



Good morning, everyone!

Today's poem is by Leigh Hunt, a central figure of the Romantic movement in England. He delighted in nature and used vivid imagery to capture mood and atmosphere.

LEIGH HUNT (1784-1859)

A Thought of the Nile

It flows through old hushed Egypt and its sands,
Like some grave mighty thought threading a dream,
And times and things, as in that vision, seem
Keeping along it their eternal stands,—
Caves, pillars, pyramids, the shepherd bands
That roamed through the young world, the glory extreme
Of high Sesostris, and that southern beam,
The laughing queen that caught the world's great hands.

Then comes a mightier silence, stern and strong,
As of a world left empty of its throng,
And the void weighs on us; and then we wake,
And hear the fruitful stream lapsing along
Twixt villages, and think how we shall take

Music

What a Wonderful World – Louis Armstrong

<https://www.youtube.com/watch?v=2nGKqH26xlg>

"What a Wonderful World" is a jazz song, first recorded by Louis Armstrong and released in 1967 as a single, which topped the pop charts. The words of the song describe the beautiful things of the world such as the blue skies, the glorious colours of the rainbow and the friendlessness people show each other. Despite the numerous heart-breaking things that happen around us on a daily basis, the song's lyrics try to make the listener understand that despite the ugly part of the world, there is also a beautiful side that is truly worth appreciating.

Fitness Challenge

We all remember the bottle flip challenge – how many attempts does it take you to land it?