

**zazen Water**  
**Ambassador Program**  
**"The Secret of Water"**  
**Week 2**  
**Hydration & Dehydration**  
**GRADES 3 to 5**

Week 2 presentation

zazen Water Ambassador Program  
[www.waterambassador.com](http://www.waterambassador.com)

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Hello boys and girls – it great to be back in your classroom, thank you.

well today we have a lot of fun things to learn and also check on.. and I have a special story to read to you as well.

we want to check on our seed experiment as well.. so lets get started.

Are there any questions that any of you have?

Answer any that come up BUT stay on track with the presentation guide..



This week we will review and reinforce of what was taught last week, review the seed experiment – which should be starting to show signs of growth and may show some differences in the seed growth depending on what water has been used on each.

Make sure that the A4 Posters are hung up.. Having put the posters up around the classroom will assist you make this review session fun, interactive and visual.

You will spend more time today on explaining the zazen Living Water system – and relating it to Mother Natures Water cycle..

You will also review what is happening with the seed experiment and then read the class a very special book.. By a Japanese scientist.

So lets begin who remembers what we did last week when we talked about the Dinosaurs?



We found out last week that we are drinking the SAME WATER THAT THE DINOSAURS DRANK.. Millions of years ago!

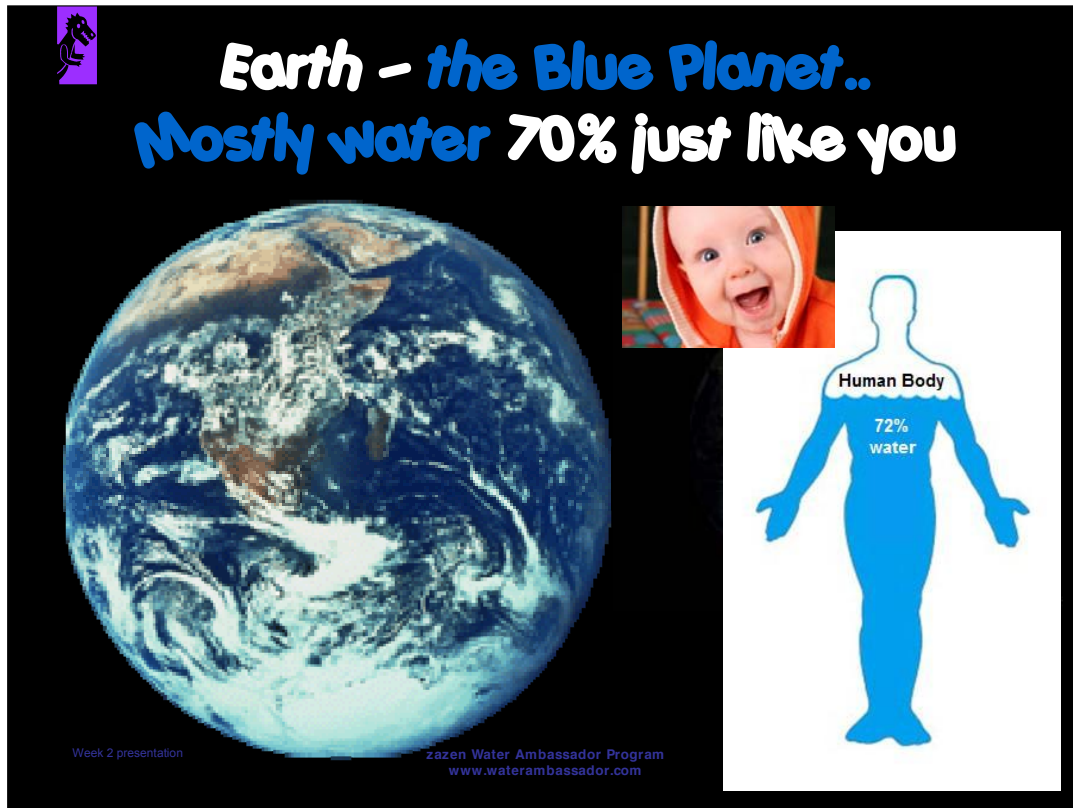
So you would think it would be pretty dirty by now – but we know that Mother Nature cleans the water over and over again.. Through the water cycle – otherwise we would be drinking dinosaur piddle.. ha ha..

**.. Boy that means our water is really, really old! who remembers how long the dinosaurs were on earth?**

65 million – 225 million years ago .. A long time.. They ruled for hundreds of millions of years – where did they go? They died and are now extinct! But the water is still here.. So lets explore WATER..

Resource links

[www.kidsdinos.com](http://www.kidsdinos.com)



Remember what we other name did we call Planet Earth.. Where was this picture taken from?

**The Blue Planet** – why does it have this name.. Did you know that our Planet Earth is called the Blue Planet also because from space there is so much water it looks blue!

Isn't it beautiful.

Can you see land and what else can you see.. What do you think this is.. The white puffy stuff clouds yes clouds..

Can you see all the blue colour? – What is that? Water

So it looks like there is plenty of water on Earth doesn't it!

But most of the water is where looking at these pictures.. ??

In the seas.. Can we drink that water? Why not.. Too salty for us.

So we need special fresh water that is not so salty.. the dinosaurs didn't drink the salty sea water either!

So we have as much water in us as Mother Earth does on her!

How much water are you? Yes you are mostly water..



## 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.**



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So remember we talked about where the water is in our bodies,,  
who can tell me where all that water is in our body?  
Get answers – then guide them

The get them to physically

Get them to blink.. And stick out their tongue. Swallow..

Get them to pull their skin water is everywhere! In your body.

Do you remember how much water we have in our bodies???



**The signs that you need to drink more water**

**STOP**

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

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**Go to this Poster** so how do we know we might be thirsty?

What do we do if we feel like this.. Yes we get up and get a drink of water (ask permission first of course).

So it is very important that we drink plenty of water during the day

How many of you have gone and got water when something like this happened?

How many of you feel sleepy after lunch? well now you know its important to drink a little more water..



**What does Hydrated Mean?**  
**Lets Learn 2 NEW WORDS**

**hydrated & dehydrated**

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zazen  
WELLNESS

**New Concept and words** we are going to discuss what happens when we drink more water and why it is important and what happens to living things if they don't get enough water

So we will learn a couple of new words.. Hydrated and Dehydrated.

Who knows what they mean?

*dictionary definition.. Collins*

*Hydrated - " to impregnate with water"*

*Dehydrate – "to become **weak** by removing too much water from the body"*

So lets look at these pictures.. Grapes and Sultanas.. DID YOU KNOW THAT THE SULTANAS are dried out grapes?

So when the grape does not have enough water in it.. It starts to look like this.  
So what happens to us I wonder.. Lets look at what happens to the grass and plants..

Did you know as you get older you will have less water in you! Funny huh – so what happens to older people.. they get a bit wrinkly don't they!

*What about a plant? What happens if a plant does not get enough water?*



**Wow – when it rains does the grass go nice and green and what happens when we don't have enough rain.. It becomes dry and sometimes it dies!**

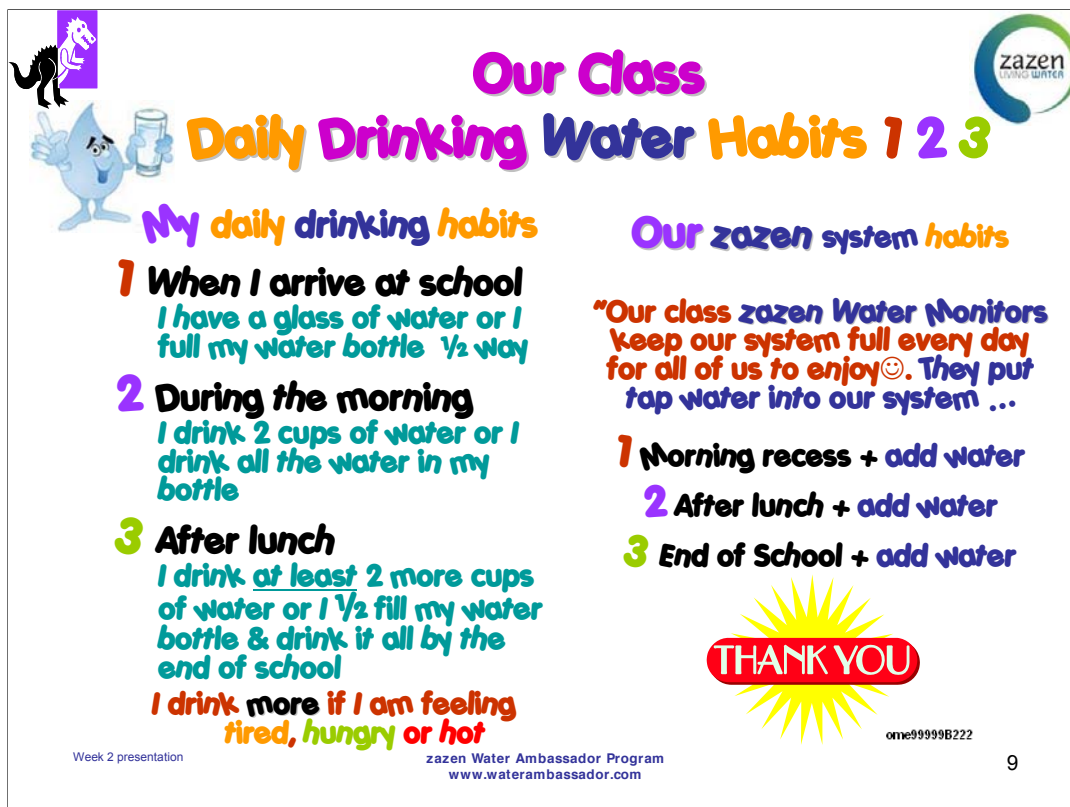
*Look at this picture..* At first if you haven't drunk much water – you will find that it takes a little while for your body to get used to it and you might find that you need to pee a bit more than usual.

But do you know what? Within a few weeks your body will start to use all that water up.. Its like a plant .. How many of you have seen a plant that has NOT been water very much.. The soil looks dry doesn't it! Well when you pour water onto the soil of the plant – do you know what happens It runs straight out – because the ground is so dry.

But if you keep watering it soon the soil will soak all the water back up.. Well your body is the same.. It takes a little bit of time for it to get used to getting plenty of water☺ But in no time you will find it will soak up most of the water you drink – especially on hot days and when you are very active exercising and running having fun.

**So it is important to help us stay healthy and strong and have plenty of energy to make sure we are HYDRATED!**

*Lets all say Hydrated☺ So how do we do that then lets check out our Daily Drinking Habits Chart!.. Go to the chart and run through it with the children.*



**Our Class**  
**Daily Drinking Water Habits 1 2 3**

**My daily drinking habits**

- 1 When I arrive at school**  
I have a glass of water or I full my water bottle ½ way
- 2 During the morning**  
I drink 2 cups of water or I drink all the water in my bottle
- 3 After lunch**  
I drink at least 2 more cups of water or I ½ fill my water bottle & drink it all by the end of school  
**I drink more if I am feeling tired, hungry or hot**

**Our zazen system habits**

**"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**

**THANK YOU**

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*Review the Poster.. And check that this is the habit the class is getting into.*

*When you arrive at school – you should. full ½ your water bottle.  
And drink all this by lunchtime – then ½ fill it again.. Etc*

*Check out the water Monitors.. Have they been set up is the chart on the wall?  
Download the water monitor form from the [www.waterambassador.com](http://www.waterambassador.com) web site*

*Share with the children – this little story*

***Did you know that some children in the world in places like Africa – have to walk for miles to get water for the family to drink and use for everyday things such as cooking and cleaning?***

***Many do not have taps like us.. We are very lucky aren't we. Some girls don't go to school – they spent every day up to 7 hours a day just getting water for the family! That's their job. They carry it on their heads in big buckets and containers.***



The poster is titled "Daily Drinking Chart" in orange and "work it out" in green. It features a blue water drop character on the left and a blue human silhouette on the right. The main rule is "Rule: 25 kilos = 1 litre or 4 cups of water". Below this, a list shows weight ranges and corresponding water intake: 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), and 60 kilos (2.5 litres/10 cups). To the right of the list is a row of ten water bottles. At the bottom, it asks "How much should YOU be drinking a day?" and includes the zazen logo and website information.

Weight Range (kilos)	Water Intake (litres)	Water Intake (cups)
15 to 25	1	4
30	1.2	5
40	1.6	7
50	2	8
60	2.5	10

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Go to this Poster and make sure the children know what this is for..

**Who is drinking that much water a day..**

**Well now you know – you can start to try.**

At first if you haven't drunk much water – remind them they will find that it takes a little while for your body to get used to it and you might find that you need to pee a bit more than usual.

But do you know what? Within a few weeks your body will start to use all that water up.. Its like a plant we talked about.

Remind them - they will find that they are more alert and are able to concentrate and focus better also.



**Our water is precious**

**The same water goes around and around and is recycled by mother nature..**

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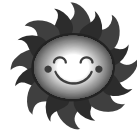
Remember last week we talked about this? What is it a symbol for This is a symbol you will see that tells you you can recycle it.

How many of you recycle some of your rubbish at home.. Like plastic bottles and other things like news papers?

Why do we do this?

Because there are many things that we can use again so that we don't have so much rubbish to get rid of which pollutes our earth and also so we don't have to cut down more trees than necessary and use valuable resources from mother nature.

Well we will talk about how water is recycled by the zazen system by reading a very special story written for it was Snowflake the Beautiful Water crystal by Granny Martin.



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