



RE-THINK YOUR DRINK!

You don't need to get your kicks from an **energy drink** fix



Keep Calm and Game On

SESSION AIMS

TIME: 20 minutes

For young people to;

- Improve their general knowledge about energy drinks in an interactive fun way.

RESOURCES:

- Powerpoint – Keep Calm and Game on – Blockbuster competition.
- Question and Answer sheet.

ACTIVITY:

- Divide the group into two teams Red and Green and explain the rules.
- Teams have to answer an energy drink related question beginning with the letter/s in the hexagon
- The first team to complete a line connection of hexagons across the board either vertically or horizontally wins.
- Correct answers keep control of the board (they choose the next hexagon) but either team can answer the question.
- If the red team answers first click once on the hexagon to turn it red
- If the green team answers first click twice to turn the hexagon green.





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- There should be a time limit for the answer to be delivered then it is passed over to the other team



EVALUATION AND SUPPORTING LEARNING:

Key learning points from the session should be identified and a discussion should be facilitated to enable them to be summarised by the group.

