

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?

For example: I woke up at 6 o'clock

I wrote a poem

I played with my dog

I got bored

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 and WHEN

Don't forget to include the time and where you are! 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!

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

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

happy sad bored angry scared joyful lonely excited peaceful glad

Now write your poem!

For example:

I woke up at 6 o'clock under my blue bed

I wrote a poem on the ceiling when the sun went down

I played with my dog at midnight

I got bored hiding inside the pink carpet at lunchtime

Poets! Are You Ready?

From My Cocoon poem

by (write your name) _____

For example: _____ I woke up at 6 o'clock under my blue bed

I _____

I _____

I _____

I _____

I _____

I _____

I _____

I _____

I _____