



Use this guide to explore, think, and become more like water.



**CLOUDS**



**OCEANS**



**GLACIERS**



**BOTTLES**

# CLOUDS

Look at [Catherine Opie's photographs of Lake Michigan \(Fall, Winter, Spring, Summer \[Lake Michigan\], 2004-05\)](#). The images depict the atmosphere during the four seasons.

Clouds have many different moods like people do. They are stormy or fluffy or wispy or dark.

Take a moment to check in with one another by sharing your internal weather forecast. First, share how you feel as if it was weather. Are you feeling sunny and clear? Or maybe there is a storm brewing?

Next, share how you think someone else might feel if they were standing in your weather. Would they get to bask in a warm glow? Or would they be blown about?



# GLACIERS

Look at [Lynn Davis' photographs of icebergs \(\*Icebergs, \[Disko Bay, Greenland\], 1988\*\)](#). Icebergs are fragile and temporary fragments of monumental and timeless glaciers.

Close your eyes and be mindful of your breath. Feel it as it moves through your body, and imagine each breath slowly turning you to ice.

Can you imagine being a glacier? They are massive, the result of snow compressing slowly, over centuries.

Breathe for ten full, deep breaths knowing that your body contains glaciers. The water that is now you was once part of an immense plate of ice, carving and shaping the earth.

Look at [Composition in Yellow and Grey, 1987, by Judy Ledgerwood](#). Oceans are both majestic and terrifying, grand and overwhelming. Looking at this painting can feel like being caught in the sea itself. When you're on land, you can stay put. It's easier to know exactly where you are. When you're on the ocean, you're constantly moving and sometimes it can be hard to get your bearings.

Imagine yourself adrift atop an ocean and wander around aimlessly for a while. Allow the invisible forces of the rooms in your home pull and push your body and mind. Try to look and notice, but don't linger. Allow things to wash out of your thoughts as quickly as they wash in.

Does the tide lead you anywhere in particular? To unexpected places, thoughts, or memories?

# OCEANS

Look at Pope L.'s installation of bottles of water ([Flint Water, 2017](#)). These bottles contain water poisoned by bad pipes in Flint, Michigan. It looks clean, but it's not. Some people can't get reliably clean water from their faucets at home.

Human actions, inaction, and infrastructure often pollute the water, making it dangerous. However, by the time water enters our bodies it has usually been cleaned, bottled, and purified.

Have you always had reliable access to clean water? Take a moment to talk with one another about some ways your life might be different without it.



**BOTTLES**