

# H2O <3 Day 4: Water

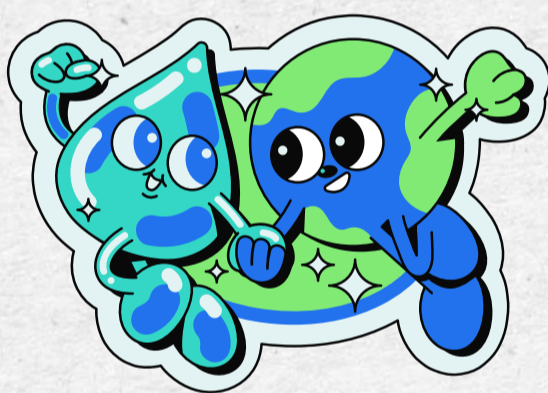
Veggie Rex - Veggie Rex - University of Central Florida

I think about water quite often, especially when I'm thirsty or using it for daily tasks like cooking or cleaning. I'm grateful for water every time I take a sip or use it in any way because I know how essential it is for my well-being and the environment.

Right now, as I look around, I can see water in a glass on my desk, a plant on my windowsill that needs watering, and even the moisture in the air. Water played a significant role in creating the goods within my reach, from the food I eat to the materials used in the products I have. It's truly remarkable how interconnected water is with our everyday lives and the products we use.

## all of the things water brings me.

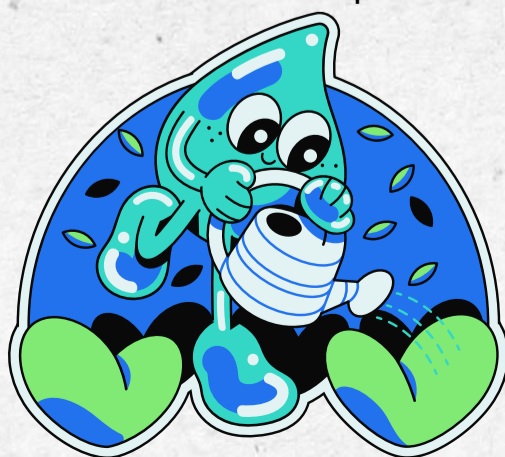
Water brings life, nourishing the plants that produce the food we eat, and quenching our thirst. It powers the turbines that generate electricity, allowing us to light our homes and power our devices. Water is essential in industries, helping to manufacture everything from clothing to electronics. It transports us on boats and ships, and it's a playground for recreational activities like swimming and kayaking. In short, water is the unsung hero behind many of the conveniences and pleasures we enjoy in our daily lives.



## what surprised me about my relationship with water, and how I can be more mindful and appreciative of water.

The biggest surprise to me about my relationship with water is how it connects me to the world's larger ecological balance. Recognizing that the water I use and rely on is part of a vast cycle that impacts ecosystems and climate patterns was eye-opening. I was surprised by the intricate web of life that water sustains, from the tiniest microorganisms to the grandest natural landscapes.

To enhance my mindfulness and appreciation of water in the future, I plan to engage in more water-related activities that connect me with its beauty and significance. Whether it's hiking around the springs, volunteering for water conservation projects, or simply meditating by a serene pond, I want to foster a deeper spiritual and emotional connection with water. This will remind me to be grateful for its presence and the life it sustains on our planet.



## friend's and family's opinions on the article

### What surprised you about your relationship with water?

Family: I was surprised to realize how often I take water for granted. It's so easy to overlook its significance in my life until I consciously stop to think about it. Water is essential for everything I do, from my morning shower to the cup of tea I enjoy, and it's fascinating to see how intertwined it is with my daily routine.

Friend: One surprising aspect of my relationship with water is how much I depend on it for leisure and relaxation. Whether it's a dip in the pool, a beach vacation, or simply enjoying the sound of rain, water plays a huge role in my recreational activities. Recognizing this connection has deepened my appreciation for the joy and tranquility that water brings into my life.

**CHECK**



### How can you be more mindful and appreciative of water going forward?

Family: To be more mindful of water, I plan to educate myself further on water conservation and sustainability practices. I want to reduce my water usage at home, fix any leaks promptly, and support initiatives that protect and preserve our water resources. By actively participating in efforts to save water, I can show my appreciation for this precious resource.

Friend: Moving forward, I aim to incorporate gratitude into my daily routine. Whenever I use water or encounter it in any form, I'll take a moment to reflect on its importance and silently thank it for its role in my life. Additionally, I'll make an effort to spend more time in nature, appreciating the beauty of lakes, rivers, and oceans, which will help me develop a deeper connection with water.

## my daily water interactions

- I drink water to stay hydrated.
- I take showers for personal hygiene.
- I wash my hands and face.
- I brush my teeth.
- I cook and prepare meals.
- I boil water for coffee.
- I wash dishes and kitchen utensils.
- I do laundry.
- I water plants.
- I swim in my pool.
- I use water in cleaning tasks.
- I flush the toilet.
- I use the AC which uses water.
- I enjoy the sound of rain.
- I use ice cubes.
- I bathe my dogs for work.
- I fill up water bottles.
- I create art with watercolors.



These are the various ways I interact with water in my daily life. Water is an essential element that plays a role in numerous aspects of my well-being and daily activities.

## my social media post

