



MINDFUL POETRY MOMENTS

created by
THEWELL

This poetry lesson was created by The Well offering 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.

Poem: "Song"*

Poet: Adrienne Rich, read by Haleh Liza Gafari

Written: 1971-72

"Song" gives us an appreciation for being by oneself, enjoying those moments that we might only notice when we are alone.

DAY 1: Today, let's settle in to listen to the poem. What are some of the first things you notice about "Song?"

DAY 2: In this poem, the poet writes about how being alone isn't necessarily bad; it can be powerful and beautiful to take time just for yourself. Today, think about moments you enjoy when you're by yourself.

DAY 3: The poem is titled "Song." Like the songs we usually listen to, there are verses and a repeating chorus: "If I'm lonely." Today, imagine this poem with music when you listen. What kind of instruments do you imagine are playing along to this poem?

DAY 4: Today, let's listen carefully again to "Song." How many times do you hear the word "lonely" in this poem?

DAY 5: The last stanza of the poem talks about how some things, like the rowboat, know themselves and what their gifts are. As you listen, think about what words you would use to describe yourself or your gifts and talents.

ABOUT THE POET

ADRIENNE RICH was an American poet, essayist, and feminist. In her lifetime, she published 19 volumes of poetry and 4 books of essays. Her work is still celebrated today as central to American poetry in the second half of the 20th century and feminist literature at large.

POETRY PROMPT

Think of a cherished moment of solitude like a single flower in a field, a bird in the sky, or the experience of reading a good book or taking a nice walk by yourself. Describe being in that moment with all of your senses and write about how being alone in that moment makes you feel.





Song

BY ADRIENNE RICH

You're wondering if I'm lonely:
OK then, yes, I'm lonely
as a plane rides lonely and level
on its radio beam, aiming
across the Rockies
for the blue-strung aisles
of an airfield on the ocean.

You want to ask, am I lonely?
Well, of course, lonely
as a woman driving across country
day after day, leaving behind
mile after mile
little towns she might have stopped
and lived and died in, lonely

If I'm lonely
it must be the loneliness
of waking first, of breathing
dawn's first cold breath on the city
of being the one awake
in a house wrapped in sleep

If I'm lonely
it's with the rowboat ice-fast on the shore
in the last red light of the year
that knows what it is, that knows it's neither
ice nor mud nor winter light
but wood, with a gift for burning.



Mission is to improve...
connectedness, and...
through arts integration, movement, and healing-centered practices



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RESPONSE/PRACTICE

Think of a cherished moment of solitude like a single flower in a field, a bird in the sky, or the experience of reading a good book or taking a nice walk by yourself. Describe being in that moment with all of your senses and write about how being alone in that moment makes you feel.

By describing the environment and the feeling of that moment, you might find details you admire about the thing or experience itself.



Mission is to improve the mental and emotional health, and effectiveness of all citizens through movement, music, and healing