**A New Normal : A List Poem**

**Stefania Ballotto, Italy**

Listening with…

Eyes

Ears

HEART.

Mute.

Unmute.

Body language.

Gesturing.

Colourful face masks.

Topics of conversation.

…the past

…memories

…nostalgia

Hope!

Opitimism

Gratitude

Thankfulness

Appreciating…

Hearing voices

The scent of flowers

The taste of freshly baked bread

The sight of morning breaking

Treasuring the feeling of a warm hug.

LIFE.