

# CITY SILENCE PRESENTS MINDFUL MUSIC MOMENTS

City Silence's 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:

The Cincinnati Symphony Orchestra is one of the oldest symphonies in the United States.

## CHARACTER STRENGTH:

Fanfare for the Common Man was written to honor men and women in the armed forces who were protecting their country during a war. They were very **brave**. Do you feel brave? Do you stand up for what you believe?



## Classical Clip: Fanfare for the Common Man

Composer: Copland

Composed: 1942

Partner: Cincinnati Symphony Orchestra

Fanfare for the Common Man was written for the Cincinnati Symphony Orchestra in 1942. That year, the CSO commissioned 18 different composers to write fanfares for each of their concerts to honor those fighting in World War II. This one by Aaron Copland became the most famous of all of these works.

**DAY 1:** For your first day, just close your eyes and listen to this beautiful music. What does it make you think about? How does it make you feel? There is no right or wrong answer. Just listen and let the music tell you a story.

**DAY 2:** Today let's learn to notice our breath. Notice what happens in your body when you breath in, or inhale, and breathe out, or exhale. Notice where you feel your breath moving in your body.

**DAY 3:** Fanfare for the Common Man begins with just the timpani (a type of drum). Listen for the moment when the brass comes in. How do you feel when you hear the melody for the first time?

**DAY 4:** Aaron Copland is known for writing music that sounds very open and spacious. As you listen to Fanfare for the Common Man, listen for the silence and space between notes.

**DAY 5:** "Common" refers to things that are ordinary, or happen often. Can you imagine yourself doing a common, everyday task like homework or chores or riding the bus? Can you imagine what it would feel like to hear Fanfare for the Common Man play while you did these activities?.