

CONNECT COLLECTION

# I am Water

BOOK 24





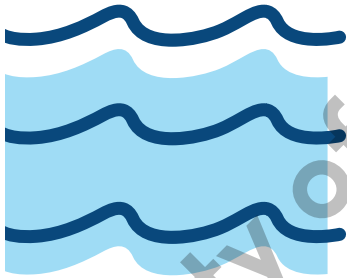
# I am Water

This Book is Co-Authored and Illustrated by:

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**I am**  
**Water.**

#### DICTIONARY DEFINITION

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### **water:**

a colorless, transparent, odorless, tasteless liquid that forms the seas, lakes, rivers, and rain and is the basis of the fluids of living organisms.

**I'm more  
than a  
definition**

Property of NalinikIDS

**I do things  
beyond your  
vision**

**Drink or boil**

**Make me frozen**

**Don't mix oil**

**In my oceans**

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**DRAW IT OUT ▶▶▶**



Property of NalinikIDS

**I pour wealth**

**To crop and seed**

**I bring health**

**To all in need**

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**DRAW IT OUT ▶▶▶**

Property of NalinikIDS

**I wash your hair**

**Help scrub your street**

**I'm everywhere**

**Come dip your feet**

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**DRAW IT OUT ▶▶▶**

Property of NalinikIDS

**Go for a swim**

**Play a fun sport**

**Bring a boat in**

**Chill or transport**

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**DRAW IT OUT ▶ ▶ ▶**

Property of NalinikIDS

**From fighting fire**

**To quenching hunger**

**I'm the supplier**

**Of life and wonder**

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**DRAW IT OUT ▶ ▶ ▶**



Property of NalinikIDS

**See how I flow**

**Around the planet**

**So many roles**

**Don't take for granted**

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**DRAW IT OUT ▶ ▶ ▶**

Property of NalinikIDS

**My value  
to you  
shows in  
what  
you do**

**The value of water to me is:**

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Property of NainiKIDS

## About the Author

Rupa Mehta is a teacher, entrepreneur, fitness expert, creator of the Nalini Method, author of *The Nalini Method: 7 Workouts for 7 Moods*, and founder of the non-profit organization NaliniKIDS. Her wellness philosophy—rooted in an understanding that true health comes from being emotionally and physically fit—was developed after years of working with clients in her New York City fitness studios. In her career, Rupa has helped thousands of adults and youth on their journeys to physical and emotional wellness. Learn more about Nalini Method at [nalinimethod.com](http://nalinimethod.com). NaliniKIDS is a 501(c)(3) dedicated to teaching students K–8 the value of physical and emotional fitness. To learn more, please visit [nalinikids.org](http://nalinikids.org).

## About This Book

*I wash your hair, help scrub your street. I'm everywhere – come dip your feet...* From satisfying thirst to sailing boats, water is all around us. In exploring Water's journey through the world, you can discover the value of water in your own life.

As part of the *Connect Collection (Volume 3)*, this book is intended to be co-authored and illustrated by you—the reader! Use your imagination to bring these pages to life. Through filling in the blanks and illustrating the book, you will bring your personal understanding to the collection's valuable lessons and create a unique keepsake. We encourage you to check out more books in the *Connect Collection* at [connectcollection.com](http://connectcollection.com).

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