

## RHYTHMS<sup>(\*)</sup>

3º - 5º

### **Anapest**<sup>(\*)</sup> vv\_\_

As the wave,  
As the sea,  
As the wind,  
In the tree,  
As de lark  
In the sky,  
As the clouds  
Oh so high,  
Was my soul  
In the sun,  
Ere this life  
Was begun

Author unknown

(\*) Ver estos ritmos **anapestos** en <https://ideaswaldorf.com/poemas-ritmicos/>

### **Anapest**<sup>(\*)</sup> vv\_\_

What is done,  
has been done  
What´s to do,  
do it now  
Let´s begin  
each new thing  
one by one,  
till it´s done.

Sybylle Eichstaedt

I am strong, I am brave, I am valiant and bold,  
 For the sun fills my heart with his life-giving gold.  
 I am helpful and truthful and loving and free,  
 For my heart's inner sunshine glows brightly in me,  
 I will open my heart to the sunbeams so bright,  
 I will warm all the world with my heart's inner light.

Author unknown

### Boat Building Verse      Anapest(\*) VV \_\_

*Nice verse for passing beanbags in a circle*

I will build me a boat for my sailing  
 O'er the beautiful billowing sea.  
 It will be me abode till the sunset  
 Brings my boat into harbour for me.

Maisie Jones

(\*) Ver estos ritmos **anapestos** en <https://ideaswaldorf.com/poemas-ritmicos/>

### Song of the Waves

With a swish in the winter we crash on the rocks,  
 With a crest of white foam we swirl,  
 In the summer we wash the shores of the beach  
 And each wave is a greenish-blue curl

Maisie Jones

*On "swish" you clap both your hands on your thighs, on "winter" you clap your own hands, on "crash" right hand claps your partners' right hand, on "rocks" you clap the left hand of your partner.*

*The next line is the same except instead of left/right you clap your neighbours hands with both hands while jumping and taking your arms up, R hand describing a circle to the R and L, in imitation of a crashing, rolling wave.*

*2<sup>nd</sup> verse repeats this pattern*

## Amphimacer \_\_ v \_\_

*From "Spring"*

Sound the Flute!

Now it's mute.

Birds delight

Day and Night.

Nightingale

In the dale

Lark in Sky

Merrily

Merrily, Merrily

to welcome in

the Year.

*William Blake*

## Choriambus(\*) \_\_ vv \_\_

Strong be my arm

Bright be my head

Warm be my heart

Firm be my tread.

(\*) Ver estos ritmos **coriampos** en <https://ideaswaldorf.com/poemas-ritmicos/>

Here will I stand

Head, heart and hand

Upright and bright

With all may might.

**Antipast** v \_ \_ v

To breathe freely  
To sing sweetly  
To leap lightly  
To smile brightly  
To see truly  
To judge rightly  
To worl th´roughly  
To live wisely

**Trochee(\*)** \_ v

*Suggested movement: pounce fists on top of each other; alternate fists with feet; left foot step, right foot step, left foot stamp, etc.*

Song of the Rocks  
JAGGED, jutting cliffs of rock,  
Glinting o´er the sea,  
Cliffs and clefts  
and crags and peaks,  
Kings of stone are we!

(\*) Ver estos ritmos **troqueos** y **dáctilos** en <https://ideaswaldorf.com/poemas-ritmicos/>

**Dactyl(\*)** \_ vv

Deep in the dark of the jungle night  
Crouches the tiger, tawny and bright.  
Eager to spring when his prey comes in sight,  
Chasing the deer with all his might.

**Dactylic** \_\_ vv **Hexameter**(\*) 3 x Dactylic (pause) 3 x Dactylic

\_\_ vv \_\_vv\_\_vv\_\_ (v \_\_ v) \_\_ vv\_\_ vv\_\_ vv

Warm are the winds in the woodlands (v \_\_ v) wafting their way through the leaves,  
Weaving and winding and whispering (v \_\_ v) like wind flowing over the sheaves.  
Warm is the water in summer (v \_\_ v) waving its way to my feet,  
Watery watery wavelets (v \_\_ v) like wind flowing over wheat.

(\*) Ver estos ritmos en español en <https://ideaswaldorf.com/poemas-ritmicos/>  
<https://ideaswaldorf.com/hexametros-cortos/>

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(\*) Ver otros ritmos griegos en <https://ideaswaldorf.com/poemas-ritmicos/>