

# MINDFUL MUSIC MOMENTS

Mindful Music Moments is a collaboration between City Silence and the Cincinnati Symphony Orchestra designed to bring you a chance to quiet your mind in order to have the best possible day!

## 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



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:** 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 2:** Aaron Copland composed this piece to celebrate the "common man". As you listen, imagine a day in the life of a "common man". What does it look like? What is he (or she!) doing?

**DAY 3:** 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 4:** Yesterday we listened to the space between the notes. Today, pay attention to what happens in the space between your breaths. Take a pause between your inhale and exhale and see if you can find the beat of your pulse.

**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?

**CITY SILENCE**

**CSO** CINCINNATI SYMPHONY ORCHESTRA  
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