



The Water Ambassador Educational Program Answers the Big Question

“What impact does water have on my life?”

Lesson 1 How Water is Used in the Body and Promotes Growth

Part 1 - We will understand where water is in the body and how water is lost from the body.

Part 2 - We will conduct a test and we will record the results of the plant growth.

Outcome –

- They will be able to give examples of how water is lost from their bodies using examples and why they need to replenish it consistently with water.
- They will see that there is a difference in the growth of plants dependant upon the type (quality) and consistent quantity of water (run over 3 weeks) and relate this to their own body.

Lesson 2 Children will be able to explain how the body is hydrated

Part 1 - They should be able to give an example using plants and fruit.

Part 2 - Children will be able to explain that water has energy. They will be able to give examples of how this impacts the way they behave and the words they use can impact that behaviour and feeling of happiness or sadness.

Outcomes –

- Begin a habit of hydration.
- Begin awareness of the words they use making differences in the way they feel and others around them feel.

Lesson 3 Reinforce water has energy which impacts their body and feelings

The children will be able to explain why they choose particular “positive words” and the meaning of these and how they feel when they use these words and the impact that this can have on their body.

Outcome-

- They will begin to understand the attitude of gratitude and that they can impact the way they feel and others around them, by the words they choose to use. They will be able to use specific examples.
- They will be able to recognise “happy water crystals” and “sad” ones in relation to this exercise

Lesson 4 Acknowledge the children as Water Ambassadors graduates

Children should be able to explain what a Water Ambassador does and how important water is for Growth

Outcome –

Children are recognised to reinforce their new hydration habits and the new knowledge they have on the impact water has on their life.