

Poetry with Margo Perin  
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**READ THIS POEM AS YOU LISTEN TO THE RECORDING.**

**Our Chrysalis Moment** (adapted)  
by Anodea Judith

**A chrysalis is the hard shell that a caterpillar spins around itself while it is growing so that it can become a butterfly.**

This is our chrysalis moment  
When we begin to change

Every caterpillar must do it eventually  
Or die  
Never to sprout their colorful wings in the air  
and fly

So like the caterpillar  
We may as well surrender  
Cocooning in our homes  
Our world turned upside down

Inside there is stillness  
Inside, there is rest

Outside, the air is clearing  
The rains are falling  
You can feel the peace  
Settling on the land at last  
And when at last the dream awakens  
To its first beginnings  
The chrysalis melts away

A caterpillar no longer  
We spread our tender wings  
And fly

## From My Cocoon

We are all staying home like caterpillars in their cocoons. What does your day look like in your cocoon?

You can write as if it is happening now (present tense)

**For example:** I wake up at 6 o'clock

I am writing a poem

Or you can write as if it happened before now (past tense)

**For example:** I woke up at 6 o'clock

I wrote a poem

You can use any or all of the words in the list to help you. Or use your own!

### ACTIONS

sleep	jump	cry	yell
talk	wash	laugh	hold
fly	watch	joke	look
phone	read	smile	squeeze
play	write	frown	hear
eat	make	sigh	smell

### WHERE, WHEN, AND HOW

Don't forget to include the time, where you are, and how! And use colors!

**For example:** I am under the window eating food like a hungry pink tiger

Use these words or make up your own. Remember **YOU ARE A POET** - you can make it up!

**For example:** I am flying over my house with yellow feathers yelling hello to my friends

at midnight	by the door	at 4:20 am
in the ceiling	like a pigeon	teal
under my bed	over a purple sun	indigo
when the moon is full	when it gets dark	cobalt blue (look it up!)
in the sunshine	like a ... (name an animal)	lilac
inside the carpet	after my mom leaves	

**You can also use feeling words - use these words or your own!**

happy sad bored angry scared annoyed surprised pleased grateful upset content

1. Now write your poem.
2. When you're finished, write it again, but change the order of the lines!

**For example:**

**Write your poem the first time:**

I wake up at 7:20 in the morning under a lilac star

I brush my feet and giggle like a half-moon

I eat squishy corn chips while my mom sings a rock song

**Write your poem the second time and change the order:**

I eat squishy corn chips while my mom sings a rock song

I wake up at 7:20 in the morning under a lilac star

I brush my feet and giggle like a half-moon

**Poets! Are You Ready?**