

# MINDFUL MUSIC MOMENTS

Mindful Music Moments works in partnership with the Cincinnati Symphony Orchestra, Cincinnati Opera and the Contemporary Arts Center to bring you mindfulness and beautiful music. We hope you will take this time to quiet your mind, find your breath, and connect with your very best self.

## FUN FACT:

Beethoven was extremely deaf when he composed this symphony so he never actually heard it played.

## CHARACTER STRENGTH:

**Zest** is a form of joy. Think of someone you know who you consider joyful. Do you consider yourself joyful or full of life?



## Classical Clip: Symphony No. 9 in D Minor (Ode to Joy)

Composer: Beethoven

Composed: 1824

Partner: Cincinnati Symphony Orchestra

The Symphony No. 9 in D minor, Op. 125 (also known as "the Choral"), is Ludwig van Beethoven's final complete symphony. It is almost universally considered by critics to be one of Beethoven's greatest works, and many consider it one of the greatest compositions in the western musical canon. The symphony was the first example of a major composer using voices in a symphony. They were taken from the "Ode to Joy", a poem written by Friedrich Schiller.

**DAY 1:** Ode to Joy talks about how joy can unite people together who were once divided. Today as you listen, imagine all the people in the world uniting through joy.

**DAY 2:** Music can make us feel many emotions. This song is an ode - or tribute - to joy. Does it make you feel joyous? If not, what does it make you feel?

**DAY 3:** Today, it's time for you to conduct this Beethoven classic. Lift your arms and conduct the imaginary orchestra in your classroom.

**DAY 4:** Place your hand on your heart today. See if you can feel your heartbeat along to this uplifting song.

**DAY 5:** Let's take an imagination vacation today. Where does Ode to Joy take you?