| **Session Aims** | To introduce the importance of staying hydrated throughout the day and to help participant make healthier choices, to support their physical and mental wellbeing . |
| **Task** | **Time** | **Description** | **Resources** | **Learning points** | **How going to measure**  | **Who** |
| **Intro** | 2 | Ask the group who has bought a drink with them to this session. If they are comfortable, ask them what drink they have.Question: does anyone know why it’s important to stay hydrated?Explain the importance of water to children, adjust depending on age.Here’s some basic information: * We can’t live without water, it’s an essential nutrient for life
* Water represents two parts of our body. Part of every living cell and helps transport nutrients
* Helps keep you hydrated when exercise. Lose water through sweat so its important to replace to keep you sustain your energy and performance.
 |  | To understand the importance of staying hydrated | Opening questioning Capturing quotes from participants who answer the question.   | **DO** |
| **Drinks brainstorm**  | 5 | Split the group into teams. Give each team a pen and sticky notes. Ask the group to come up with team names, related to drinks.Task- get them in teams to write as many drinks down as possible. Once written on a sticky note, run up and stick them on a wall or anywhere that’s appropriate.  | Sticky NotesPensCones  | To help them start thinking about healthier alternative drinks that are available to them. | Visual through sticky notesOpen questioning  | DO |
|  | 10 | Using the drinks, they’ve listed from the ice breaker. Mark out a red zone, yellow zone and green zone with cones.Explain, red is where they put drinks they should drink rarely, yellow occasionally and green, plenty. In a relay style get them to put the sticky notes they previously wrote into the zone. Discuss their answers and change any if needed.Things to think about:Sugar content in drinks Too much sugar can lead to Tooth decay, obesity, diabetes etc | Red, yellow and green cones.Sticky notes from above | *Reflect on the drinks that have already been discussed.**Considering:**What drinks they should be having every day and what ones they should have as a treat.**Why certain drinks should be consumed in smaller amounts**Consequences of drinking too many sugary drinks and less water*  | Open questioning Capturing quotes   | DO |
| *Capturing impact*  | 3 | Ask the same question as you did at the start “does anyone know why it’s important to stay hydrated?”Go around in a circle, throwing the ball. Every time someone has a ball, get them to answer a healthy drink they could bring to coaching. Show them your drink that you have made to make it more exciting than just plain water. Give the group a challenge- encourage everyone to bring a drink to the next week session.Give them a further challenge of bringing a drink that is creative but healthy (Optional) | Water bottle with water mixed with lemon and lime  | Capturing the importance of keeping hydrated  Helping to make healthier lifestyle changes  | Observational.Question and answers- see if the participants are able to answer in more detail as they were at the start. Add to timelines, upload on upshot the impact the workshops had. | **DO** |