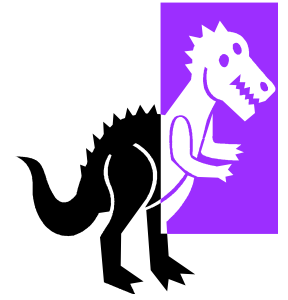
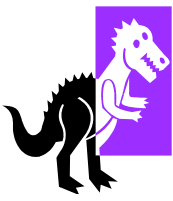


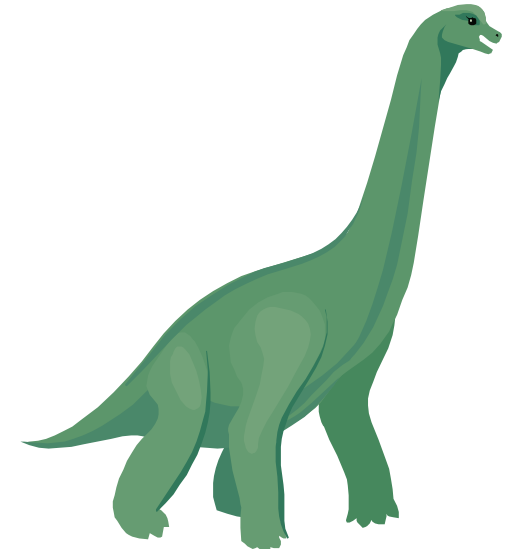
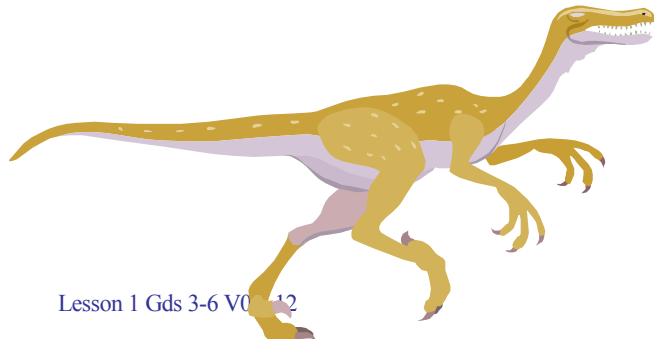
zazen Water Ambassador School Program

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



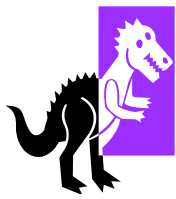


Poster 1

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

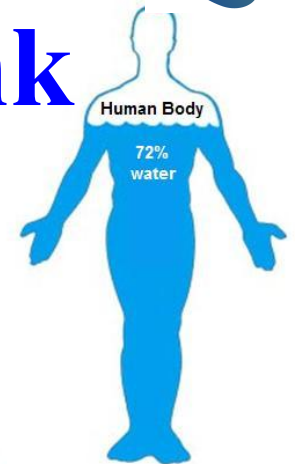


Daily Drinking Chart

work out how much to drink



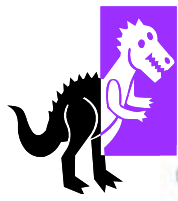
Rule: 25 kilos = 1 litre or 4 cups of water



➤ 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

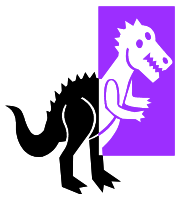
1 When I arrive at school I have a glass of water
or I fill my drink bottle $\frac{1}{2}$ way

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😊.

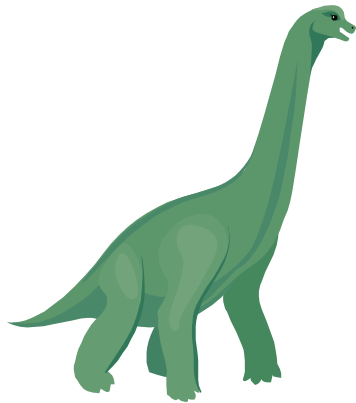
They put tap water into our system ...



- 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.

THANK YOU





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

