



ensure you have from the Water Ambassador resource Kit – the gratitude Coaster resource and instruction sheet.

The lesson will take 50 minutes.. allow 35 - 40 minutes for the making of the magical coasters..



## Week 3



**Review our seed experiments**

- *What have you noticed?*
- *What do we do next?*

- **What have we learned so far about water and YOU?**
- **Hydrated – Healthy Water Habits 123**
- **Water Crystals and YOU.. Feelings happy & sad words**
- **Make some magical gratitude coasters for our water bottles and water cups**

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Review – water habits in the classroom

How are you all doing with the daily water habits 1 2 3

How are the water monitors doing each day

What questions do you have?

Are you enjoying drinking your special water in the classroom.

When do you know you need to drink more water when you feel..  
Tired, sleepy, headache, thirsty, .. Reinforce



Lets look at our Seed Experiment.. Not all water is the same. You should have some pictures from when you started to compare

What happened..

Has the zazen watered seeds grown greener and more lush than the others.. Looking healthier and more alive.

What this experiment shows us is that Living Water with minerals in it and the energy from the sun and earth – can make a difference to how a plant grows and looks and feels!

So that can also happen to you and me – as we are like the plant a living growing thing.

So keep drinking plenty of water.. All day every day!

What happened to the bottled water?? Or the tap water.. They did OK? But not quite as good?? Discuss what happened.

It is so important that they were watered every day .. They depended on water.

**YOU are Mostly Water...  
Being Grateful**

Human Body  
72%  
water

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So lets remember we are mostly water.. And we know now that water has energy.. It can be beautiful or not so depending on the words its exposed to.

So we can by the words we use make a difference to our own energy and attitude.. Isn't that just amazing!

Does anyone know what Grateful means??

**Grateful means – a feeling of being thankful**

What sort of things could you be grateful for every day?

Ask the children - What makes you feel really good inside and warm and happy?

Let's write them up on the board..

**Write these words..** As they come.. Mother.. Love, my dog, the sun, birds, presents, telling someone they are beautiful or handsome.. A smile, laughing, a hug from mum or dad, a kiss



# What words make us feel happy or sad



**you fool**                      **love and thanks**

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Leave this up for the children to see.



**Magical Coasters**

- We are each going to make a magical coaster to sit our water on during the day
- Decorate with happy, positive words & pictures
- Sign your name on it
- We will laminate them so they stay nice!

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The slide features a title 'Magical Coasters' in purple. It includes four bullet points in green, pink, blue, and pink. There are four decorative images: a purple square with a white unicorn, a blue circle with 'Super!' and a boy, a green circle with 'Happy Day!' and a sun, and a yellow smiley face next to the word 'HELLO!'.

Lets make our own magical coasters to sit our water on every day – and lets use our grateful words.

Use the Water Ambassador resource kit Lesson 3 resources and instruction sheet.

Have fun and walk around supporting the children. Show them what they will do..

All 35 – 40 minutes..



Thank the children for having you in the classroom.

You should have asked the teacher if they can laminate the children's magical gratitude coasters – ready for Graduation next week.

Tell the children they are going to Graduate next week – and be presented with a very special Ribbon.

See you then