Every Drop Counts

Adapted from Cynthia Mack, TOPS Retreat Director

Would you like an easy and fun way to keep track of your daily water intake? With this sliding bead counter to attach to your water bottle, you’ll never miss a drop! The number of beads you add to your counter equals the number of bottles of water, on a daily basis, that’s right for you. Now, let’s get to crafting!

Materials (per member):
- 14” long ¼”-wide ribbon
- 6–10 barrel beads
  (2 colors work well)
- copies of this activity

Preparation:
Distribute copies of this activity and enough craft materials for each member at the start of the meeting.

Instructions
1. Start by folding the ribbon in half.
2. At the end of the loop, tie a knot about one inch from the end.
3. For the ends opposite of the loop, take one end of the ribbon in your right hand, and the other in your left hand.
4. Take one of the barrel beads and slide the ribbon through from the left side. While holding the bead with the ribbon through it, take the opposite end of the ribbon and pass it through the bead from the other direction.
5. Slide the bead down to the knot.
6. Repeat this 5–9 more times until you have all your beads on the ribbon.
7. To finish, leave about a one-inch gap between the last bead and the knot you tie at the end. Beads should slide up and down the ribbon freely.

At the start of the day, move all the beads to one end of the ribbon. As you drink a bottle of water, move one of the beads to the opposite end. The goal is to get all the beads moved from one end to the other before the end of the day.