

## Creative Strand: Stimulus 13

### Rupi Kaur – I am water

#### Image description

The outline of a glass cup in black and white. Inside the cup the water is drawn as a big wave.

#### On the Artist

Rupi Kaur, a Canadian poet, graces stages across the globe on sold-out world tours. These shows are a poetic theatrical experience interlaced with her own touch of stand-up. Her work touches on love, loss, trauma, healing, femininity, and migration. She feels most at home when creating art, performing her poetry onstage, and spending time with family and friends.

#### Points to unpack

- Movement quality of water
- The different states of water and their qualities (ice, oceans, rains, clouds, waterfall)
- Growth
- Life Cycles (Plants)
- Life underwater
- Submarines
- Waves

Source: [rupikaur.com](http://rupikaur.com)

i am water

soft enough  
to offer life  
tough enough  
to drown it away

- rupi kaur

