

National Philharmonic Learning Guide

This education guide is designed to provide educational materials and dive deeper into the NatPhil concert featuring “Phenomenal Women” by living composer Valerie Coleman and “Symphony No. 7” by Antonin Dvorak. Thanks to [NatPhil’s All Kids. All Free. All the Time. program](#), kids ages 7-17 can attend any NatPhil performance for free with an adult so we hope to see you and your students at the show! Valerie Coleman will be performing live alongside her talented colleagues and the NatPhil musicians.

Student Worksheets & Learning Objectives

Hear, Think, Wonder

This worksheet features two listening exercises, one poem and one musical recording. Each audio sample has questions for your students to answer after listening.

- Learning Objectives:
 - Students practice active listening with prompts that encourage curiosity about music and educational content.
 - Students practice critical thinking skills by evaluating their own interpretation of music and poetry.

I Am Poem

This worksheet provides poem prompts for your students to write about themselves or something they see, hear or more. If you’d like to be more specific with your class, you can choose the same prompt for the entire class. You can also write this as a group activity, sourcing one line from each participating student.

- Learning Objectives:
 - Students are empowered to exercise their unique voices through poetry.
 - Students practice self-awareness by writing about their personal characteristics, thoughts, and opinions.
 - Students practice writing skills through an empowering poetry template.

Phenomenal Women Scavenger Hunt

This activity encourages students to reflect on their own lives in relation to the women featured in this piece of music. The scavenger hunt prompts them to find things in their daily lives that relate to the accomplishments of these women.

- Learning Objectives:
 - Students learn about the achievements of the phenomenal women featured on the concert program through an educational scavenger hunt.
 - Students relate to these phenomenal women in their own lives through various question prompts.
 - Students identify ways in which the women featured on the program inspire them and how they can inspire others in their own lives.

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About National Philharmonic

Led by dynamic Music Director and Conductor Piotr Gajewski, the National Philharmonic is known for performances that are “powerful” and “thrilling” (The Washington Post). NatPhil engages, inspires, and unites diverse communities across the Washington, DC area through outstanding music performances and innovative education programs.

About the Music

[Read the program notes from the Library of Congress American Folklife Center](#)

[Access additional resources from the Library of Congress American Folklife Center](#)

[Consult the Phenomenal Women Listening Guide](#)

NATIONAL PHILHARMONIC

2023-2024 CONCERTS

Strathmore Concerts

5301 Tuckernam Ln North Bethesda, MD

301-581-5100

Dvořák Symphony No. 7 - Feb. 10

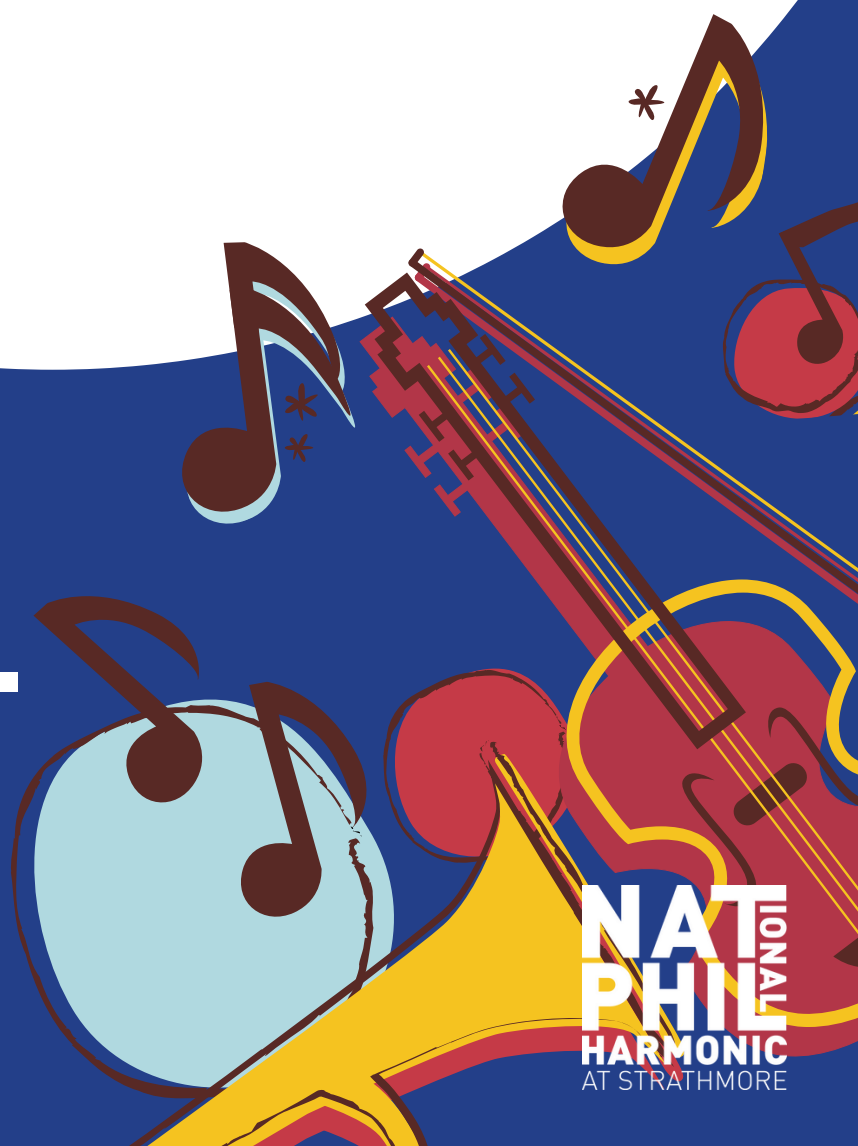
Chopin the Virtuoso - Feb. 24

L'Eternal - May 11

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Hear, Think, Wonder



In this exercise, you will be prompted questions to encourage curiosity about the themes and music selections from the National Philharmonic's Phenomenal Women concert.

Scan the QR codes below to follow along to the corresponding videos.

1. Serena Williams recites "Still I Rise" by Maya Angelou

What do you hear in this video? Is there an important message that stands out to you?



What do you think they mean by this message?

What does this video make you wonder? Were there any questions that came up during the video?

2. Excerpt from Dvorak Symphony No. 7

What do you hear in this video? Are there any instruments you hear the loudest at any point? What are they?



What do you think the mood of this music is? What makes you think that?

What do you wonder about this music or anything you've observed about the video?



"I Am" Poetry Exercise



An "I Am" poem can be an empowering exercise to practice self-awareness, creativity, and self-expression. Choose one of the phrases below to use as the beginning of your poem, and write a short poem about yourself or something you see, hear, wonder or more!

I am ... (your name)

I am ... (two special traits or physical characteristics)

I wonder ... (something to be curious about)

I hear ... (an imaginary sound)

I see ... (an imaginary sight)

I want...(an actual desire)

I am ... (the first line of the poem repeated)

I pretend ... (something to imagine)

I feel ... (a feeling about something imaginary)

I touch ... (an imaginary touch)

I worry ... (something that is bothersome)

I cry ... (something that is very sad)

I am ... the first line of the poem repeated)

I understand ... (something that is positively true)

I say ... (something to believe in)

I dream ... (something to dream about)

I try ... (something to make an effort about)

I hope ... (something to hope for)

I am ... (the first line of the poem repeated)

Phenomenal Women Scavenger Hunt

In the exercise below, you will be presented with a variety of popular and little known facts about the lives and achievements of the phenomenal women featured on the National Philharmonic's upcoming concert which features the piece "Phenomenal Women" by living composer Valerie Coleman. Venture on a photo scavenger hunt to capture various elements of your day-to-day life that may be inspired by or relate to these phenomenal women in history!

Katherine Johnson (1918-2020)

Key Facts:

- Katherine Johnson's mathematical skills helped to send many astronauts into space and back down to earth safely. Her most notable accomplishment for NASA was helping calculate the trajectory, or path, of the country's first human spaceflight in 1961
- Johnson began working at NASA in 1953, however she never received widespread recognition until 2016 when the movie Hidden Figures premiered which featured Katherine played by Taraji P. Henson.
- Another interesting fact about Katherine is that earlier on in her career at NASA, she was compared to a "human computer" due to her job as a mathematician. However, because of her curiosity and dedication to her work, she eventually left her job as a "human computer" to become a team member working on different space projects for NASA.



Activity: Take a picture of a skill you have or something you could use to help people in your community today. You can also upload a picture of someone you know who is very important in your community.

Phenomenal Women Scavenger Hunt

Michelle Obama (b. 1964)



Key Facts:

- Michelle Obama accomplished a lot as America's first Black First Lady. She's launched several programs dedicated to healthy living, education, and helping young people succeed like the Reach Higher Initiative, Let Girls Learn, and the Girls Opportunity Alliance.
- One of her most notable initiatives was Let's Move! This initiative was dedicated to solving the problem of obesity within a generation, so that children could grow up healthier by improving access to healthy, affordable foods and increasing physical activity
- After graduating from Harvard Law School, Michelle met Barack while working at the law firm, Sidley Austin, when he began working there as an intern.

Activity: Upload or take a picture of three items that you could use to nourish or support your body in a healthy way (ex: healthy food, exercise activity).

Phenomenal Women Scavenger Hunt

Claressa Shields (b. 1995)



Key Facts:

- Claressa Shields is the first American Olympic boxer to win consecutive Olympic medals and the first American woman to win an Olympic gold medal in boxing.
- Claressa Shields had a really tough childhood growing up. Her determined spirit, however, allowed her to push through the struggles she faced and ultimately led to phenomenal success in her career. She believed that “if you chase your dream, something’s going to happen.”
- A fun fact about Claressa is that she wears a pair of cartoon socks to every competition.

Activity: Upload or take a picture of an item or routine that you could use to prepare for an important event.

Phenomenal Women Scavenger Hunt

Serena Williams (b. 1981)



Key Facts:

- Serena Williams is an extraordinarily accomplished athlete. She holds four Olympic gold medals and has won 21 of the 60 Grand Slam tournaments she's participated in in her career. Did you know she won the US Open Tennis Championships at the age of 17?
- A fun fact about Serena Williams is that she attended fashion school at The Art Institute of Fort Lauderdale from 2000-2003, which she went to in between victories at Grand Slam tournaments. In 2019, she started a clothesline called S by Serena that emphasized inclusivity of different body sizes and was geared towards self-assured women.

Activity: What is a hobby that you've always dreamed of pursuing outside of your regular activities? Snap/upload a picture of an item that represents this hobby.

Phenomenal Women Scavenger Hunt

Maya Angelou (1928-2014)



Key Facts:

- Maya Angelou was a phenomenal woman of many hats. She was an author, actress, screenwriter, dancer, poet, and civil rights activist. She was best known for her 1969 memoir, *I Know Why the Caged Bird Sings*. Did you know she was also the first Black female streetcar conductor?
- Angelou won three Grammys in her lifetime: the first one was for a poem she wrote and recited at President Bill Clinton's inauguration in 1993.
- Maya Angelou has a wealth of inspirational quotes that many could learn from. One of them being, "If you're always trying to be normal, you will never know how amazing you can be".

Activity: Do you have any hidden talents? Upload or take a picture of a talent that is either not well known about you or that you would like to learn and/or grow.