



Water Ambassador Lesson 1

Seed Experiment Kit

Not all Water is the Same

zazen Wellness www.zazen.com.au www.zazen.co.nz

When to Use: Lesson 1
Time allowed: 15 minutes
Total Lesson: 45 minutes

Resources Included in Kit:

1. Seeds
2. Cotton Wool for 3 plates
3. This Instruction sheet

What you will Need:

1. 3 saucers or plates with a slight lip to keep water from pouring over edges
2. Sample of Tap water in a bottle
3. Sample of Bottled water from the supermarket (you will need a litre for this experiment)
4. Cup of zazen Living Water from the zazen system
5. 6 Volunteers
6. A warm sunny spot to place seed plates
7. 6 Sticky Labels to stick on the 3 plates and 3 water bottles
8. A camera
9. Print the "Caring for Your Seedlings" A4 Poster (you download it from web site www.waterambassador.com go to Lesson Presentations (password is hydration). You will find it on page 17 of Lesson 1 presentation.

To view Pictures of this Experiment, go to our site: www.waterambassador.com

Purpose of Activity

To demonstrate that not all water is the same. We visually show the students that the quality of the water we drink can make a difference to the way seeds grow!

So, If we drink the same water imagine what difference that could make to the way we grow and feel and look!

Step-by-Step Instructions

- Step 1** Pick 6 volunteers (2 for each water type). They have responsibility for making sure the seedlings are watered every day.
- Step 2** Set up 3 saucers/plates and have your volunteers write a label for each of the 3 plates stating the type of water and stick to the plate. There will be one plate for Tap water, one for Bottled water and one for zazen water.
- Step 3** Write the same 3 labels again and this time stick them on each water bottle or container. Make sure you use the zazen water from the system fresh each day.
- Step 4** Give the volunteers the cotton wool and have them place the cotton wool flat in the bottom of each saucer.
- Step 5** Pour each water type on to the saucer labeled the same so that the cotton wool is wet. **NOTE: This is a controlled experiment – the only thing that is different is the Water used on each plate of seeds.**
- Step 6** Sprinkle carefully 1/3 of the seeds onto the saturated cotton wool on each plate until you have used all the seeds.
- Step 7** **Now, watch them grow!!** Put them in a nice warm sunny spot. Make sure you take pictures of the saucers each week, so you can see the difference.
- Step 8** Hang the "Caring for our Seedlings" A4 poster above the seedlings to remind the children what to do 😊
- Daily** The volunteers must check the seeds every day to make sure the cotton wool is wet. Best to check and water them first thing every morning and again before they leave every afternoon.

WARNING – WEEKEND CARE

1. On a Friday afternoon, before you leave for the weekend, move the seedlings away from the sun otherwise they will dry out and die before Monday morning.
2. Ensure the seedlings are well watered before you leave – as they grow they will use more and more water, especially after 2 weeks.