

# Lights! Camera! Water!

Give kids a chance to turn off the television and become the entertainment! Kids will create and perform short commercials about the benefits of drinking water in this fun drama activity.



**CHOOSE WATER  
INSTEAD OF SUGAR-  
SWEETENED DRINKS**



## STEP-BY-STEP DIRECTIONS

- 1. ASK:** “Have you ever seen a commercial for a soda, energy drink, or other drinks that have added sugars? What was it like? Now... have you ever seen a commercial for water? Why do you think there are more commercials for sugar-sweetened beverages, like soda, than for water?”
- 2. SAY:** “Water is healthy and free, but not well advertised. Did you know that plain water doesn’t have any calories? So it’s better to help keep a healthy weight than sugar-sweetened beverages. Plain water also has no added sugars, so it’s better for preventing cavities than sweetened drinks. Best of all, ice-cold water tastes great on a hot day! Today you are going to make up a commercial to help spread the word about the benefits of water.”
- 3. DO:** Divide kids into small groups of 2–4, or have them make a group with a few friends. Explain the rules (below). Give kids 10–15 minutes to create and rehearse their skits.

### Your commercial must have:

- A catchy slogan about drinking water
- A scene that shows kids choosing water
- Three reasons why water is a great drink choice

- 4. PERFORM:** Set up a “stage” and a place for the audience to sit. Groups take turns performing. Encourage the audience to clap for each group.
- 5. WRAP UP:** “That was awesome! You did a great job spreading the word about the benefits of water. Remember, water is refreshing and good for you, especially on hot days in the summer. Instead of reaching for a sugary drink, choose water!”



**Show kids the water poster to give them some ideas!**

## PERFECT FOR...

- Ages: 8–13
- Size of Group: 6–20
- Time: 30–60 minutes
- Setting: Outdoors, indoors

## MATERIALS

Props (optional): such as drinking cups, water bottles, other beverage containers, or poster board and art supplies for kids to create their own props.

## SETUP

Optional: Write rules on large-sized paper or chalkboard.

See “Make It Your Own” below for different ages, group sizes, and time available.

## OPTIONAL FOLLOWUP:

- Give kids time to drink water after performances.
- Invite family members to join the audience.



Great turnout for our [summer meals](#), [summer fun event](#) at [\(insert name of location\)](#)! The fun continues on [\(insert day\)](#).

## Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, simplify the rules and provide a catchy slogan, such as, “Choose water every day!”	For smaller groups, have groups of two work together to create a commercial to perform for families.	If you have more time, let audience members give compliments after performances.
For older kids, let them be the directors or ask them to create a jingle.	For bigger groups, make groups of 4–5.	If you have less time, ask kids to create posters rather than skits, individually or in small groups.

## No materials? No time? No problem!

Say: “I want to motivate kids to choose water instead of sugar-sweetened drinks like soda and energy drinks. Can you think of a catchy slogan to get kids like you to drink more water?”