



Water Ambassador Lesson 3

Gratitude Coaster Kit

Water has Feelings Too!

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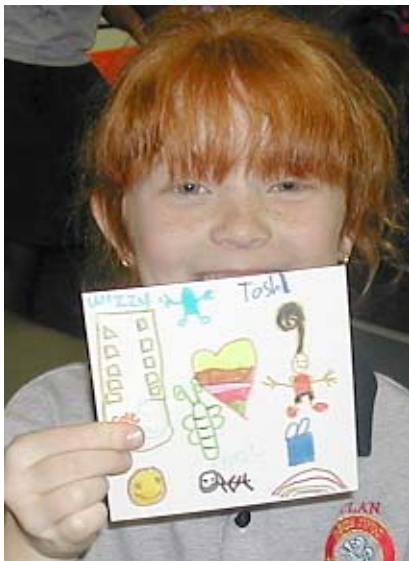
When to Use: Lesson 3
Time allowed: 35 minutes
Total Lesson: 45 minutes

Resources Included in Kit:

1. Coloured Cardboard Squares
2. Stickers
3. This Instruction sheet

What you will Need:

1. Coloured pens & pencils
2. Whiteboard & markers
3. Music (helps to put the children in the right mood to create their beautiful happy coasters)
4. Laminator
5. Laminating pouches



Purpose of Activity

1. To reinforce the learning taken from the “Messages from Water” book by Dr Masaru Emoto that we each have the individual power to make people and ourselves FEEL Happy or Sad by what we say. Just like the ‘You Fool’ (Sad water crystal) and the ‘Thank You & Love’ (Happy water crystal), water has a vibration. So given we are 70% water, our words are very important.
2. To reinforce Gratitude and have a constant visual reminder on the child’s desk as they place their water on their coaster each day. The coaster will make their water feel Happy and will help them FEEL happy too!

Step-by-Step Instructions

Step 1 Review the “Messages from Water” book and shown the children the water crystal pictures again. Talk about ‘happy positive words and thoughts’ versus ‘sad words and thoughts’. Reinforce sad words, such as Fool, You are ugly etc. by saying them and asking them how they feel. Frown and ask them how they feel.

Now, while you are smiling and being gentle, use words such as ‘You are beautiful’, ‘Thank you’ and ‘I love you’. Ask them how they feel. Ask how they feel when their Mother hugs them, do they feel HAPPY or SAD? This helps them understand that words are powerful.

Step 2 Get the children to sit facing the white board and ask them to tell you what words make them FEEL happy and smile inside – words such as: thank you, love, mother, gratitude, friend, happy, sunshine, hugs, green grass, flowers, birds, singing, their dog or pet (name), playing, music etc. Put down a good list of words for everyone to see. Try for a minimum of 20 words.

Step 3 After completing the list, ask the children (if not already) to go back to their own desks. Ask them to get their coloured pens out and hand out 1 cardboard square to each child. Get them to put their name on the card.

Step 4 They are now ready to create their very own GRATITUDE COASTER! Explain to them what they are making – a Special Magical Coaster for their water to sit on. They can use the Happy Words from the board, draw pictures, colour in or whatever they like that makes them feel HAPPY when they look at it.

Keep the picture of the water crystals for them to see on the board. As they are creating their coasters, hand out the special stickers from the kit to each child to add to their coasters. (Enough for about 3 per child).

Step 5 Once they are finished, congratulate the children on their beautiful gratitude water coasters and plan a time to laminate them within the week so they can enjoy the benefits of them everyday ☺

For more information, check out our web site at:
www.waterambassador.com

