*The Meaning of a day* by Nikita Gill\*

Each new dawn brings with it

15 new reasons for laughs,

100 000 new heartbeats in your chests,

your lifeblood voyages 168,000,00 miles.

And each new morning on this earth translates

7200 earthquakes in the upcoming 24 hours.

More than 18,000 thunderstorms,

our planet is struck by lightning 8.6 million times.

And in space?

The passing of a day means the wondrous birth of

approximately 275 billion stars.

This is why everyday

is an opportunity for rebirth.

This is why no matter what they say,

You must never underestimate your own worth.

**PART 1**

1. Print the text above *(if possible)*
2. Read the poem above, holding the piece of paper in your hand
3. Start by researching who is Nikita Gill
4. Re-read the text OUT LOUD until it makes sense to you. Understand the punctuation, the rhythm of the text, where you breathe.

*TIP: It is good to re the text out loud, alone in a space when you can walk a little and move around a bit. You do not need that much space but just enough so you do not feel completely stuck. You feel the words slowly sinking in.*

*🡪 you are indeed starting to memorise the text without even knowing!*

1. Try to over articulate every single word of the text so that you are warming-up every single muscle in your face/mouth. Do not worry about looking and sounding funny.
2. Try again but this time, try to say the text with your tongue fully out.
3. Check that you are not cheating…
4. Go to your bathroom (usually great acoustics in there)
5. Repeat 5 and 6 looking at yourself in the mirror
6. Yes, you should look a bit silly! That means you are doing a great job.

**To finish:** Looking at yourself in the mirror, say the text out loud again and feel the difference from when you first starting at task 4)

**Feedback (write down):** Is anything sounding different, how do you relate to the text know?

If you can, try to repeat this whole exercise regularly. Stick with this text for now, I will send a follow-up task soon.