



## Setup

- Divide participants into groups of four.
  - Ask each group to stand in a square with one participant in each corner. Participants should be five feet apart.
  - Give each group a ball.
- Participants pass the ball around the square to their group members in the following ways:
    - Kicking the ball only to the participants on their right or kicking the ball only to the person on their left.
    - With each successful kick (the ball is both kicked and received), they get a new letter in the word "water."
    - If they make a mistake, all the letters they have accumulated are erased, and they must start spelling the word all over again.
    - Once they have successfully spelled "W-A-T-E-R" eight times, they are finished.
  - After the game review the benefits of water, how much you should drink, and when consuming a sports drink is appropriate.