

CITY SILENCE PRESENTS MINDFUL MUSIC MOMENTS

City Silence's Mindful Music Moments has partnered with The Cleveland Orchestra to bring you mindfulness and classical music. Take this time to quiet your mind, find your breath, and connect with your very best self.

FUN FACT:

John Williams composed the scores for the first three Harry Potter films. Can you name all three? Bonus: Can you name all of the Harry Potter books/films?

CHARACTER STRENGTH:

A recent study showed that youth who read Harry Potter books displayed more empathy, or **social intelligence**, for other people. Why do you think this is so?



Classical Clip: Hedwig's Theme from Harry Potter

Composer: Williams

Composed: 2001

Partner: Columbus Symphony

John Williams' Theme from Harry Potter is called "Hedwig's Theme." Yet it doesn't always specifically represent Hedwig. Instead it represents the wider idea of magic and the Wizarding World. Can you hear the magic in this? Can you bring this kind of magic to your day?

DAY 1: Today, let this music take you into Harry Potter's world or one out of your own imagination.

DAY 2: This music conjures up a world of magic, where all things are possible. Does this music make you feel this way? That anything is possible?

DAY 3: In Harry Potter, characters have magic powers or special abilities. As you listen today, imagine what special power you would like to have.

DAY 4: If this music were a color, what would it be? Would it be the same color throughout the entire piece of music?

DAY 5: See if you can deepen your breaths today, taking longer inhales and exhales than usual.



columbus
symphony

ROSSEN MILANOV, MUSIC DIRECTOR