



# MINDFUL MUSICIANS

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*FEBRUARY 2025 — ISSUE 1*

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*Welcome*

Discover the harmony of music and social-emotional learning. Explore insightful resources, creative tips, and inspiring tools to nurture growth and connection on every page.

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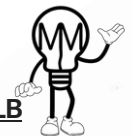
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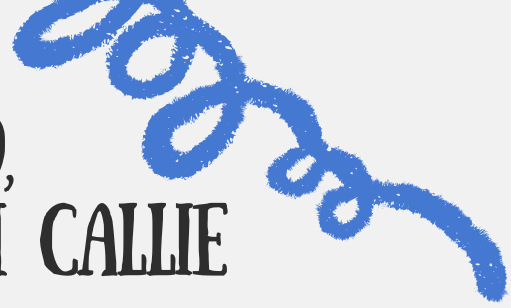
Monthly Inspirational Poster







# HELLO, FROM CALLIE



I am literally *elated* that you are reading these words! It's imperative that I first take a moment to thank you for saying 'yes' to the Mindful Musicians experience. I hope you'll find, as I have, that it brings you so much more than just catchy music to bop along to. I hope you'll discover how the lyrics can serve as keys to unlock challenging or uncomfortable moments and conversations. I hope you'll engage with the arts and crafts projects to build core confidence with your kids. I hope the tutorials provide insight into how you can play, now with a deeper understanding of the neurologic techniques embedded in the music. And perhaps, most unexpectedly, I hope you'll find these messages inspiring and healing—for both the inner child in you and the parent you are continuing to become.

Down to the very core of me, I feel that this is the start of something big and beautiful that is capable of huge change. We are living in a moment of having a chance to lay foundational groundwork to raise resilient, self-accepting, kind, and resourceful humans. Mindful Musicians normalizes the ups and downs of the human experience and offers practical tools to use in fun ways. I have complete faith in the power that music holds to speak to people of all ages and backgrounds.



I'm sure you've heard the people of this world talking about their 'why's'. For me, creating the Mindful Musicians experience hasn't even felt like a choice: it is a necessity.

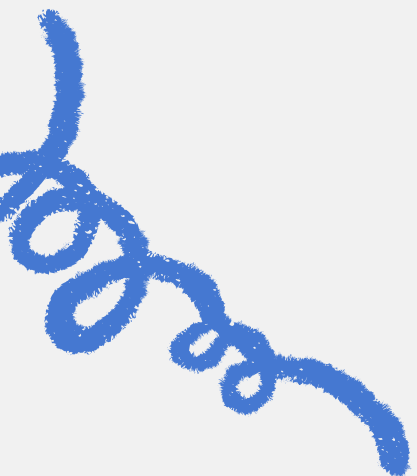
I've grown up in a time, as I'm guessing you have too, of being witness to, and sometimes immersed in the sea of struggle; watching people I love suffer with depression, anxiety, addiction, and even suicide. Because of this, I became relentlessly determined to put my lived experience alongside by learned experience (of music educator, music therapist, and mom) to make a real difference in the next generation of kids.

Cue: Mindful Musicians. Music is like magic - it captures attention, creates a reason to pause as well as a reason to bond. It motivates, enlivens emotion, and offers a release of energy. This program is a pairing of natural motivation and purpose. Every single detail of our products have been poured into and intentional. Every song has an enormous purpose. My "why" is to contribute to a more resilient, self-loving, and empathetic society that knows how to ask for help without shame or stigma.

The children of this world are where we have to start. They are beautiful empty vessels just waiting to be filled with your love, your affirmation, your encouragement, your confidence in them to help them grow into the unmissable souls they were meant to be. Mindful Musicians is here to accompany you. While not every moment will be easy, none of them need to be faced alone.

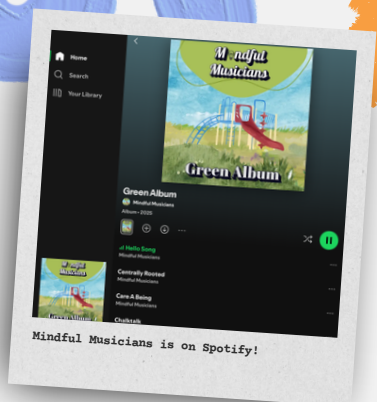
And so, it is a privilege to share my life's work with you and the people you guide. It excites me to know that this is just the beginning for us. The Green album represents where we are now, but rest assured, there are many more colors of the rainbow—and countless topics—to explore in time. Don't forget to invite your friends along on this journey, too. Let's rework the picture of brain health for the next generation, together.

*Callie Fitzgerald*





# HIGHLIGHTS





# SEEK AND FIND



piano



Logo



whole note



eighth note



sharp



half note



eighth rest



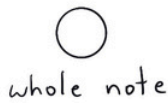
treble  
clef



harp



# SEEK AND FIND





# THE MINDS BEHIND MINDFUL MUSICIANS : SCOTT MCDERMOTT



## **What inspired you to contribute to the Mindful Musicians Project?**

I love music for purpose. In the spring of 2021 Callie pitched to me the idea of mindful musicians.  
I loved it and was in from day one.

## **What do you hope these albums achieve for both parents and children?**

Brain health and communication. I feel this music can give children tools to understand themselves and the way their mind works.

## **How does your usual music style influence your songwriting for Mindful Musicians?**

Well fortunate for me I haven't locked myself into a "usual style ." Music is play and play is about freedom and expression. The beauty of the mindful musicians albums is diversity.

## **Which song from the Green Album do feel best represents Callie's personality?**

Oh, this is a tough one. It would be easy to say "Good kid" or "So many ways" because they showcase her vocal character. But, I would have to say "Square" because it's a beautiful  
Melodic bass riff that I wrote and love so much. It felt complete on its own and then I brought it to Callie and she wrote such marvelous lyrics. To me it really shown what a complementary lyricist she is.

## **What song of the green album really shows your personality and why?**

Can I choosr square?LOL I'd probably have to say "A Sunny hoedown." It's a blue grassy instrumental tune with a fun vibe. I play four or five different instruments in it. It's a happy jig.

**How do you approach writing music that helps with both social emotional learning and music education?**

The music conjuring is easy for us. Day one of each album Callie and I create a list of topics that we feel the album should address. Some of our topics come from the community we right for. She and I write very well and efficiently together. We have a long history that spans nearly 3 decades. She's sister to me.

**What is the process of blending mindfulness concepts into the songs?**

We intrinsically write songs that have purpose.  
So writing brain health songs for Mindful Musicians just feels natural.

**How do you decide on themes and messages to focus on for each song in the album?**

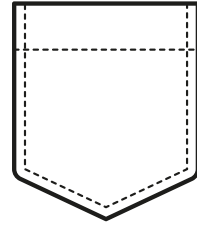
We approached this different ways. Often we come to the table with several themes in mind. We also opened it up to the community: parents, teachers, family members, kids. What are some of the things they're dealing with in their home life? What would they like to address or sing about?

**What do you hope parents and children take away for the album after listening to it?**

I hope they want more. I hope they get hooked on a chorus with a positive message. I hope it builds mental strength, self-awareness, positive self image.  
And simply just enjoy the music.



# POCKET PAUSE



**Fold, cut, and create—a Pocket Pause to help you feel great!**

## DESCRIPTION

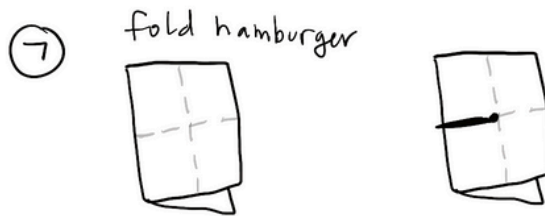
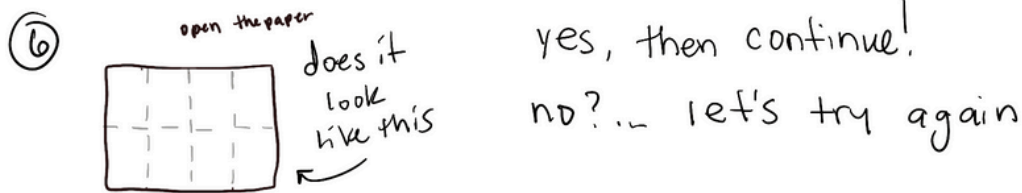
The Pocket Pause book is a small, portable tool designed to help kids calm down and feel better when they're having a tough time. It's filled with simple activities and calming ideas they can use to take a break, focus, and reset their emotions.

Easy to make and carry, the Pocket Pause empowers kids to practice self-regulation anytime, anywhere.

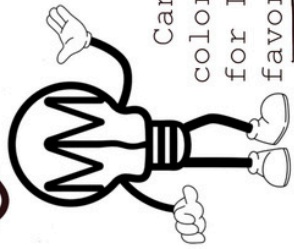
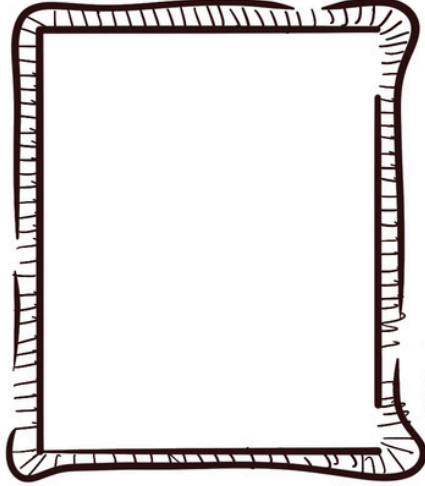
## INSTRUCTIONS

1. Print it out: Ask an adult to help you print the Pocket Pause page.
2. Fold it up: Follow the folding steps in the pictures carefully to make it into a book.
3. Grab your favorite color pencils and crayons.
4. Take your Pocket Pause anywhere: Slip it into your pocket and use it when you need a moment to pause and relax!

# Fold your Pocket Pause

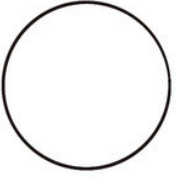
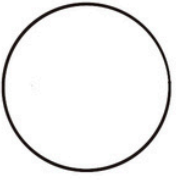






Can you draw and  
color a picture  
for Lumi of your  
favorite place?

How do you feel?



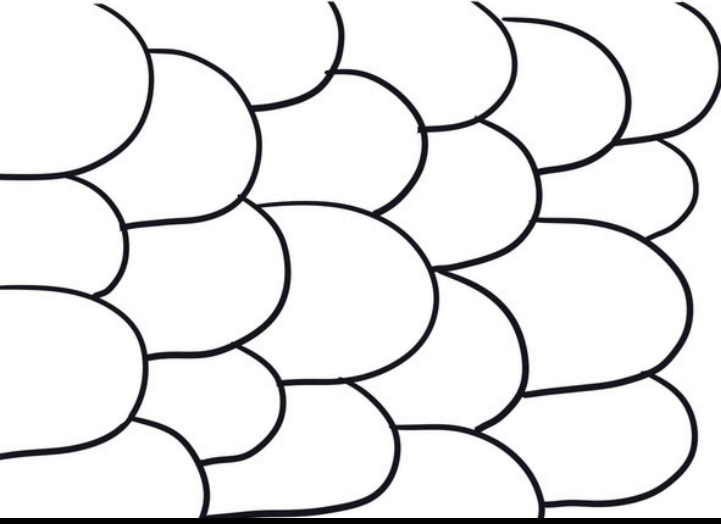
Draw your own

Fill this page  
with things you  
love.

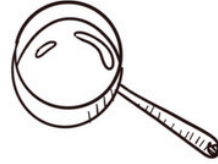
Let's slow down and add  
some lines to the sea



Create some silly monsters



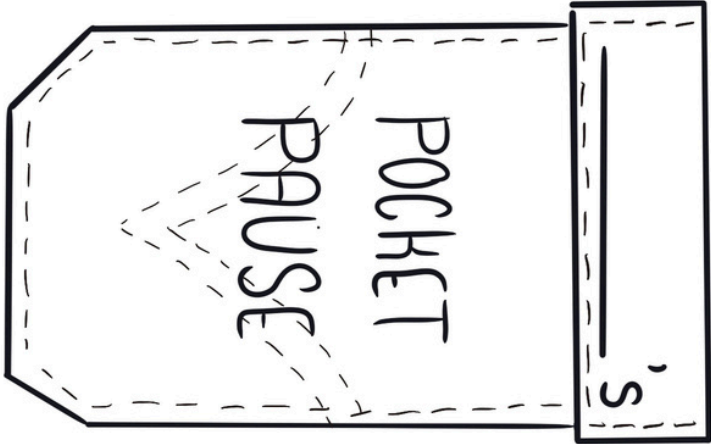
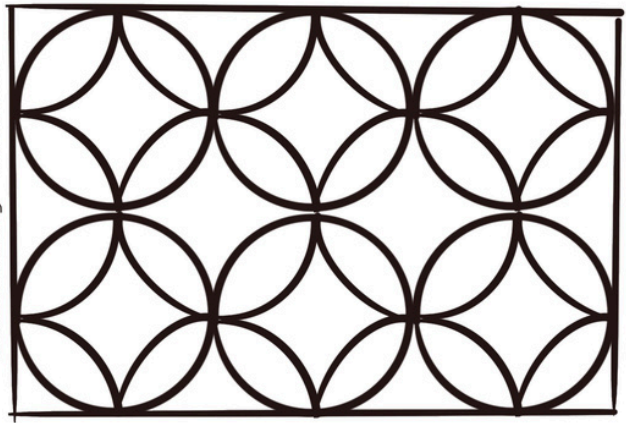
I Spy



1. I spy an animal.
2. I spy something blue.
3. I spy a number.
4. I spy a living thing.
5. I spy something soft.



Let's take a  
coloring break.



# FROM PAGES TO PRACTICE

## BY ANA MARIA LOCKE

This book review highlights books that parents might already be familiar with, but with a fresh perspective. Each book explores topics we sing about on the Mindful Musicians Green Album, offering new ways to connect music and meaningful lessons with your child

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This book puts a fun twist on the classic Humpty Dumpty story, offering a lesson every parent needs to hear as much as kids do.

“After the Fall,” is a great book for all ages. It dives into important topics like the value of failure and adjusting your goals. If the song Don't Give Up from the Mindful Musicians Green Album resonates with you and your child, this book is for you! It brings awareness to how we think about not giving up. This plot twist will inspire people of all ages to explore how failure can teach us incredible lessons about ourselves. You never know what life has in store for you.



### Reflection Questions to use with your book:

Have you ever tried something difficult that you didn't succeed at right away?  
How did that feel?

Adult — Offer a personal example of a time you struggled with something new.

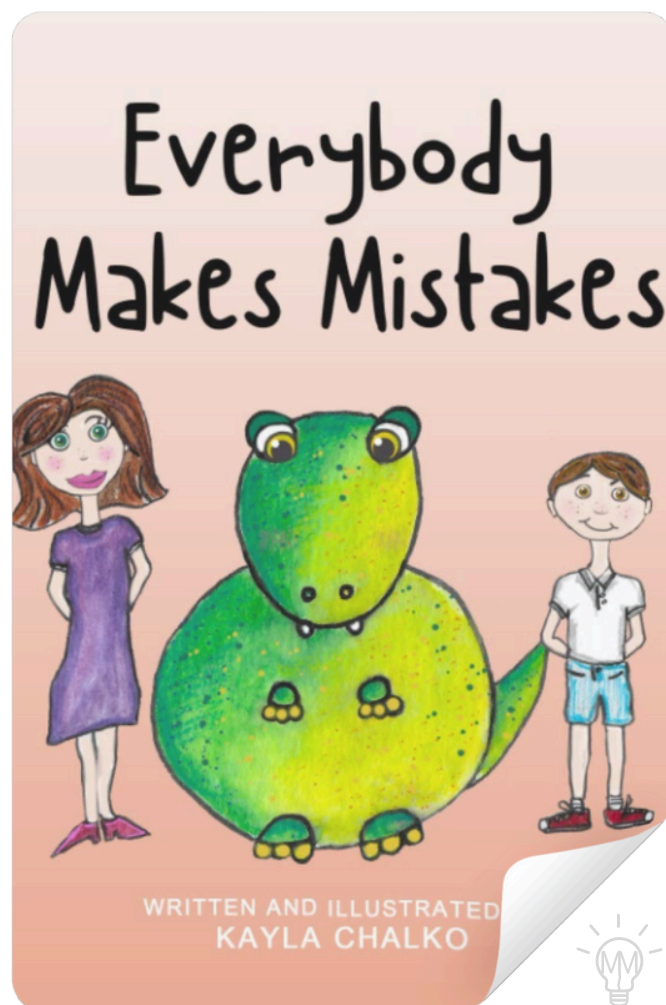
How do you think Humpty felt when he was getting ready to climb the wall again?

How do you think Humpty felt at the end of the story?

What do you think would have happened if Humpty never tried again and stayed in his shell?

If the song “Good Kid” and normalizing mistakes is something you are interested in, the book “Everybody Makes Mistakes,” is for you! Explore the reality that no one is perfect and that we are all learning together with your little ones. Mistakes happen, but they are part of the process, and as we grow, we learn from them. It normalizes the experience of making mistakes in a comforting and relatable way, making it perfect for children from babies through first grade.

This book is a great starting point for those parents reflecting on how often they correct their child versus how often they model handling mistakes. Seeing an adult navigate a mistake with grace can have a profound impact on how a child views themselves and their own mistakes.



### **Reflection Questions to use with your book:**

Why do you think the characters cried when they made a mistake?

Have you ever made a mistake while trying something new? What did you learn from it?

Why do you think it's important to keep trying, even if something is hard?

Parent— Share a mistake and how you felt.





# Ask Callie

"Ask Callie" is your chance to submit questions about music, mindfulness, and parenting—where we answer commonly asked questions to support you and your family's journey.

## Q: How can I use music to help my child regulate their emotions during stressful moments?

Engage a rhythmic challenge to try to move them from their right brain emotional experience into their left brain analytical mind. Remember to follow up on the emotional experience when a calmer state is reached.

## Q: What are some fun and simple ways to incorporate mindfulness into our daily routine through music?

We love to use the chants as we go about our day. Try Again is catchy and an easy tool to use when frustrating moments arise. Wiggle Waggle is an opportunity to practice affirmations as we get ready for the day. We also like to come up with our own personalized affirmations to the same beat to highlight our current state.

## Q: My child struggles with focus. Are there specific musical activities that can help improve their concentration?

As a music therapist, I work with people with attention needs regularly. Finding ways to 'exercise' the focus muscle through music can work really well and the thought is that strengthening this muscle will extend to their non-musical life as well. One simple example is to use whatever instrument you have (piano, shakers, or even your voice) and do call & response phrases that increase in length as success is seen.

## Q: How can music support my child's confidence and self-expression?

Music is a magical way to support confidence. It provides a natural release of dopamine when actively making music through singing, playing an instrument, or even dancing. We love to choose affirmative songs that capitalize on the great humans that we are inside. As your child grows, continue to support their music education by enrolling them in music lessons and choose an experience that holistically prioritizes them as a growing human before a learning musician. The Centrally Rooted method is the perfect example of this.

## Q: How do I encourage my shy child to participate in group music activities without feeling overwhelmed?

Instead of perceiving your child as shy, try to consider them a sponge. There is a lot of sensory input to consider with music making and especially in group scenarios. It takes time for them to feel safe in knowing the expectations and feeling comfortable enough to outwardly engage. Chances are, if you pay attention, you'll notice bits and pieces of the class coming out in their play at home where they are in their predictable environment. Over time, they will become more engaged, but please don't make the mistake of pulling them from classes because they seem shy...they just need exposure.

## Q: What's the best way to introduce musical instruments to my child without it feeling intimidating?

No matter how the child explores the instrument, applaud it. Curiosity is to be encouraged. So often, we get in the habit of teaching how to do something the 'right way'. If we are less concerned with this, it's possible they may even open your own eyes to a new way of playing an instrument. They will eventually adapt to the playing the instrument in a way that produces the best sound, but could also benefit from seeing you model it. Remember that their language is limited, so fewer words is better.

## Q: Can music help strengthen the bond between siblings? If so, what activities do you recommend?

Absolutely! We especially love to use lap songs as ways to play between siblings. My daughter also loves to rock her little sister while singing lullabies. Finally, the books that accompany the songs have been a beautiful way for us all to bond as a family and do a full carry through of the powerful messages of the music.

To submit your questions, email Callie at [callie@mindfulmusicians.org](mailto:callie@mindfulmusicians.org)





## UNLOCKING THE LYRICS: GOOD KID

By Ana Maria Locke

What does it mean to be good? As adults, this may seem like an easy question to answer, but for kids, who often see the world in simpler terms, the concept of "good" can be difficult to grasp. Our song 'Good Kid' explores this idea, making it a little easier to understand.

In the song, we walk through different scenarios, helping children, and maybe even adults, see that no matter what happens, they are still a good kid and a good person. This message is incredibly important. Developing a growth mindset is not easy for everyone, not even for me. Struggling with feelings of inadequacy or not being "good enough" is something many people can relate to. But the truth is, we always have the opportunity to try again, to apologize, and, most importantly, to change our actions.

One of the best ways to help children develop a growth mindset, where they always see themselves as good people who are learning, is by modeling it ourselves. If you make a mistake, let them see you acknowledge it and do things differently next time. Show them what it looks like to love yourself, love them, and admit when you're wrong.

Growing up, every minor mistake felt catastrophic to me. Now, as an adult, I see this same struggle in the young people around me. They often do not know how to process "negative" feelings. Instead of letting them feel stuck, help them work through their disappointment. Remind them of what you know to be true about them. I highly recommend guiding your child in creating their own mantra, something they can repeat in difficult moments to remind themselves of who they really are, that they are a good person, that they are enough.

Like anything, this will take time and effort. It will not always be easy. But just like the song Good Kid says, we can always try to be kind.

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**"...we always have the  
opportunity to try again, to  
apologize, and, most importantly,  
to change our actions."**

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# GOOD KID

## CHORUS

C

I'm a good kid and I know it

Dm

Even when I don't always show it

Am

F

I can try again, try again to be kind 2x

C

Sometimes my teacher tells

Dm

That I made a bad decision

Am

That I budged in line, Yea I budged in line

F

But I admit it, I don't whine

## CHORUS

C

Sometimes my parent tells me

Dm

That I made a bad decision

Am

That I lied today, Yea I lied today

F

But now I know that's not okay

## CHORUS

C

Sometimes my friend tells me

Dm

That I made a bad decision

Am

That I hurt my friend, Yea I hurt my friend

F

And with my words, my love is sent

## CHORUS x2





# “Care A Being” - Calming Rainbow

## Materials Needed:

- Print outs (or you can draw these yourselves)
- crayons or colored pencils
- laminating paper

**Description:** This craft encourages children and adults to look at what brings joy and a sense of calm to your child. Every child is different and they change over time, so checking in regularly and updating this craft will make this beneficial for years.

## Instructions:

1. Have the child color each square as you read them the explanation for each square.

**\*\*You can feel free to create you own in the squares provided. Ensure that you have a clear understanding of what the activity entails so that when you explain it to your child it is easy to understand.**

2. Laminate your squares and put the velcro dots on the back of the colored squares. Put the other side of the velcro dot on the squares of the laminated calming rainbow poster.

2. Do each of these activities throughout your day during times when you and your child are already calm and in a playful mood.

3. Do these activities until you feel that your child can easily identify and perform what each card describes. This could take a day or even a week. It's all about making this a positive experience.

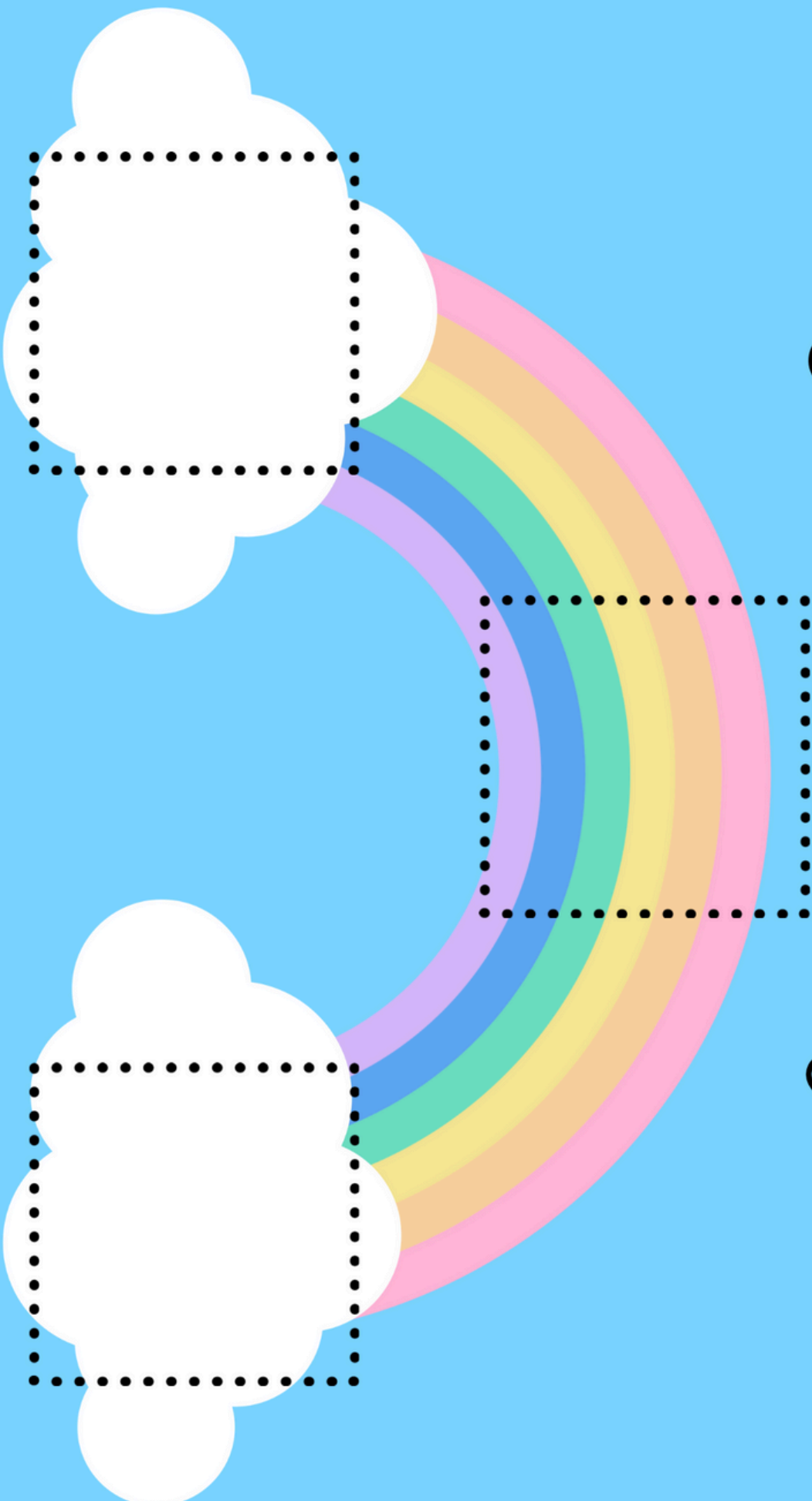
4. When you're ready, the next time that your child is feeling overwhelmed, upset, overstimulated, etc., allow them to go to the calm place that this page has been placed. Allow them to select 3 squares to put on the rainbow and do them together.

**\*This is not a kind of punishment so ensure that you are presenting it as a chance for you two to calm down and for you to support them.**

# Descriptions of Cards

- **Music:** Have a playlist that your child can listen to and calm down, maybe at some kind of musician songs or instrumental, song or songs that fill them with joy.
- **Stuffy:** Maybe they would like a little bit of time to squeeze or toss their stuffy back-and-forth.
- **Yoga:** Could have a few poses that you and your child run through together to center themselves in their brain when a bit distracted.
- **Drawing:** Your child, a piece of paper, some pencils and crayons to scribble out their feelings or draw their feelings.
- **Breathing:** Guided breathing to some of our songs or use some of your own breathing exercises.
- **Reading:** Your child can look at some picture books, or have you read a book to them. Maybe you have some audiobooks that they can listen to.
- **Snuggles:** Sometimes physical connection with the person you think you disappointed can be a great way to regulate.
- **Water:** A child's basic needs can be a great way to help them regulate and try again.
- **Outside:** Walking, walking around outside, to have a different setting, something different to look at and fresh air, and a lot of space can help them feel refreshed.
- **Talk:** It can feel nice as a child to just be able to talk about their feelings, or to share what happened, to get it out in a safe place.
- **Snack:** Similar to water, meeting basic needs is a way of supporting your child. Sometimes their upstairs brain cannot function at its best because they need food or water.
- **5, 4, 3, 2, 1:** Have your child find five things they can see, four things they can feel, three things they can hear, two things they can smell, and one thing that they can taste.

# ***Calmng Rainbow***







**music**



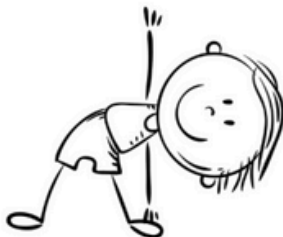
**drawing**



**stuffy**



**breathing**



**yoga**



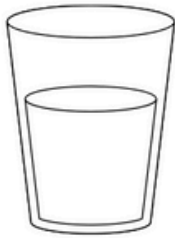
**reading**



**snuggles**



**talk**



**water**



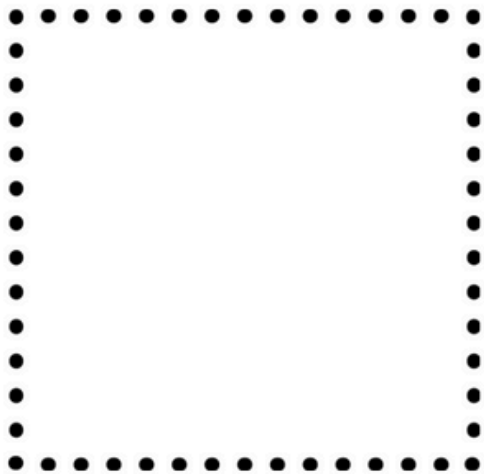
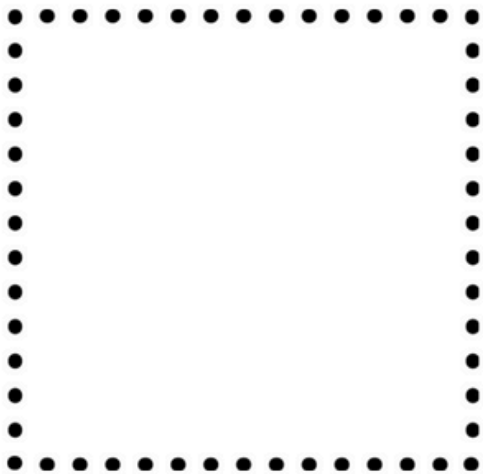
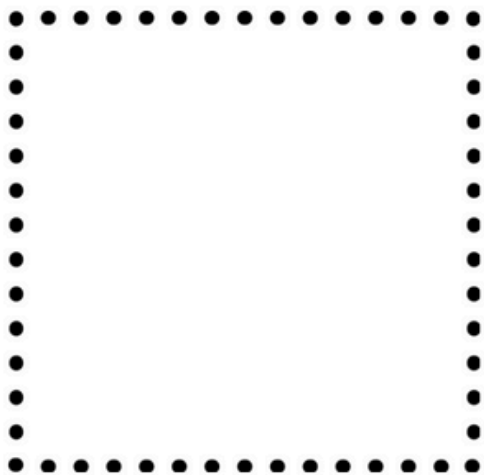
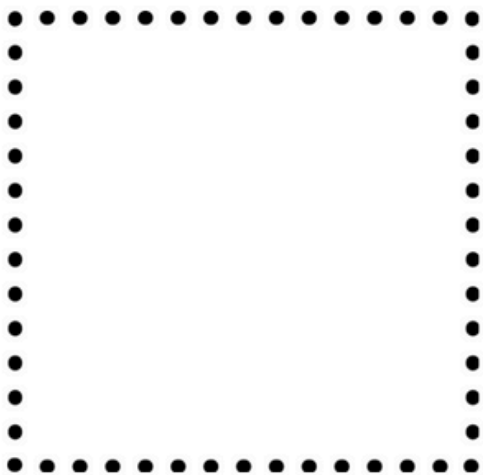
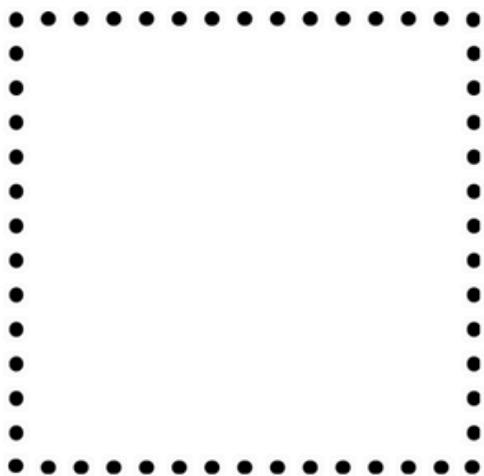
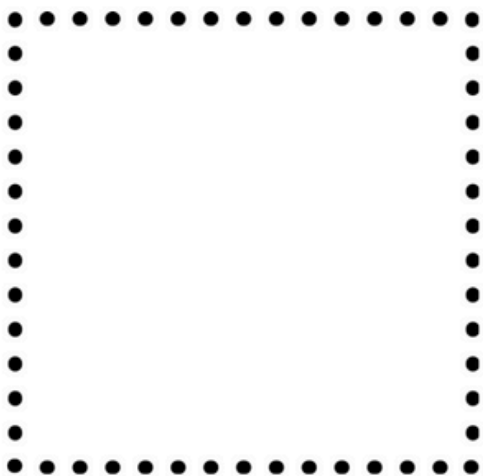
**snack**



**outside**

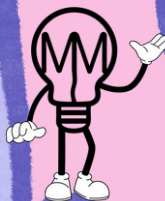
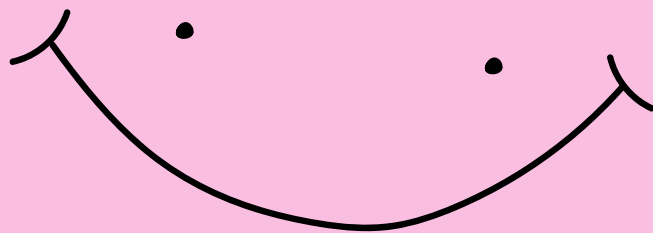
**5 4 3 2 1**

**senses**



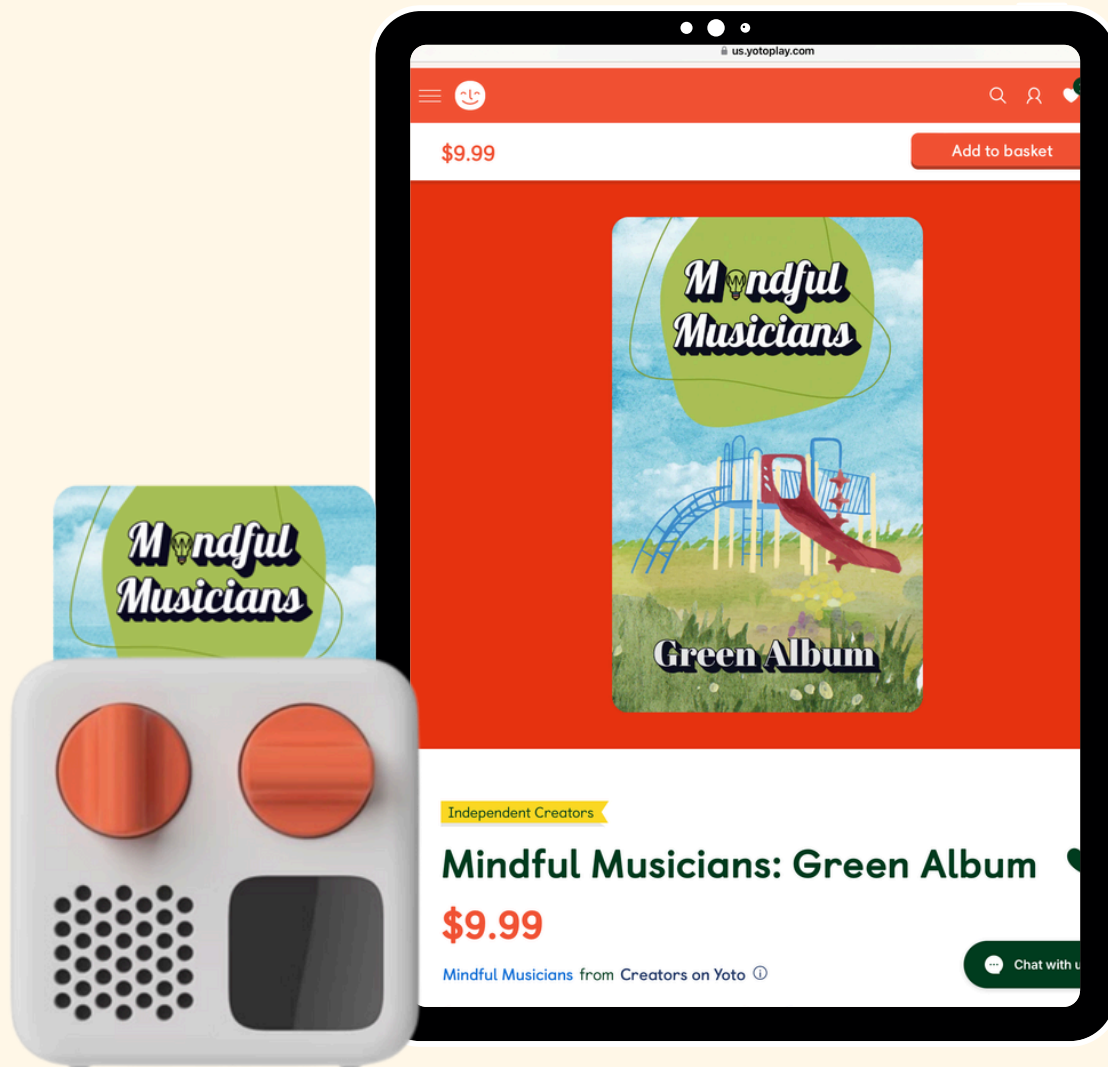


YOU ARE  
A GOOD  
KID  
EVEN IF  
YOU MAKE  
A MISTAKE



# FIND US ON YOTO

provide an easy, screen-free way to incorporate music and mindfulness into your children's daily routine.



UNLOCK MINDFUL MUSIC

<https://us.yotoplay.com/products/mindful-musicians-green-album>