



zazen Water Ambassador Program



"The Secret of Water"

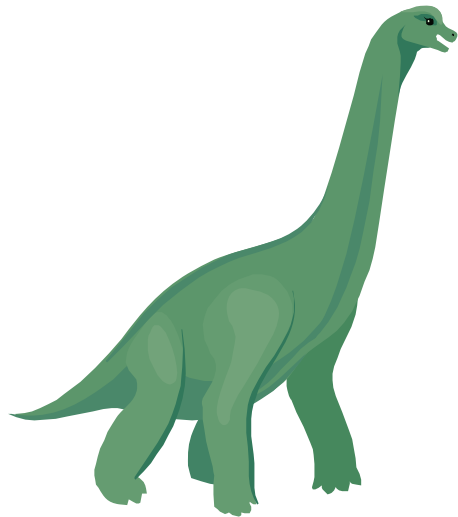
Week 2

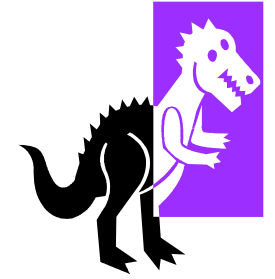
Hydration & Dehydration

GRADES 3 to 5

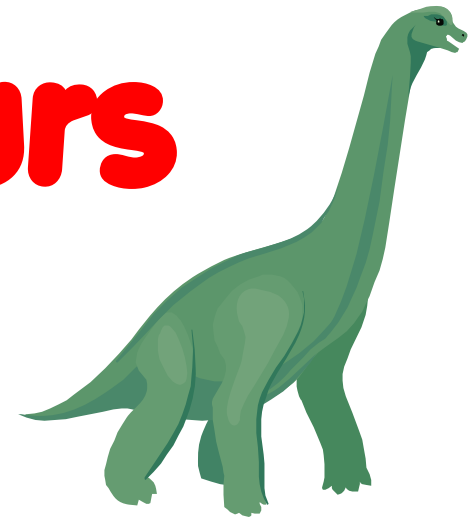
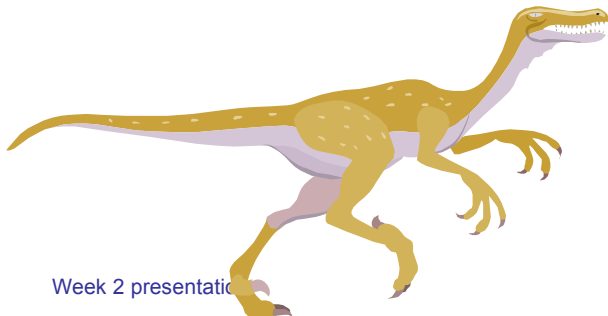


**Lets remember last week's
lesson...**





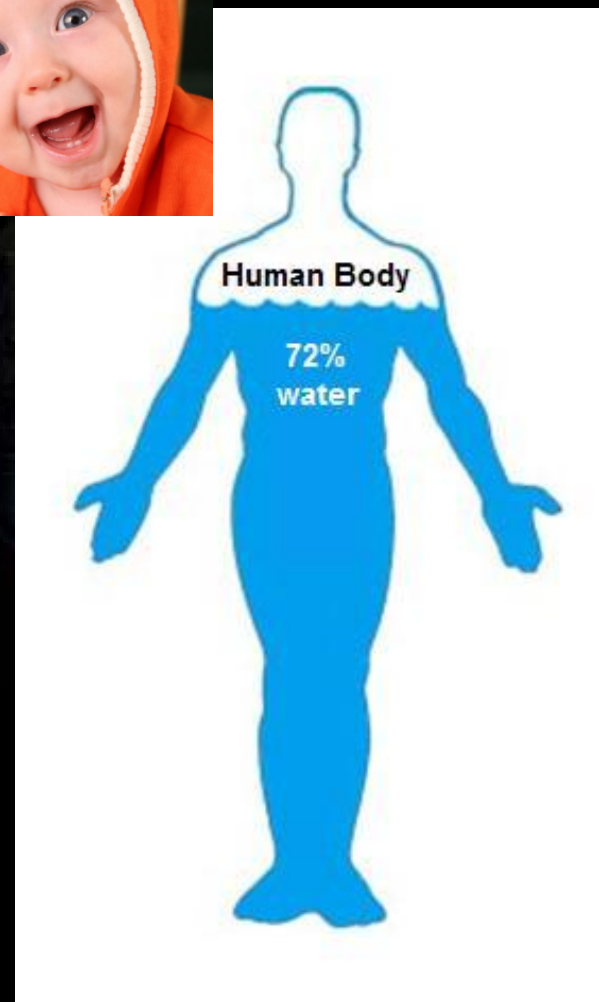
We know **we**
drink the
same water
the **dinosaurs**
drank!





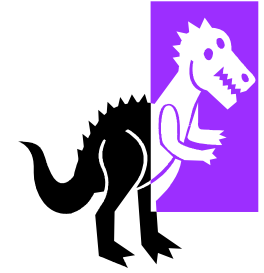
Earth – the Blue Planet..

Mostly water 70% just like you

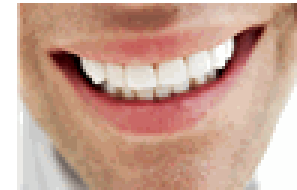




Where is the water in your Body?



- 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.**





The signs that you 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





What does Hydrated Mean?



Lets Learn 2 NEW WORDS



hydrated

&

dehydrated



Plants



hydrated



dehydrated





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 1/2 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 1/2 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**



ome99999B222



Daily Drinking Chart
work it out

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?

zazen Water Ambassador Program
www.waterambassador.com



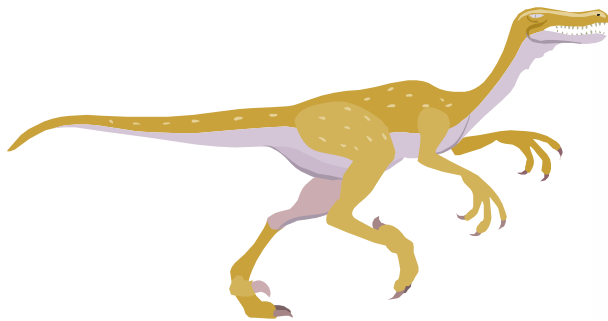
Human Body
70% water

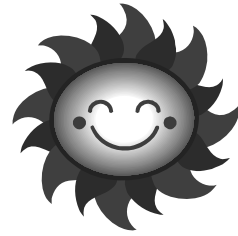




Our water is **precious**

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







Thanks for having us in your
classroom today.. and learning
about the secret of water!

See you next week for **lesson 3**



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