

## fire, water, earth, air

### Part One - Fire

I am fire.

I am above you -

Up high in the sky

in the great big burning ball you call the Sun.

And I am below you –

Deep, deep, deep beneath your feet.

Deep in the core of this planet-

Earth

Burning and churning the lava

Thousands of kilometres below you.

Maybe, I am crackling in your fireplace

If you have a fireplace

Or am I the heat that cooks the food you eat?

Maybe you can't see me

But you catch a smell of me on the breeze-

Smoke!

I like to spit, whirl, soar.

My flames lick and flicker,

Snatching at the air around them.

Maybe you'd like to see me now.

Do you have an adult with you?

Who is with you today?

Do you have a candle?

And something to light it with?

Then, when you are ready.

And only if you'd like to.

Light the candle with your adult

And see me start to burn.

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I might be shy at first.  
I might take a moment to find my flame  
On this wick.  
The wick of your candle.  
Is it a new wick?  
Or have I burned here before?  
Watch me now as I begin to bounce  
To dance.  
How would you dance if you were me?  
Would you like to show me?  
Show me, if you like.

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Now, look a little closer.  
But not too close.  
At my flame.  
Can you see the colours I hold?  
Can you see the blue at the bottom  
Where I burn the hottest?  
My orange heart,  
And the yellow-white at my edges where I  
Reach out on my endless wish to grow.  
You see me, and I see you.  
You are you.  
I am fire.  
Can you hear me?  
Now blow!  
And I am gone.

### **Part Two – water**

I am water.  
You'll find me close by.  
In the turn of a tap

You can make me flow  
Drawing me through underground pipes  
That allow me to journey  
All the way from the reservoir.  
To you.  
I am water.  
I am hard to hold.  
Eager to spill out.  
You can try to catch me  
Between your hands  
But I will escape.  
I will pass right through your fingers.  
It's my job to flow.  
I am the rain.  
Am I falling now?  
I am the clouds that fall as rain.  
I am the ocean.  
I am the vapour that rises from the ocean  
And forms the clouds,  
And again!  
Down I fall, down, down, down.  
Into puddles, streams, rivers, lakes and seas.  
I am water.

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Did you know that I can shapeshift?  
Oh yes! I can change my shape and form.  
As a liquid, I will take the shape of the container  
Into which you pour me.  
But if you heat me,  
Make me bubble, really bubble  
Then I will rise as steam.  
And if you freeze me,

Then I will become solid.

Locked up tight.

Solid enough to hold your weight if there's enough of me.

But then the heat will come,

And again, I will flow

Free.

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Can you imagine what it's like to be me?

What is it like to flow?

You can show me if you like?

How would you move if you were flowing?

But now, the cold has come and I am ice.

How would you move if you were ice?

Would you move at all?

Did you know that ice has its own sound?

What sound could it make?

And now, the heat has changed me

And I rise as steam.

How would you move if you were steam?

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Would you like to feel me now?

Do you have a bowl?

You can fill it up with me.

Or you can use your sink.

You can let the water settle.

Then dip a finger in and out and you can make me ripple.

You can use your hand to make waves

Can you make a whirlpool?

Maybe your adult can show you how.

Can you make your hands into a cup?

Try if you like!

See how long you can hold me for

As I drip, drip, drip away.

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### **Part Three – Earth**

I am earth.

I am the ground beneath your feet.

I'm the ground over which you move.

I have a whole planet named after me.

This planet, on which you live.

Planet Earth!

I am the leftovers of nature's meals.

I am leaves and fruit that fall and decay

That turn back into soil.

And from that soil

Grows new life!

I am the world's greatest recycler.

I catch everything that falls

I break it down slowly and make it new again.

But there are some things that will take me

Too long to break down.

So, please don't feed me with plastics or litter.

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Did you know that I have many layers?

And each layer contains hidden clues

About people who lived on me

Long, long before you did.

If you would dig a hole deep enough,

Maybe you would find a trace of them.

A piece of a broken plate or cup

An old glass bottle.

A coin that once was in the pocket of a child like you.

I am earth.

I hold the key to the past and the future.

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Would you like to see what I can do?

Do you have a container and some soil?

Do you have a seed?

Make sure your container has some holes in it.

If not,

your adult should be able to help you make some.

Hold a piece of the soil in your hand.

This is me.

I am soil, I am earth

You are you.

And I am me.

How do I feel in your hand?

Am I wet or dry?

How do I smell?

Can you squeeze me tight?

And crumble me loosely back

Into the container.

Now, dig a little hole with your finger.

And into the hole, you can place a seed.

Cover over the hole.

Feed me a little bit of your water.

And now comes the hard part.

You will need....to wait.

And with time – it might take a week or two-

I will show you what I can do!

#### **Part Four – Air**

I am air!

I am the wind

I am the space around your body.

You breathe in  
and I fill your lungs.  
You breathe out  
and send me back into the open.  
I am the gentlest breeze  
And the fiercest tornado.  
Without me, life on Earth  
Wouldn't exist as we know it.  
I am what goes into a balloon and  
Makes it fly around the room.  
And have you ever blown a bubble?  
I am the substance that fills it  
And propels it on the breeze  
High into the sky that I fill.

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Even though you are always  
Touching me,  
I can be hard to feel  
When I am still.  
But if you have space  
You can spin around now  
With your arms held out,  
And you will feel me move  
With you.

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You can hold me  
But I will feel weightless  
In your hands.  
And yet, I can support the weight  
Of aeroplanes  
As they whizz through me.  
I have no smell

But I can carry smells to you.  
Good smells and bad smells.  
What smells do you like?  
Your favourite food, cooking?  
The scent of my friend, fire?  
The smell of a hot summer's evening?  
Or a frosty winter's morning, when  
I am so cold that if you breathe out  
You will see your breath as it fuses with mine.

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Want to see what I can do?  
Do you have a piece of paper?  
If you'd like to,  
Hold the paper in front of your mouth,  
Quite close to your lips.  
Now, breath in  
And gently blow out.  
Can you see the paper move a little?  
Now, again,  
But not so gently this time.  
See how the paper moves a little more?  
And again, and again.  
This time, as hard as you can.  
There!  
You have made your own storm!

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Sometimes, I am silent  
But when I am an angry wind.  
Then I can howl!  
I whip, and snatch, and duck and fly.  
Until my rage is gone.  
And then I am calm again.

Still.

Would you like to move like me?

Only if you want to,

You can start very still,

But then your arms begin to move a little.

Maybe your head is swaying.

Maybe now your legs join in.

Slowly at first, then faster and faster.

Until you are swirling like I do.

And when you feel like it's enough,

You can slowly come back to stillness.

Slowly, slowly, until only your arms move.

And then...nothing at all.

## **Part 5 – You!**

I am fire

I am water

I am earth

I am air

But did you know that

fire cannot burn without air?

That water can quench fire

But can't exist without oxygen?

Just as something called humidity

Means that the air is not always dry.

And that, though fire can destroy,

It can also create.

Your little seed –

it needs the heat of the Sun

in order to grow.

It needs water to drink and in turn

It will give you air to breathe.

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Where is the fire inside you?

Where is the water?

Where is the earth?

Where is the air inside you?

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The fire is in the heat you can feel.

The heat that keeps you running.

Hold the palm of your hand,

Close to your chest.

Can you feel it?

A little bit of warmth?

That's your fire.

And it will burn bright

for your whole life long.

You are fire!

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The water inside you

Lives in every cell of your body.

When you look in the mirror

You don't see the water,

But more than half of you is

Made of this amazing liquid.

It flows through you

In the incredible, unstoppable train

That is your blood.

Feel your skin.

Move your body.

Turn and twist and twirl.

It is water that allows you to move in this way.

You have a well of water inside.

And it will never dry up.

You are water!

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And what about the earth?

The earth is in the gravity

That keeps you on the ground.

It's the heavy feeling you get

At the end of a long busy day

When you lie down ready for sleep.

It's what brings you back down,

No matter how high you can jump.

Earth keeps you solid

And makes you strong.

It gives you your shape

And makes you you.

The best and only you

That ever was or will be.

You are earth!

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And where is the air?

The air is in your lungs...

Right now!

Without ever having to think about it.

Each time you breathe –

More than 20,000 times

In a single day.

You are taking in the air

That keeps your body's engine running.

All your life long.

The air you breathe

Journeys as oxygen

from the lungs

To feed every part of your amazing body.

And you don't even have to think about it.

When your body feels light

And never wants to stop.

That is the air inside you!

You are a wonder.

You are air!