

# SIP SMART! BC™

## "ROLE" WITH IT! SCENARIOS

### ➔ THE SOCCER GAME

**Players:** 3-4 soccer players (at least 1 player knows how to make healthy drink choices)

**Scene:**

You and your friends have just finished a soccer game against a really tough team. You are walking off the field, recapping the best parts of the game while congratulating each other on playing well.

You are all thirsty and walk to a concession that offers sports drinks, milk and water.

**What drink do you choose? Let us know why!**



### ➔ THE LONG DRIVE

**Players:** 2 adults, 2 children (at least 1 player knows how to make healthy drink choices)

**Scene:**

Your family is going on a summer camping holiday. It is hot and you are all very tired, but the trip is not yet over.

You have all been in the car for 4 hours now and are really thirsty and hungry. The driver pulls into a gas station, gives the kids some money and asks them to buy drinks.

**What drinks do you choose?**

**Now that you are back in the car, explain to the adults why you chose these drinks!**



### ➔ AT THE MOVIES

**Players:** 3-4 friends (at least 1 player knows how to make healthy drink choices)

**Scene:**

You and your friends have just watched a movie at the local multiplex. You chat about how great the movie was and that now you want a drink.

On your way out you notice they have pop for sale after the show because the movie star is also in the pop commercials.

You can either buy a bottle of pop for \$2, a box of milk for \$2 or a box of fruity drink for \$2.

**What do you choose? Let us know why!**