



# THE WONDER COMMISSION

*Wonder and curiosity lead to hope.*

The Wonder Commission will take you on a journey of discovery through planet Earth as you ponder life's questions using art, science, and movement.

Let your imagination be your guide to question, dream, and wonder.

NAME \_\_\_\_\_



# THE WONDER COMMISSION

The Wonder Commission is a new music commission of The Well, composed by Dr. Brian Raphael Nabors and performed by the Antigone Music Collective. Inspiration for the new music emerges from Nabors' conversation with writer, physicist, and professor at MIT, Alan Lightman. The new music—and accompanying documentary by Asa Featherstone IV—will premiere in Fall 2024 online and in The Well's Mindful Music Moments program now in over 300 schools nationwide. Learn more at [\*\*www.TheWell.World/Wonder\*\*](http://www.TheWell.World/Wonder)

The Wonder Commission is generously supported by  
Dr. John & Susan Tew  
H.B., E.W. & F.R. Luther Charitable Foundation, Fifth Third Bank, N.A., Trustee.

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ArtsWave  
Ohio Arts Council

The views expressed herein The Wonder Commission do not necessarily represent those of the H.B., E.W. & F.R. Luther Charitable Foundation, Fifth Third Bank, N.A., Trustee.





# Wonder Meditation

as featured in the first movement of “Wonder” called “I Wonder...”

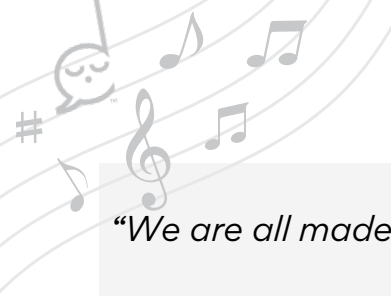
*I wonder if I can rest my eyes  
I wonder if I can notice my breath  
I wonder if my body can be still  
I wonder if I can feel my heartbeat*

*I wonder what the galaxy looks like  
I wonder how many stars are in the sky  
I wonder what it feels like to float in space  
I wonder what color stardust I am*

*I wonder who makes me laugh  
I wonder what makes me special  
I wonder how much love I have to give*

*I wonder*





*"We are all made of stardust, connected to the universe in ways we can't even fathom."  
-Alan Lightman*

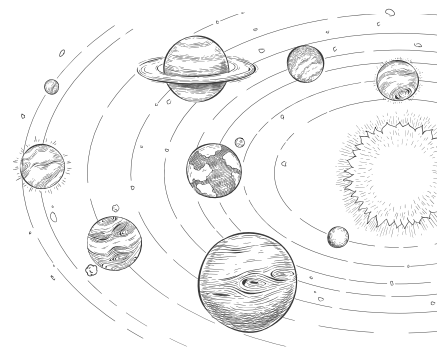
## Let's get our bodies into space!

*Create a large circle and hold hands. Our bodies are planets orbiting the sun. Move slow, fast, high, low, switch directions, get small and big. We are all connected, we are all made of stardust.*



## Challenge time: turn your circle inside out!

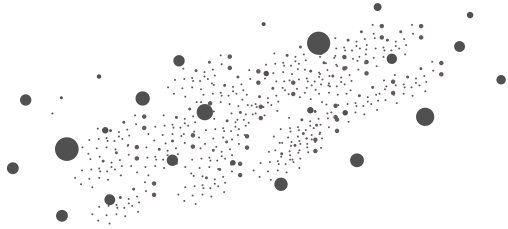
*Two friends holding hands, make a tunnel with their arms. Those directly across the circle, moves toward them and under their arms. Continue walking slowly until everyone has gone through the tunnel and is now facing backward!*



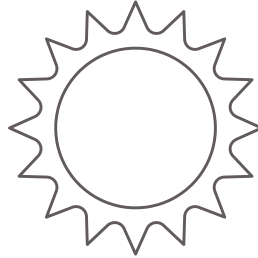
**Now scatter like stardust!**

*Use your body to transform into the following:*

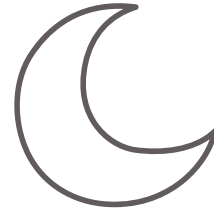
**Space**



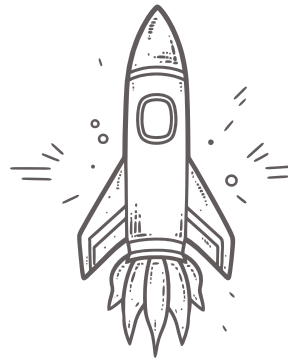
**Sun**



**Moon**



**Rocket Ship**



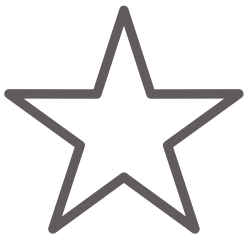
**Earth**



**Comet**



**Star**



**Wonder**



*“Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.”*

*-E.E. Cummings*

## Vocabulary Word Bank

Use your imagination to write a sentence with the words below.  
(see back for definitions)



ASTRONAUT

EARTH

MOON

PLANET

COMET

GALAXY

MUSIC

SPACE

CONSTELLATION

IMAGINE

MYSTERY

STAR

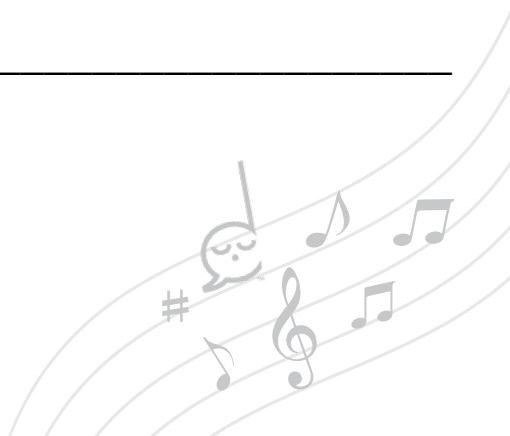
COSMOS

MAGIC

ORBIT

WONDER

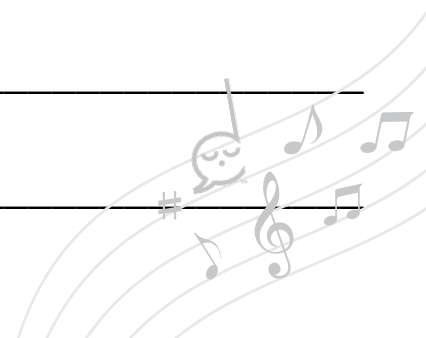
Word	Sentence
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_____:	_____
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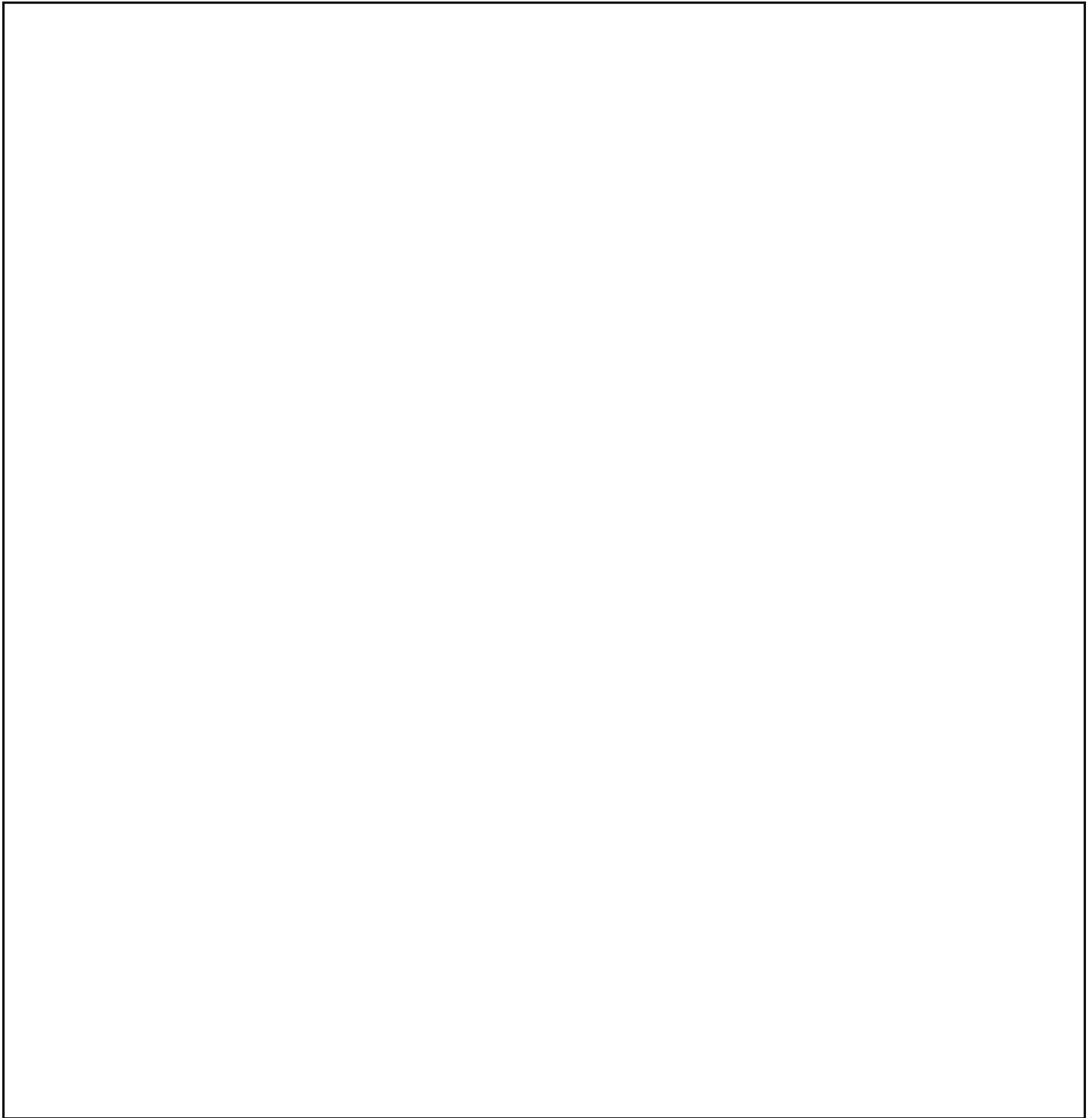
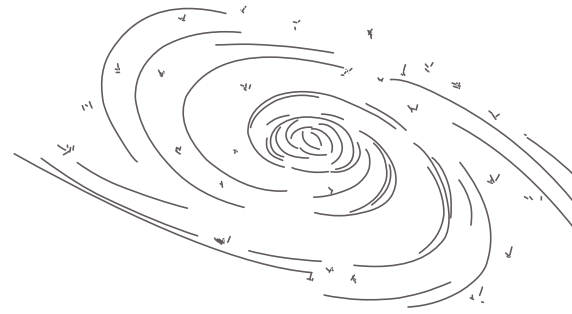
## Vocabulary Definitions

ASTRONAUT	: A person who is trained to travel in a spacecraft.
COMET	: An icy rock that lets off gas and dust, which may form tails when it is flying close to a sun.
CONSTELLATION	: A group of stars in the sky. They're often named after an animal, object, or person.
COSMOS	: The universe seen as an orderly, harmonious whole.
EARTH	: The fifth largest planet in the Solar System and third from the Sun.
GALAXY	: A collection of thousands to billions of stars held together by gravity. The galaxy we live in is called the Milky Way.
IMAGINE	: To form in the mind a thought, picture, or image.
MAGIC	: When the impossible is made possible.
MOON	: A natural satellite which orbits the Earth. Other planets may have one or multiple moons.
MUSIC	: Sound and rhythm made with voices or instruments that can be listened to and enjoyed.
MYSTERY	: A matter that is secret or that cannot be known or explained.
ORBIT	: The curved path a planet, satellite, or spacecraft moves as it circles around another object.
PLANET	: A large body in outer space that circles around the sun or another star.
SPACE	: Everything outside of Earth's atmosphere where planets, stars and cosmic wonders exist.
STAR	: A ball of shining gas held together by its own gravity.
WONDER	: To be curious about or to question something unknown.



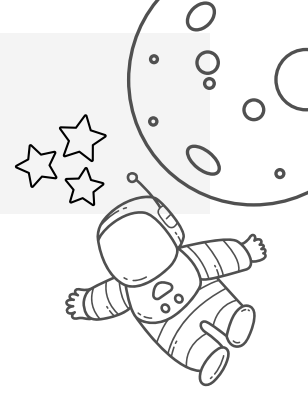
**Draw a galaxy of you and your friends!**

*Draw individually or altogether as a group.*





*"Poems come out of wonder, not out of knowing."  
- Lucille Clifton*



What do you wonder about space?

*I wonder if...*

space\_\_\_\_\_

shooting stars\_\_\_\_\_

astronauts\_\_\_\_\_

the moon\_\_\_\_\_

aliens\_\_\_\_\_

Mars\_\_\_\_\_

spaceships\_\_\_\_\_

magic\_\_\_\_\_

\_\_\_\_\_



*"I look up at the night sky, and I know that, yes, we are part of this Universe, we are in this Universe, but perhaps more important than both of those facts is that the Universe is in us."  
— Neil deGrasse Tyson*



What do you wonder about space?

*I wonder if space is as...*

quiet as \_\_\_\_\_

huge as \_\_\_\_\_

never-ending as \_\_\_\_\_

fascinating as \_\_\_\_\_

mysterious as \_\_\_\_\_

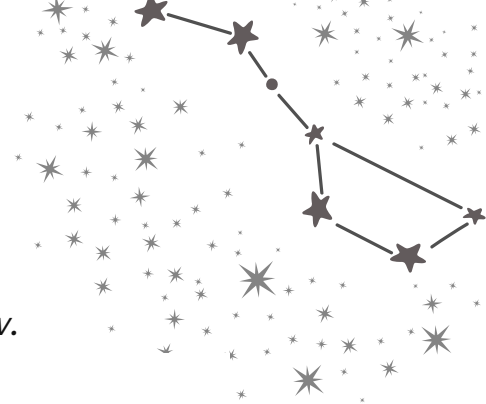
vast as \_\_\_\_\_

dark as \_\_\_\_\_

starry as \_\_\_\_\_

beautiful as \_\_\_\_\_





## Wonder Word Search

Explore the page to unlock the names of constellations below.

O S H C C K A R I E S D O F D  
U P A M Z A I I N F C H C F H  
S M V G A P N L S T Y M A D S  
W S T I Q X D C O V U G P L P  
R G A Y R Z R T E Z S K R G I  
J B C G D G V I F R Q D I X S  
T H E B I N O K X P I G C Q C  
S S C F I T A A N V L E O E E  
C K M F W K T Q E C E M R E S  
O V M S S Q A A U T O I N W T  
R M L J B O U M R A G N Q H C  
P J I V C T R L H I R I H B N  
I S B X I U U M X W U I N A T  
O U R V A J S Q D L S S U Q X  
I E A A I N A W R J S V O S I

ARIES

LEO

SAGITTARIUS

TAURUS

VIRGO

CAPRICORN

GEMINI

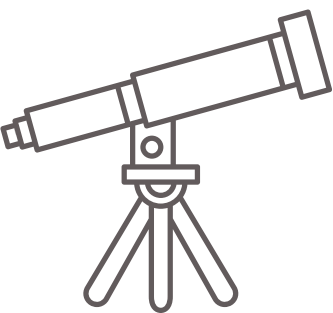
LIBRA

AQUARIUS

CANCER

SCORPIO

PISCES





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