

6th - 12th Checklist

This kit contains all materials available to teach students to rethink their drink! The following items are included in the materials for 6th - 12th grades.

- **Parent letter**
 - This letter can be sent home to all parents with students in 6th - 12th grade. With their help and awareness, students will live out healthier lifestyles.
- **Water log**
 - Students can use this log to keep track of how much water they are drinking in a day. One log is good for 2 weeks! You could make this into a friendly competition and offer a reward for students who drink 8+ cups of water each day.
- **Water Wednesday activity**
 - We have included a list of fun recipes and how to get the entire school involved in this activity.
- **Healthy Alternatives flyer**
 - This flyer is a handout that will get students thinking of ways they can cut back on added sugar in their diets.
- **Sugar demonstration**
 - If your students like visual demonstrations, this hands-on activity shows how much sugar is in their favorite drinks.
- **Posters**
 - “Choose Water”
 - “Minutes of running to burn off the drink”
- **Infographics**
 - “Drink Water”
 - “Why too much sugar is bad for your health”
- **Interactive displays**
 - These interactive displays can be used with any of the activities provided. They are a fun, hands-on way to show students how much sugar is in their drinks.
- **USB**
 - Electronic copy of all worksheets, posters, games and videos.
 - Rethink Your Drink jeopardy