**Which Healthy Hydration Program Model is Right for You?**

There are three models you can follow to run your Healthy Hydration program: Real-Time, At Your Own Pace and Tech-Free. Your PTA can offer one model, a combination of two models, or even all of the models to your families. Choose what works for you—each model has strengths and limitations.

We hope this event encourages all families to think about healthy hydration, exercise, and exploring how to help fuel your busy child. Your PTA does not need to be an expert in any of these areas, as we have all the information you need in the toolkit.

**Real-Time**

* Events are live, virtual events. They uild conversation, community, and learning.
* This program has [engaging slides](https://docs.google.com/presentation/d/1PohFer_1Oso2sYkWppZkQNGIEgRioAUfbg5B5T9eoqk/edit?usp=sharing), [handouts](https://docs.google.com/document/d/1zcZShbyJuZIbL6x4mehWZHgwP0vFasac1kPuofFp31o/edit?usp=sharing), and [facilitator guide](https://docs.google.com/document/d/1tdA1wFk38edCn7Iidlw8sB2s4xOnpocnbCx6LVvIMV0/edit?usp=sharing).
* These activities are completed with the PTA. Families conduct 1 sugar demo, a 1 water-infused activity, utilize  a water-tracker, engage in  family exercise, and review the choice board.
* Possible materials may include fresh fruit, sugar, cups.  Materials can be delivered to homes with the handouts.
* Prizes are given for completion of the activities/choice board. Determine how school participants will let you know they’ve completed it and how to get their prizes.
* Participants are encouraged to share their experiences via social media and PTA newsletters.

**At Your Own Pace**

* Events happen at home, and each family facilitates the event by themselves at their own pace.
* Families may conduct the sugar demo, the water-infused activity, use the water tracker, engage in family exercise, and review the choice board.
* Event happens during a designated timeframe and requires advance sign up through the Local PTA.
* Local PTA sends out Caretakers Guide and Handouts. These should be printed and delivered. All CDC guidelines should be followed when delivering materials.
* Prizes are given for completion of the activities/choice board. Determine how school participants will let you know they’ve completed it and how to get their prizes.

**Tech-Free**

* This event happens at home, and each family facilitates the event by themselves.
* Families can conduct the various healthy-hydration activities that do not require technology.
* Event happens during a designated timeframe and requires advance sign up through the Local PTA
* Local PTA sends out printed Caretakers Guide and Handouts.
* No videos or supporting technology.