

MINDFUL POETRY MOMENTS

Mindful Music Moments, in collaboration with The On Being Project, presents four weeks of poetry for National Poetry Month. We want to offer students and teachers alike the chance to pause and reflect on poetry's ability to encounter ourselves, the world, and the mystery of each other.

FUN FACT:

The term *Ars Poetica* refers to a poem that explains the "art of poetry." Roman poet Horace wrote the first known *Ars Poetica* poem in 15 BC, more than 2000 years ago.

POETRY PROMPT:

What does poetry mean to you?

Write your own *Ars Poetica*. We have created a template for you, following the poetic style of Elizabeth Alexander's *Ars Poetica* #100.



Poem: *Ars Poetica* #100
Poet: Elizabeth Alexander
Published: 2005
Partner: The On Being Project

Elizabeth Alexander was born in Harlem, New York, but grew up in Washington, DC. She is often recognized as a pivotal figure in African American poetry. When Barack Obama asked her to compose and read a poem for his Presidential inauguration, she joined the ranks of Robert Frost, Maya Angelou and Miller Williams. The term *Ars Poetica* refers to a poem that explains the "art of poetry,"

Day 1: For our first day, let's just settle into listening to this poem. What does it make you think about? How does it make you feel? What stands out to you?

Day 2: Alexander writes, "poetry is where we are ourselves." Where are you most yourself? As you listen today, imagine yourself there.

Day 3: Listen again today and see if you could tell someone else what this poem is about.

Day 4: "Poetry is what you find in the dirt in the corner" is one of the lines in this poem. Listen for it today. What do you think that means?

Day 5: On our last day, listen for any words or phrases you might not fully understand. Make a mental note of it and take time to ask a teacher or friend what it means.

O
B E I N G



CIVIL
CONVERSATIONS