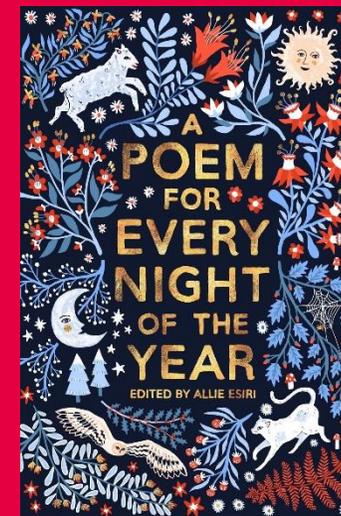
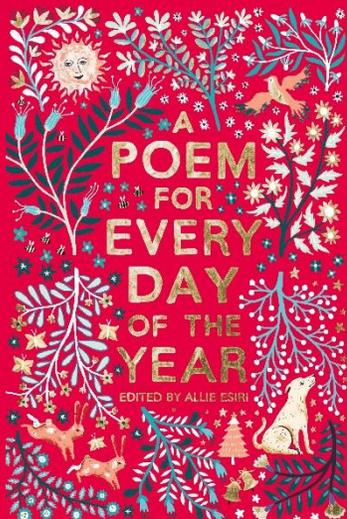
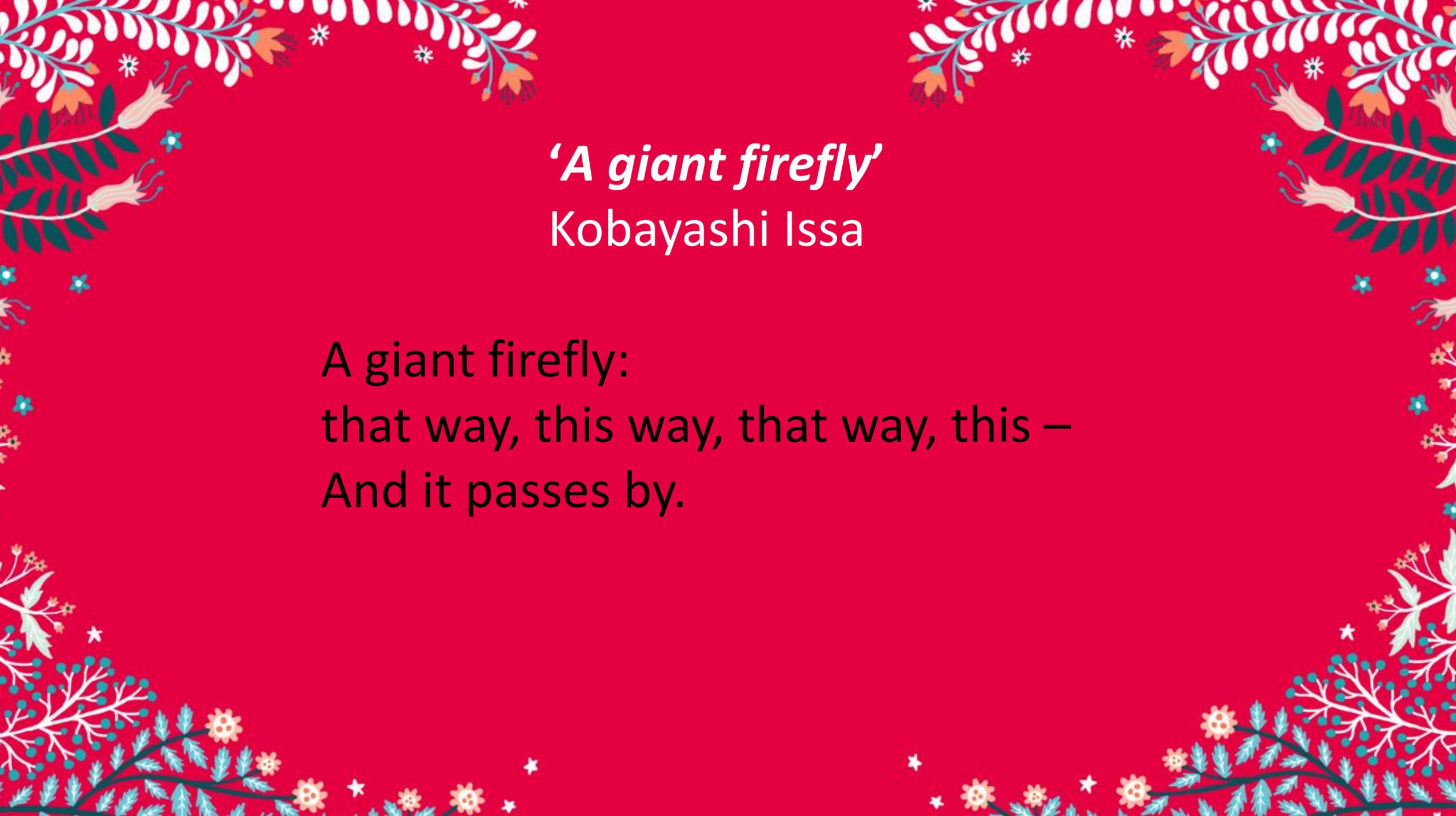


Poetry as Mindfulness for Generation Z

ALLIE ESIRI

Poetry Champion and Anthologist



A decorative border with floral and leaf motifs in white, teal, and orange, framing the central text on a red background.

'A giant firefly'
Kobayashi Issa

A giant firefly:
that way, this way, that way, this –
And it passes by.

I Wandered Lonely as a Cloud

William Wordsworth

Read by

Helena Bonham Carter

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.



Us Two

AA Milne

Read by
Helena Bonham Carter
and
Tom Hiddleston

Wherever I am, there's always Pooh,
There's always Pooh and Me.
Whatever I do, he wants to do,
"Where are you going today?" says
Pooh:
"Well, that's very odd 'cos I was too.
Let's go together," says Pooh, says he.
"Let's go together," says Pooh.

"What's twice eleven?" I said to Pooh.
("Twice what?" said Pooh to Me.)
"I think it ought to be twenty-two."
"Just what I think myself," said Pooh.
"It wasn't an easy sum to do,
But that's what it is," said Pooh, said he.
"That's what it is," said Pooh.

"Let's look for dragons," I said to Pooh.
"Yes, let's," said Pooh to Me.
We crossed the river and found a few-
"Yes, those are dragons all right," said
Pooh.
"As soon as I saw their beaks I knew.
That's what they are," said Pooh, said he.
"That's what they are," said Pooh.

"Let's frighten the dragons," I said to
Pooh.
"That's right," said Pooh to Me.
"I'm not afraid," I said to Pooh,
And I held his paw and I shouted
"Shoo!
Silly old dragons!" - and off they flew.

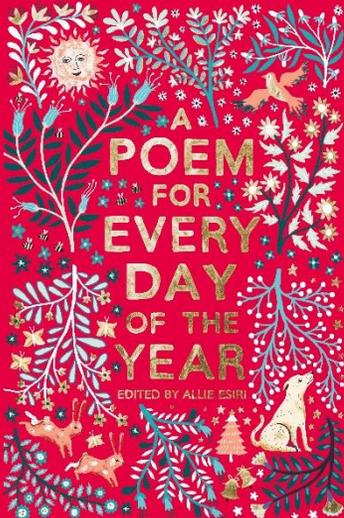
"I wasn't afraid," said Pooh, said he,
"I'm never afraid with you."

So wherever I am, there's always
Pooh,
There's always Pooh and Me.
"What would I do?" I said to Pooh,
"If it wasn't for you," and Pooh said:
"True,
It isn't much fun for One, but Two,
Can stick together, says Pooh, says he.
"That's how it is," says Pooh.



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