

My dear students,

I want to end this year with some positivity, to tell you goodbye and wish you all the best for your future life and studies. We all know that, if we read the news the world seems to be full of hatred, violence, revenge, injustice and madness.

I therefore chose this short movie 'Today, I Rise' by Alexandra Feldner, that will only take you a few minutes to watch, but will inspire you forever. May the future bring you love and peace or at least bring you the wisdom to accept its imperfections.

cimy ☺

- WATCH the FILM WITHOUT SOUND What do you think the film is about?
How does the film make you feel?
- WATCH IT WITH SOUND ON AND discuss what you think the message of the film is.

Where are you?

Little girl with broken wings but full of hope

Where are you?

Wise woman covered in wounds

Where are you?

Where are you?

Where are you?

Today is the day I will not sit still and give in anymore

Today, I rise

I am bruised, but I will get up and walk again

Today, I rise

I don't care if you ignore my beauty

Today, I rise

Through the agony of my darkest nights I heal and thrive

Today, I rise

I move through the world with confidence and grace

I open my eyes and I am ready to face

My wholeness as a woman and my limitless capacities

I will walk my path with audacity

Today, I rise

I reconnect with the many aspects of myself

I'm in awe of the reality I can breed

I am a queen

I am a healer

A wise woman

A wild woman

I will rise and be

I am a rebel I will wake up and fight

I am a mother

And... I am a child

I will no longer disguise my sadness and pain

I will no longer suffer and complain

I am black and I am white

There's no reason to hide

Where are you?

Where are you?

Where are you?

Where are you?

I call upon Kālī to give me life

I transform my anger into power

No more heartache or strife

The world is missing what I am ready to give

My wisdom

My sweetness

My love

And my hunger for peace

I weep with the trees and the rivers and the earth in distress

I rise and shine and I'm ready to go on my quest

Today, I rise without doubt or hesitation

Today, I rise without excuses, without procrastination

Today, I call upon my sisters to join a movement of resolution and concern

Today is my call to action

I will fulfill my mission without further distraction

Today is the day

Today, I will start

To offer the world the wisdom of my heart'

(Source: <https://www.filmsforaction.org/watch/today-i-rise/>)

The short film and poem seem to be inspired by the poem *Still I Rise* by Maya Angelou which is about the centuries of mistreatment and oppression of black people, and about the triumph of the human spirit over adversity.

- consider what similarities there are between the two poems.

Here's the poem "Still I Rise" by Maya Angelou (1978)

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.
Does my *sassiness* upset you? *insolenza*
Why are you *beset* with gloom? *tormented*
'Cause I walk like I've got oil wells
Pumping in my living room.
Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.
Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops.
Weakened by my soulful cries.
Does my *haughtiness* offend you? *superbia, alterigia*
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own back yard.
You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.
Does my *sexiness* upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?
Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise
I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.
Leaving behind nights of terror and fear
I rise
Into a daybreak that's *wondrously* clear *marvellously*
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise.

Share your personal comment connecting "Today I rise" to your daily life. (Anything you cannot accept the way it is and can change? Anything you'd like to improve, do differently? Anything you'd like to commit to?)