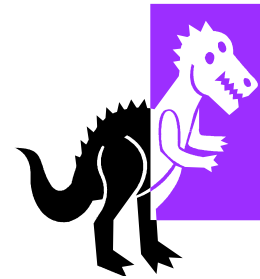


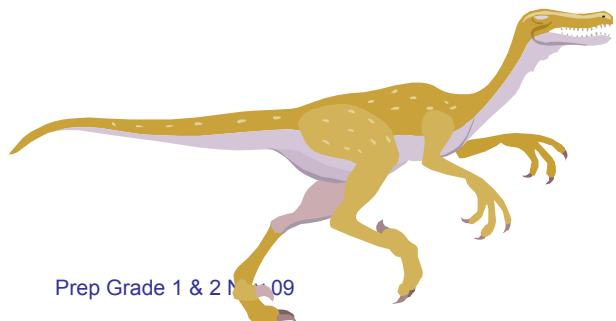


zazen Water Ambassador School Program

Introducing the zazen Water System in the classroom For Prep, Grades 1 & 2



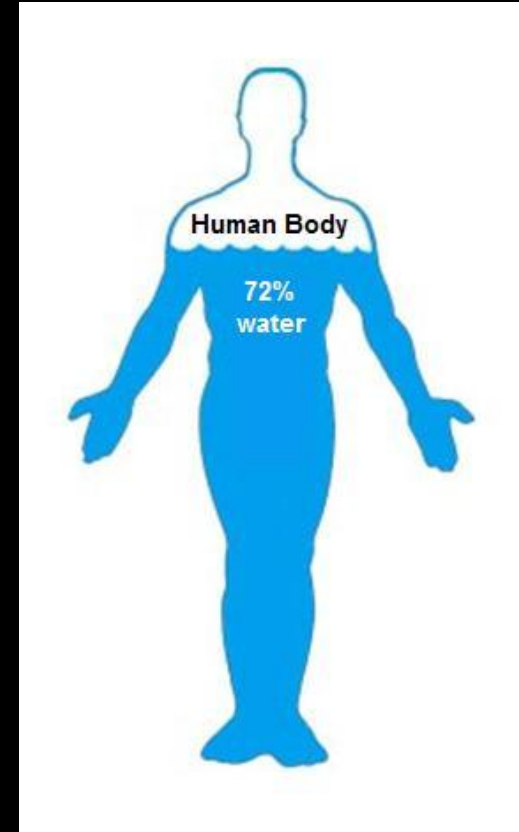
Did you know
you drink the
same water
the **dinosaurs**
drank?





Earth – the Blue Planet..

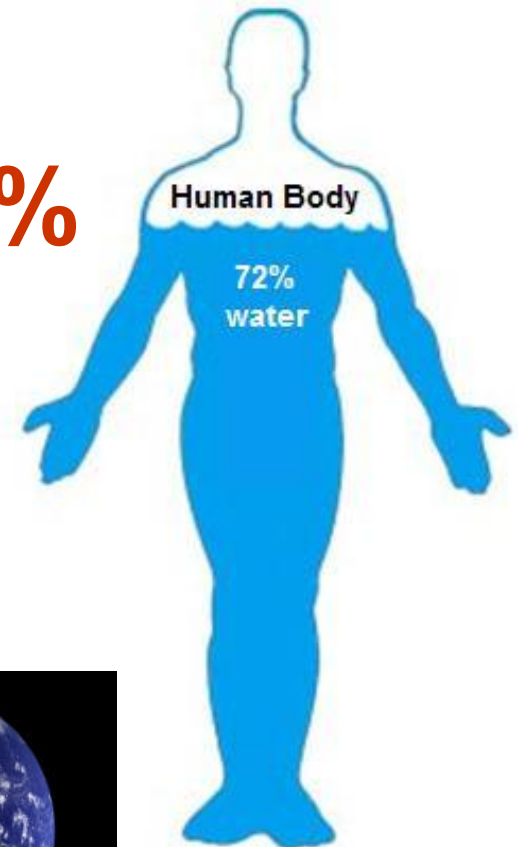
Mostly water (70%) & so are **YOU!**





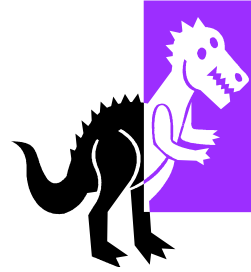
Your Body is **Mostly Water**

- New born babies are 92%
- **You are mostly water 72%**
- 90% of the blood is water
- 75% of muscle tissue is water
- Water is used to carry food and in everything your body has to do!





Where is the water in your Body?

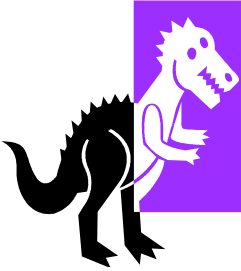


- The **saliva** in your mouth you use to begin **digestion** and to swallow is **mostly water**.
- Your **eyes** move freely in a **lubricant** is **mostly water**.
- Our **body's organs** generate lots of **heat** during the day and that heat escapes when we **sweat, talk and go to the toilet!**
- Your **skin** is **full of water**



Within living systems everything happens because of water.





Did you know that
you **LOSE** water
every moment of the
day... **how?**



So **YOU NEED TO**
REPLACE



IT BY DRINKING water
CONSTANTLY DURING
THE DAY!



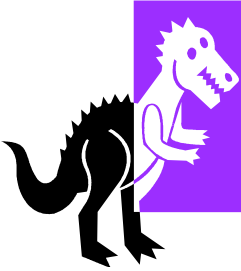


The signs that I need to drink more water...

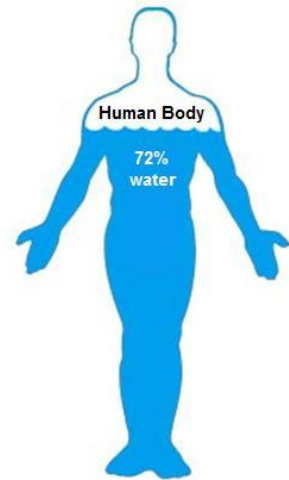


yawning during the day
falling to sleep in class
finding it hard to concentration
craving sugar & sweets
strong smelling wee
getting a bit grumpy (fatigue)
feeling thirsty
being constipated
getting a headache





So it is very important to drink
plenty of good water **all day**
every day...
for **energy** and to help stay
healthy and happy



WATER IS FOUNDATION NUTRIENT





The Adventures of Snowflake the Beautiful Water Crystal



A story written especially for all children by
Dr Granny Martin – download this ebook from the support web site..
www.waterambassador.com - lesson materials use password **hydration** to access

The zazen Water system...
and **HOW** it Works..



zazen Water...
It's just like
Mother Natures
water cycle





Class Posters and Resources

Please print each and hang on the wall near the zazen Water System

1. How I lose water every day Poster 1 Slide #7
2. Work out how much each student should drink each day Poster 2 Slide #11
3. Helping create healthy water habits Poster 3 Slide # 12
4. Caring for our zazen Water System Poster 4 Slide # 13

Note - You can ALSO download the all lessons from www.waterambassador.com.

Under Our Lessons in the menu – use the password “hydration” to get access to all resources and support aids, thank you.

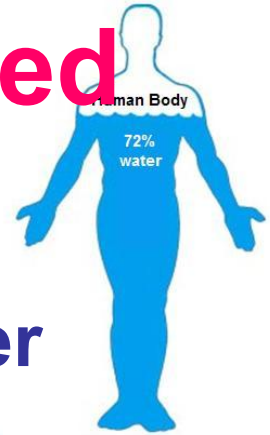
- The ebook by Dr Granny Martin can also be downloaded from this support web site, thank you

The team at zazen Water... creating a Wellness Generation...together



Daily Drinking Chart

work out how much you need



Rule: 25 kilos = 1 litre or 4 cups of water

- 15 to 25 kilos = 1 litre (4 cups)
- 30 kilos = 1.2 litres (5 cups)
- 40 kilos = 1.6 litres (7 cups)
- 50 kilos = 2 litres (8 cups)
- 60 kilos = 2.5 litres (10 cups)



How much should YOU be drinking a day?

aim to drink 60% or more at school a day



Our Class

Daily Drinking Habits 1 2 3

My daily water habit

1 When I arrive at school I have a glass of water
or I fill my drink bottle $\frac{1}{2}$ way

2 During the morning I drink a cup of water
or I drink all the water in my bottle



3 After lunch I drink at least 1 more cup of water
or I $\frac{1}{2}$ fill my drink bottle & drink it all by the end of school

I drink more if I am feeling tired, hungry or hot



Caring for OUR zazen Water System

What we need to do each day..

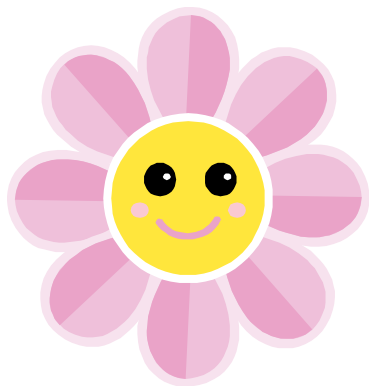
“Our class **zazen Water Monitors** keep our system full every day for all of us to enjoy😊. They put tap water into our system ...



- 1 Morning recess + add water
- 2 After lunch + add water
- 3 End of School + add water

We always remember to be grateful and say thank you.





Now you understand why it is important you drink water all day... helping you to feel, behave and perform better 😊

