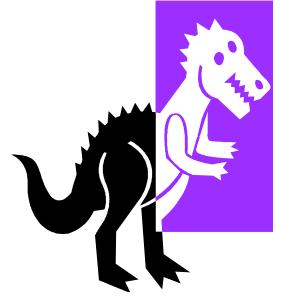
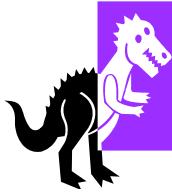


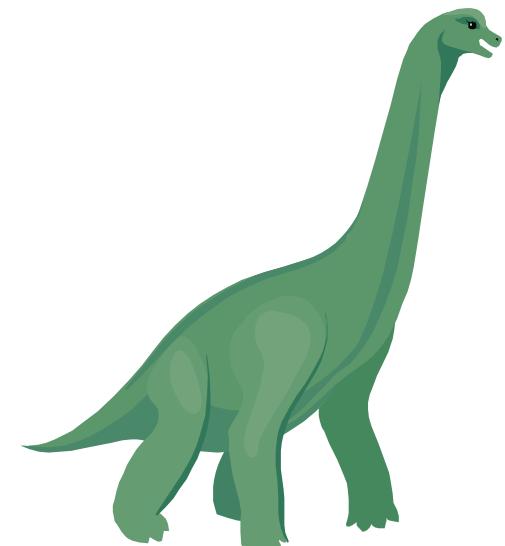
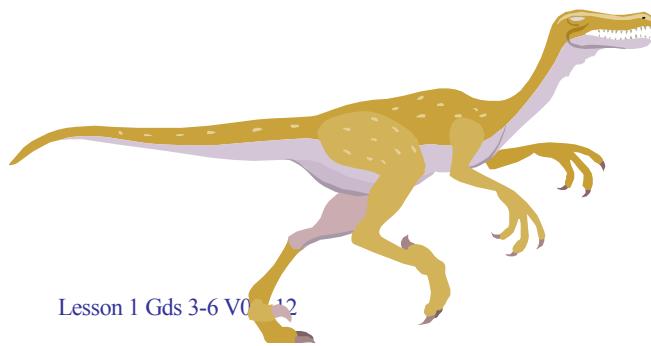
zazen Water Ambassador School Program

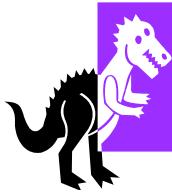
Please print the following 4
Posters for each classroom

Taken from Lesson 1 - GRADES 3 to 6



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





Class Posters 1 – 4

& Resources

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

1. How I lose water every day Poster 1 Slide #8
2. Work out how much to drink each day Poster 2 Slide #15
3. Helping create healthy water habits
Poster 3 Slide # 16
4. Caring for our zazen Water System Poster 4 Slide # 17





Poster 1

The signs that I need to drink some water now...



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





Daily Drinking Chart

work out how much to drink

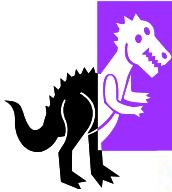


Rule: 25 kilos = 1 litre or 4 cups of water

- 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 $\frac{1}{2}$ 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

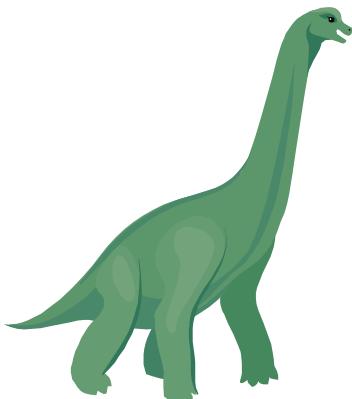
What we need to do each day..

“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 we understand why it is
important you drink water all day...
helping you to feel, behave and
perform better than you

