Water Measure Relay

**AGE/GRADE LEVEL:** Teens; Adults and Older Adults

**FORMATION:** Relay lines

**EQUIPMENT:** 2-cup measuring cups; pitchers; labeled cards; volunteers to help with activity; optional: drinking cups

**RULES/DIRECTIONS:**

1. **Set-up:**
   - Table or desks 10-20 feet from the start line with a water station for each relay line.
   - Each water station contains one 2-cup measuring cup, 1 pitcher, drinking cups for each participant, and a stack of labeled cards (1 cup, 1/2 cup, 1/3 cup, and 1/4 cup).
   - Teacher and volunteers stand at water stations.

2. **Relay:**
   - Teacher divides class into groups and asks participants to form separate relay lines (10-20 feet) before each water station.
   - Water station attendants draw a card and calls out a measurement.
   - First person in each line moves (run, walk, jog, hop, skip, gallop, step-together-step, etc.) to water station, measures water from pitcher into measuring cup.
   - Teacher and other station attendants checks accuracy; participant pours the water back into the pitcher and moves back to tag the next person in line.
   - Once turn is completed, participants move to the end of their line and march in place while teammates finish relay.

**VARIATION:** Participants can pour the measured water into a clean drinking cup and drink the water before returning to tag the next runner.

Participants can measure water into a drinking cup, carry it back to the team, and pass it to the next person in line who must pour it back into the pitcher before measuring their own.

**NUTRITION NOTE:** Use with any of the following lessons: Safe and accurate cooking methods (measuring) methods; increasing healthy beverages by drinking more water.