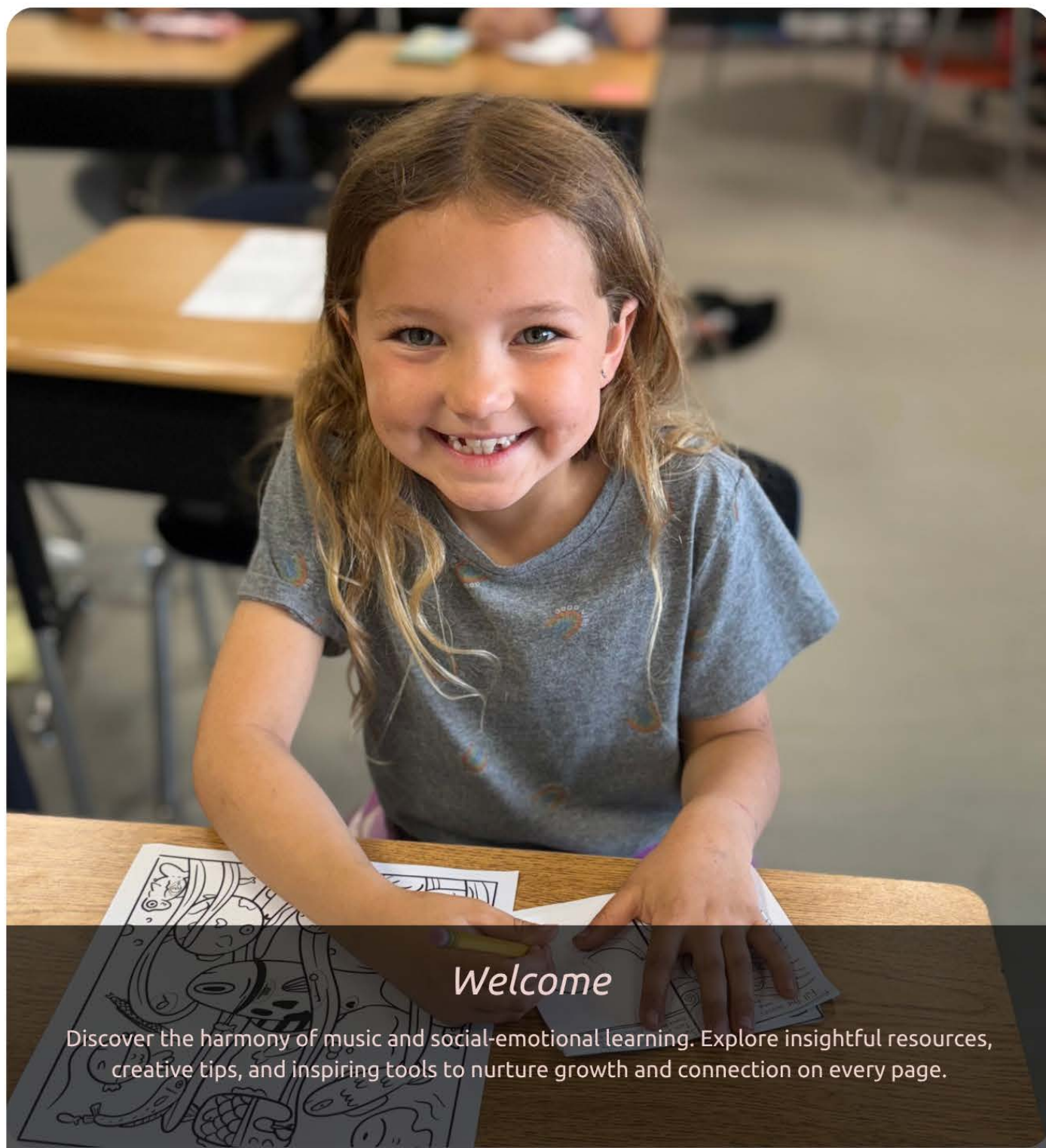




MINDFUL MUSICIANS

JUNE 2025 — ISSUE 5



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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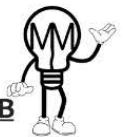
In this craft, children choose and decorate a personal affirmation to remind themselves of their inner strength and worth.



24.

LUMI THE LIGHTBULB

Monthly Inspirational Poster





HELLO, FROM CALLIE

As we step into June, we're offered a unique opportunity to honor not just Father's Day, but also the often-quiet thread running beneath it: Men's Mental Health Awareness Month.

This month, we tip our hats to the fathers, father-figures, and male caregivers who are courageously choosing a different way of showing up in the world. To the men rewriting generational scripts—who are learning to hold space instead of hold it all in—we see you. To the dads choosing presence over perfection, connection over control, and compassion over command—you are the quiet revolutionaries.

We celebrate the man who no longer sees himself as the sole "rule maker" or "man of the house," but as a true partner, teammate, and nurturer within his family. We honor the one who reflects on his own upbringing with both reverence and responsibility—recognizing what shaped him while still choosing transformation. This kind of awareness, this kind of growth, is the legacy our children inherit.

And to our readers—most of whom carry the title "Mom"—we want you to know this letter is for you too. Because in every caregiving relationship, regardless of gender, there's a daily invitation to choose intentionality over instinct, to show our children that love doesn't waver, even when emotions do.

The caregiver who stays present through the storm of a tantrum... who holds both boundary and gentleness in the same breath... who reminds a child in their most unlovable moment that they are, in fact, deeply loved—that is the caregiver who is changing the world.

And to each of you who carves out time for your own well-being, who practices self-love not just as a luxury but as a necessity—you are modeling something powerful. Whether through a walk, a meditation, a song, or a breath of silence, you are showing the next generation what it means to choose health in body, mind, and spirit.

This month's magazine offers gentle tools and heart-opening resources to support you on that journey. Our featured books—I Like Myself and I Am Perfectly Designed—each carry a joyful and affirming message: that we are worthy of love just as we are. We invite you to read them aloud, not just for your children to hear—but for the child in you to receive as well. You'll also find our featured song, "Wiggle Waggle", designed to reinforce positive self-talk through rhythm and repetition—a fun, catchy way to instill self-worth and confidence from the inside out. Use the songs, the breath work, the reflections, and the playful moments woven throughout this issue to reconnect with your own sense of worthiness. Let them be daily reminders that your care—both for others and for yourself—is sacred.

And finally, let's not forget to laugh. To be silly. To allow joy to sneak in and surprise us. This path of conscious caregiving is serious work—but it need not always feel heavy. Let there be dance parties in the kitchen, ridiculous voices at story time, and giggles that bubble up from nothing at all. Let your home be a place where emotions of all kinds are welcome—and where delight is seen as just as healing as discipline.

As we raise our children, we must remember: we are still becoming ourselves. There is an inner child in each of us—trying, fumbling, learning, healing—and the path we're on hasn't been walked before. It is being shaped in real time, uniquely ours. And when that path feels foggy or uneven, may we lean on each other. This community we're building—of music, mindfulness, and meaning—is here to remind us that every piece of this journey is temporary: the breathtaking, and the brutal.

With gratitude for the caregivers, the cycle-breakers, the feelers, and the healers—this month, we honor you.

With heart,

Callie Fitzgerald



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VOICES IN PRACTICE: CHELSEA LOC

In this new interview series, we spotlight families and educators who are bringing Mindful Musicians into their homes and classrooms. By sharing real-life stories, we hope to inspire others to see the many ways Mindful Musicians can be used outside of the group setting—to build connection, spark creativity, and support emotional growth in everyday life.

This interview has been edited for length and clarity.



Chelsea Loc is originally from the Peoria, IL area but moved to Dubuque 3 years ago with her husband, Brian. They have two sweet boys, Dominic and Wesley and their big brother, Leo, who is a 6 year old Cavachon.

Chelsea graduated from Olivet Nazarene University in 2017 and worked as a nurse for 6 years prior to having their first son and becoming a stay at home mom. She and her family love to do all things outside. You'll find us thriving in the summertime with all things music, nature, cooking out, and time with their family and friends.

How did you come across Mindful Musicians, and what drew you in?

Maddie Mond was our neighbor when we moved to Dubuque. She was a Mindful Musicians instructor and told us about Centrally Rooted. She shared how Mindful Musicians was a way to support our kids' development, and we started immediately with drop-in classes. Being a musical person, I wanted my kids to have as much exposure to music as I could.

What were you looking for — consciously or unconsciously — when you signed up?

Consciously, I knew how powerful music was in all ways. Unconsciously, brain development. I didn't realize how much brain development support we would be getting through [the classes].

What's something about parenting that you think doesn't get talked about enough?

We all talk about how hard and rewarding it is, but I don't think we talk about how it shapes our character as parents. We are faced with a lot of different things that we never expected. Like how we are going to react when we are exhausted and our kid is having an absolute breakdown over a chip.

Do you ever catch your child singing one of the songs to themselves — and if so, what's that like for you to witness?

My favorite time has become bedtime. I caught him in the camera doing the motions in his crib and singing "Ride" and "Wiggle Waggle" to himself. I love that I am seeing him become musical. He sings in bed every night, he sings songs in the car, or when he is playing by himself. I love just seeing how it's shaping him.

THE MINDS BEHIND MINDFUL MUSICIANS: CHELSEA LOC CONTINUED

When you think about the way our culture treats emotions in children, what do you wish was different?

I wish we didn't expect them to "behave" so much. I wish that we got down to their level, me included. I have expectations for my kids to behave, and I get sad when a tooth comes in and he bites me. That's not how I want my kid to act. I just wish we took it down to their level and realized that we are their external brain. It is our job to help regulate them. I read a book called "The Nurture Revolution," and it talked about that.

What's a moment from your parenting journey that still lives vividly in your memory?

Because nurturing is so important to me, I don't just let my children cry. Now when his baby brother cries he goes straight to him. He wants to hug him, and he wants to kiss him, and he wants to give him his pacifier. That is the most important thing to me. Because he has seen me nurture him, even though he is only twenty-one and a half months younger than his brother, he wants to nurture him.

What are you trying to build in your home? What kind of emotional world are you shaping for your child?

That emotions are okay. I told him the other day, "I know you're upset, but just know it's okay to be upset. It's okay to cry. We will work through it." That is another thing about Mindful Musicians, we have a lot of tools on how to work through each and every part of our lives.

Can you describe a recent moment in your home when music helped shift the mood — even just a little?

We have a hard time when we have to put a certain toy away, it's time to go to bed, change up what we are really happily doing. The other day we said bye-bye to the toy we were playing with outside by singing the song "Goodbye" as a transition, and we went to bed. We are starting our emotional breakdowns now at age two. We have been using that A LOT.

How has your relationship with your child been shaped — or even softened — by the things you've done together through this program?

Even just going to the classes, it means we are putting away all of the tasks that we do, and it is our time to zone in on each other. It is our special time. Mindful Musicians is a part of our everyday life. We make our own little Mindful Musicians class (at home). We turn on the music and we sing, we laugh, and we smile.

What do you think is the role of music in raising emotionally intelligent children?

Music is one way we can nurture [our children's] brains. We need music to be part of a kid's life not when they are old enough to play a trumpet, but when they are six months old.

If your child looks back one day and remembers this chapter of their life — the songs, the feelings, the rhythm of your days — what do you hope they'll remember most?

That they were supported.

FROM PAGES TO PRACTICE

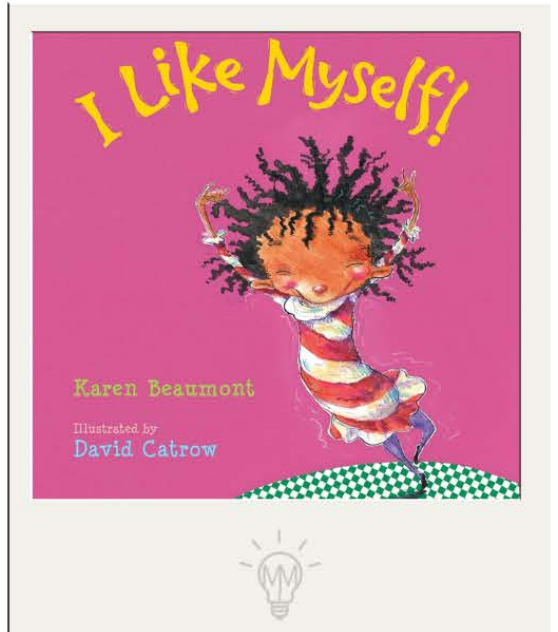
BY ANA MARIA LOCKE

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

I Like Myself! by Karen Beaumont is a funny, silly, and delightfully quirky rhyming book that opens the door to meaningful conversations with your kiddos about self-talk and self-worth. The main character loves herself unconditionally—something we all hope our little ones grow to do, too.

I chose this book because it beautifully supports the same message as our Mindful Musicians song “Wiggle Waggle”—that what we say to ourselves matters. Both the book and the song celebrate confidence, joy, and loving yourself just as you are.

Be prepared to laugh and giggle alongside your child, knowing that this joyful, confidence-boosting story will stick with them well into adulthood.



Reflection Questions to use with your book:

1. What are some things you love about yourself?
2. What do you love to do for fun?
3. Do you think there are things other people like to do or play that you don't enjoy?
4. Do you think that's okay? Why or why not?
5. Why do you think it's good that people are different from one another?
6. How do you think you'd feel if someone said the things you liked were silly or no fun?
7. What could you say or do if that happened?
8. How can we make sure we treat others with kindness, even when they like different things than we do?

Tip* After they answer, offer your personal experiences as a child and adult to build connection and show empathy.

FROM PAGES TO PRACTICE

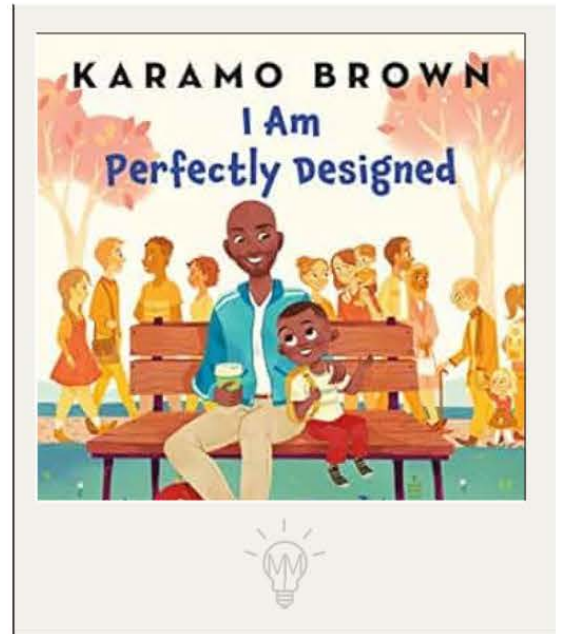
BY ANA MARIA LOCKE

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

I Am Perfectly Designed is a powerful reminder that we are enough just as we are. This story celebrates the idea that we don't need to change to fit someone else's expectations—and that those who truly love us, love us for who we are.

The relationship between the father and child is especially moving. The father holds space for his child's full range of emotions, offers unconditional love, and reminds him that they will face life's challenges together.

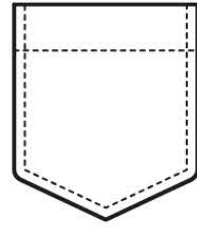
When the child wonders what life will be like when he's grown up, it struck me deeply as a parent. It reminded me why songs like Wiggle Waggle matter so much. We aren't just caring for our little ones in the moment—we're nurturing the future adults they'll become. We want them to grow up knowing, without question, that they are enough and they are loved, no matter what.



Reflection Questions to use with your book:

1. What do you think it means to be “perfectly designed”? Do you ever feel that way about yourself?
2. When do you feel most loved just for being you?
3. What are some things that make you you—things you wouldn't want to change?
4. How do you feel when someone really listens to you or understands how you're feeling?
5. If someone ever made you feel like you had to change who you are to be accepted, what could you do or say?
6. When you're a grown-up, what do you hope to still believe about yourself? How can we help you remember it?

POCKET PAUSE



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

DESCRIPTION

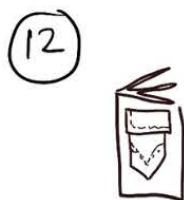
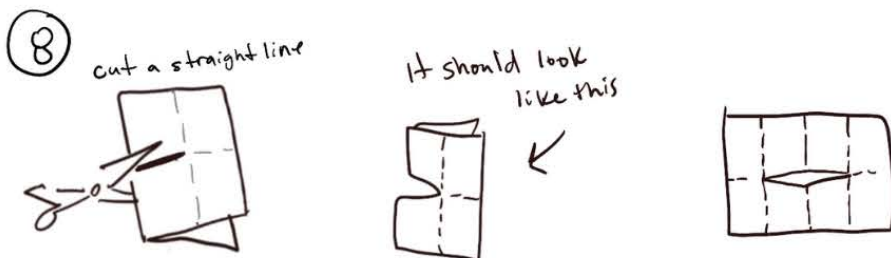
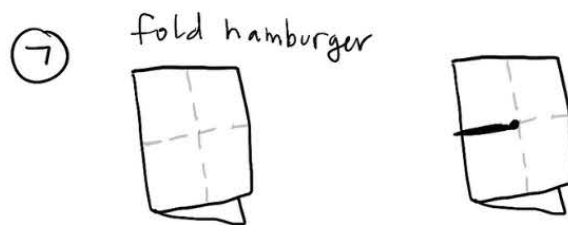
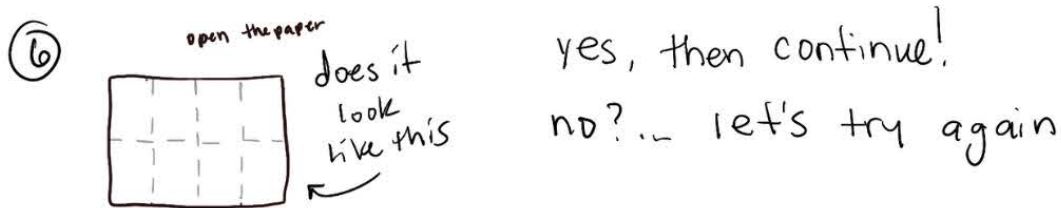
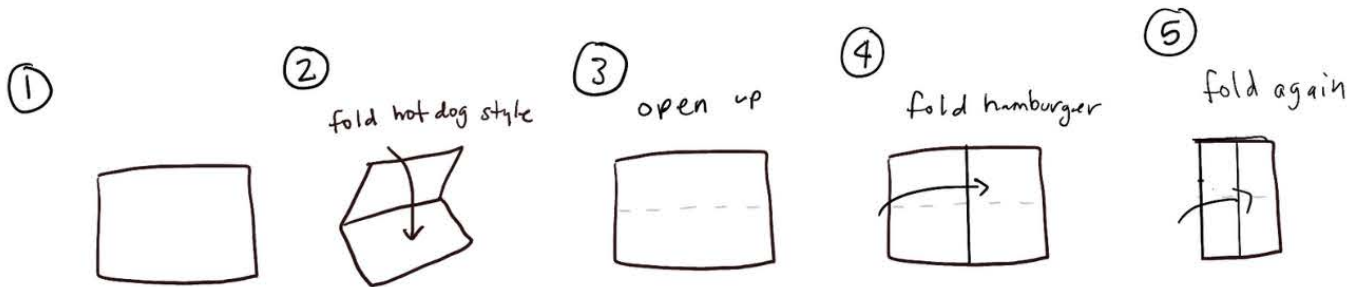
The Pocket Pause book is a small, portable tool designed to help kids calm down and feel better when they're having a tough time. It's filled with simple activities and calming ideas they can use to take a break, focus, and reset their emotions.

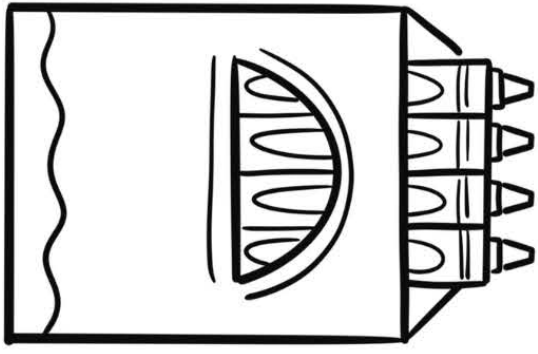
Easy to make and carry, the Pocket Pause empowers kids to practice self-regulation anytime, anywhere.

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. Cut the spot: Use scissors to cut along the line shown in the picture (ask for help if needed!).
4. Take it anywhere: Slip it into your pocket and use it when you need a moment to pause and relax!

Fold your Pocket Pause





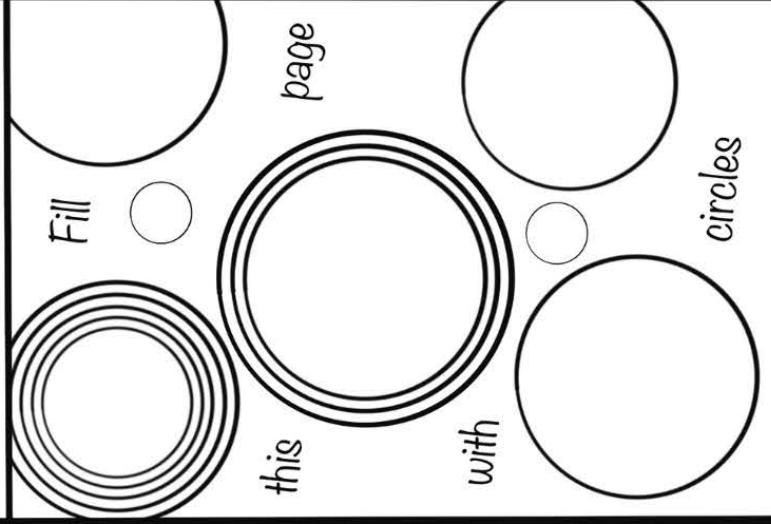
What color are your emotions right now?
Color each crayon one of your feelings, and
then decorate your crayon box.

I Spy

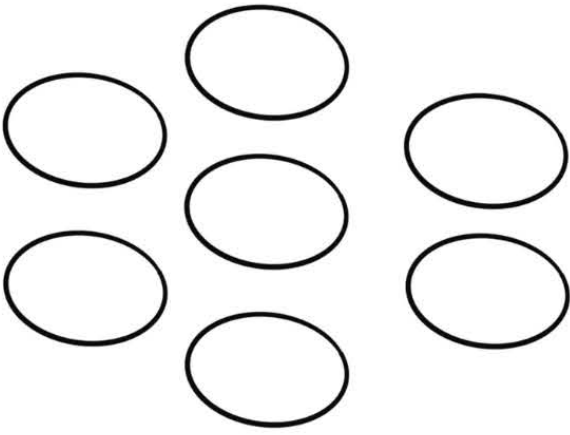
- 5 circles
- 4 yellow things
- 3 fuzzy things
- 2 birds singing
- 1 sip of cold water

★ Champ

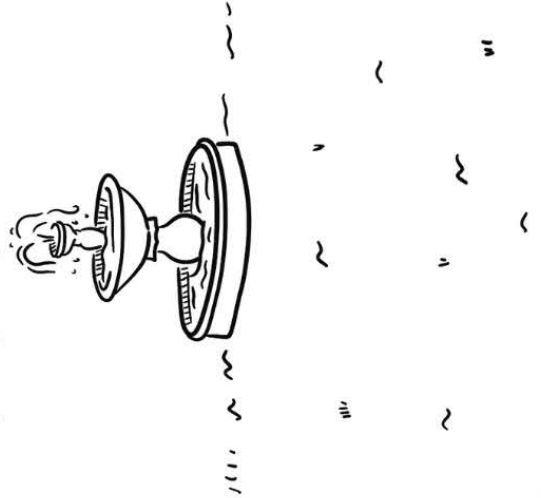
How many things that you love about
yourself can you fit on this page?



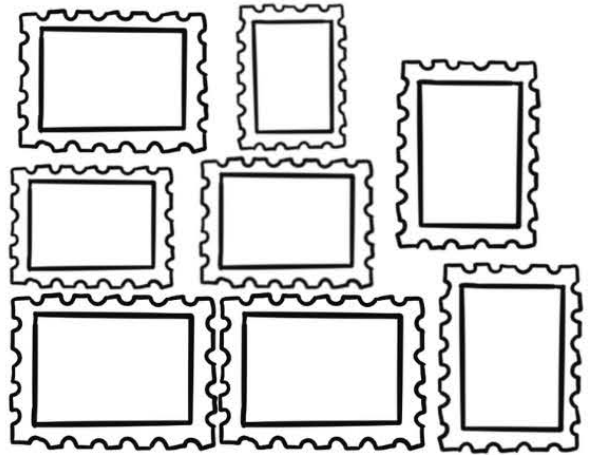
Draw the faces of the people you
love.



To fill this garden with flowers, you must give
sincere compliments to others. For every
compliment you can add one flower.



Write one word that represents who you want to
be as a person in each of the postage stamps.
Then color your postage stamps to make them
pop.



Pause
✧
Pocket
✧



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.

Q1: How do you balance being a founder, a therapist, and a mom without burning out?

I don't always get the balance "right," and that's okay. Some days my therapist brain is in charge, other days my mom-heart takes the lead. I've learned that the key is not perfect balance but regular check-ins with myself—Am I breathing deeply? Am I asking for help when I need it? The more I model imperfection with grace, the more I give others (and myself) permission to do the same.

Q2: What's one musical tool you use when your kids are having big feelings?

I use what I call "mirror music" (or more formally, the "ISO Principle")—matching their energy musically first, then gradually shifting the tone. If they're amped up, I might start with a fast, playful rhythm and then slow it down. It's like co-regulation through sound. It doesn't always work perfectly, but it usually softens the moment and brings us back together.

Q3: How do you stay connected to your "why" when the day-to-day gets overwhelming?

I come back to the quiet moments—when a parent tells me their child found their voice in music, or when my own kid sings something back to me I didn't even know they heard. Those moments are grounding. They remind me this work is about connection, not perfection.

Q4: What advice would you give to someone who wants to introduce music at home but doesn't feel "musical"?

Start small. You don't need to be a musician to use music meaningfully. Try humming during transitions or singing your child's name during routines. Your child doesn't care if you're in tune—they care that you're present. Music isn't about performance here—it's about presence.

Ask Callie continued

Q5: What do you do when you feel creatively stuck?

I stop trying to be productive and let myself play—on the piano, outside with my daughter, with dolls, even just doodling. Sometimes I need to step outside music entirely to come back with fresh ears. And sometimes, I just need a nap. Rest is a creative tool, too.

Q6: How do you help children who struggle with anxiety or overstimulation during music sessions?

I meet them where they are—often with less sound, not more. We might begin with silence, breath, or just holding an instrument rather than playing it. I create space for them to feel safe before they feel expressive. Music is powerful, but so is stillness.

Q7: What's one myth about music therapy you wish more people understood?

That it's only for people who "can't" do traditional therapy or who need to be "fixed." Music therapy is for everyone—it's just a different language for connection. It can be joyful, playful, and empowering, not just clinical or corrective.

Q8: What's a song that's helping you right now, and why?

"Wiggle Waggle"—because even I need reminders to talk kindly to myself. It's upbeat and silly, but the affirmations stick. It reminds me that the most powerful messages are often the simplest—and when they're sung, they have a way of sinking in deeper.

Q9: What has being a music therapist taught you about parenting—and what has being a parent taught you about being a therapist?

Being a music therapist has taught me the power of presence. I've learned to listen beyond words, to notice the little cues—body language, tone, rhythm—that reveal how someone is really doing. That skill translates beautifully to parenting. I try to hold space for my children's full emotional range without rushing to "fix" or explain it away. Sometimes the most therapeutic thing I can do is simply sit beside them while they cry or sing with them while they play.

On the flip side, parenting has made me a more compassionate therapist. It's humbled me. I know now that even with all the tools in the world, things don't always go smoothly—and that's okay. Parenting has deepened my respect for the families I work with. It's one thing to suggest a strategy in session; it's another to live it at home when you're tired, touched out, or emotionally tapped. Being a parent has helped me let go of perfection and lean into authenticity, both in the therapy room and in life.



We would love to hear your questions! Send Callie an email at callie@mindfulmusicians.org



At first listen, Wiggle Waggle might sound like a playful invitation to dance—and it is. But beneath the catchy rhythm and fun movements lies something much deeper: a powerful practice in affirmations and positive self-talk, designed to help children build resilience from the inside out.

In our home, Wiggle Waggle has become more than just a favorite tune—it's a tool. When my child is feeling overwhelmed, discouraged, or on the edge of giving up, this is one of the songs we return to again and again. We begin by validating the feeling ("It's okay to be upset. This is hard."), and then gently transition into movement. We wiggle. We shake out the nerves. We move our bodies as a way of telling our brains: You're safe. You're strong. You can do this.

But we don't stop there. The lyrics offer something even more lasting—a reminder of what's true. That even when you make a mistake, you are still kind. Even when things are hard, you are still capable. Even when you feel discouraged, you are still growing. It's so important to practice these kinds of things in a fun, safe space—because the real goal is for children to be able to reach for them in the opposite kind of moment: when they're sad, angry, or overwhelmed. In those times, they aren't thinking rationally. Their logical "upstairs brain" is offline, and their first instinct is not to take a deep breath or recite an affirmation.

This song isn't just for children—it's for the adults they'll become.

That's why repetition matters. For something to become a habit, it has to be practiced—often and playfully. When we sing these songs together during calm moments, we're not just having fun—we're rehearsing for the storms. And even then, it might still be hard. Sometimes the first step is connection: seeing your child, holding them, letting them feel safe and loved.

Only then can you offer the tool: "I know you're upset. That was really hard. Do you want a hug? Let's remember what's true: You are friendly. You are smart. You are creative. You have a big heart." You remind them of who they really are—and eventually, they'll learn to remind themselves.

This song isn't just for children—it's for the adults they'll become. Adults who know how to speak gently to themselves. Adults who understand that resilience isn't about perfection—it's about remembering your worth, even in the middle of the mess.

In a world that can feel unpredictable and heavy, teaching our children to return to their inner truth through movement and affirmation is one of the most valuable tools we can give them. Wiggle Waggle is a joyful, musical way to begin that practice.

WIGGLE WAGGLE

I am friendly, I am smart 2x
I am creative, I've got a big heart 2x
I'm kind to others, I'm kind to me 2x
I am beautiful and perfectly me 2x

Ahhhh wiggle waggle wiggle waggle wiggle waggle wee (2x)
A wiggle waggle wiggle waggle wiggle waggle wee! (2x)

I am friendly, I am smart 2x
I am creative, I've got a big heart 2x
I'm kind to others, I'm kind to me 2x
I am beautiful and perfectly me 2x

Ahhhh wiggle waggle wiggle waggle wiggle waggle wee (2x)
Ahhhh wiggle waggle wiggle waggle wiggle waggle wee (2x)

All together now 1, 2, 3
I am friendly, I am smart
I am creative, I've got a big heart
I'm kind to others, I'm kind to me
I am beautiful and perfectly me

Ahhhh wiggle waggle wiggle waggle wiggle waggle wee
A wiggle waggle wiggle waggle wiggle waggle WEE! (2x)

second time extra emphasis on WEE!



“Wiggle Waggle”

Materials Needed:

- Print outs
- Pencil

Description: This craft encourages children to practice remembering things that are true about themselves especially in tough moments.

Instructions:

1. Have the child select their favorite background and then print their favorite.

****You can add more lines if you would like. We suggest having it be no more than 4-5 things to make it easier for the child to remember.****

2. If your child is old enough ask them to write things that they know to be true about themselves that makes them feel most proud of themselves. If they are younger, you can ask them and write it down for them.

Examples: I am me, I am loved, I am enough, I am kind, I am strong, I am brave, I am persistent.

3. Place this somewhere that they can see this regularly. Have a few times a day that you and your child repeat this mantra together. Some great times would be when getting ready in the morning, on the way to school, and when getting ready for bed.

4. This mantra will take time to be a part of their every day, so take your time and be sure to only use this, in the beginning, when they are in a great mood.

5. Once they can **easily** remember this on their own, try helping them use it when they are feeling down. Use this as a chance to remind them that their feelings are valid, and, at the same time, the truth of who they are in tough times is how you see them and who they are.

I A M

I a m _____

I a m _____

I a m _____

I A M

I a m _____

I a m _____

I a m _____

I A M

I a m _____

I a m _____

I a m _____

I A M

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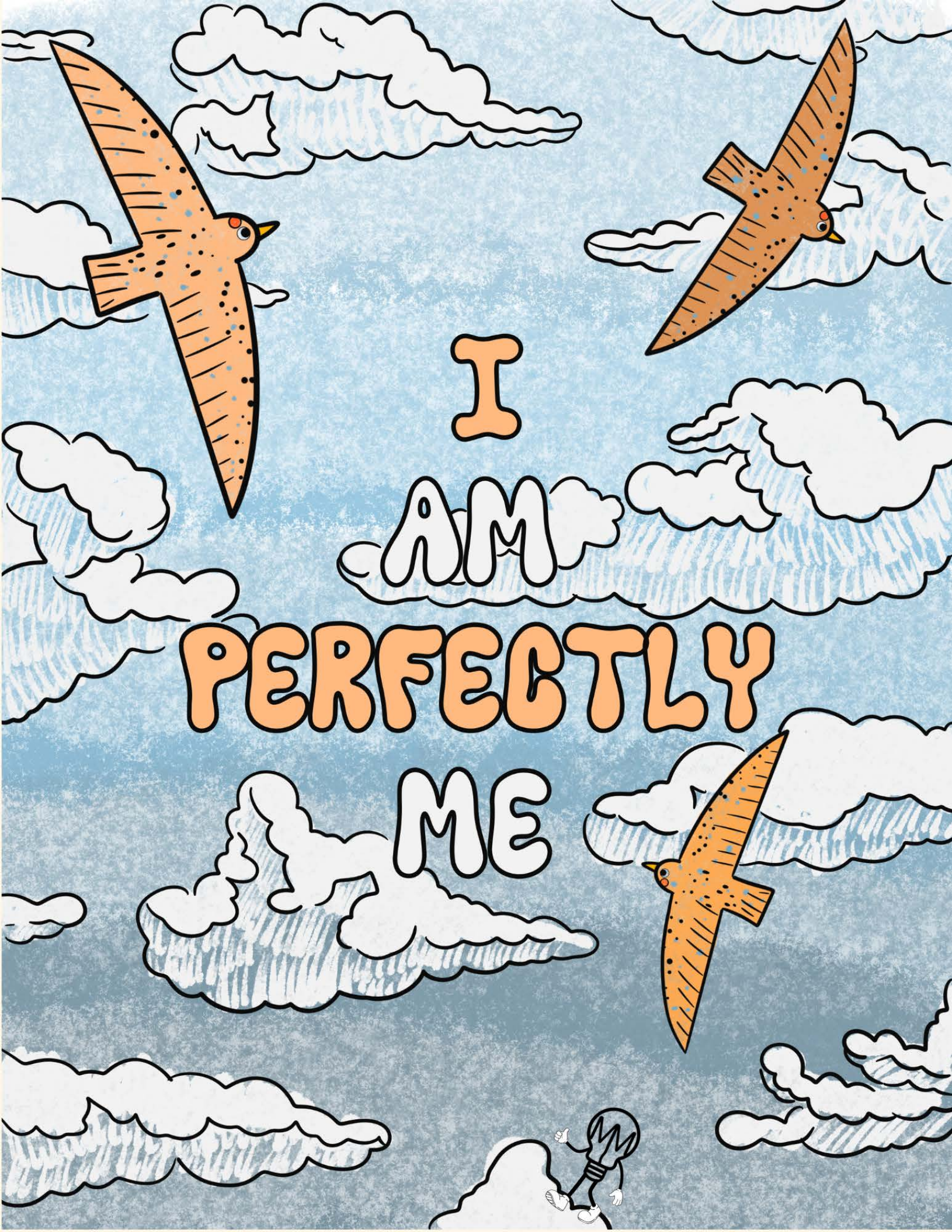
I A M

I a m _____

I a m _____

I a m _____

I
AM
PERFECTLY
ME

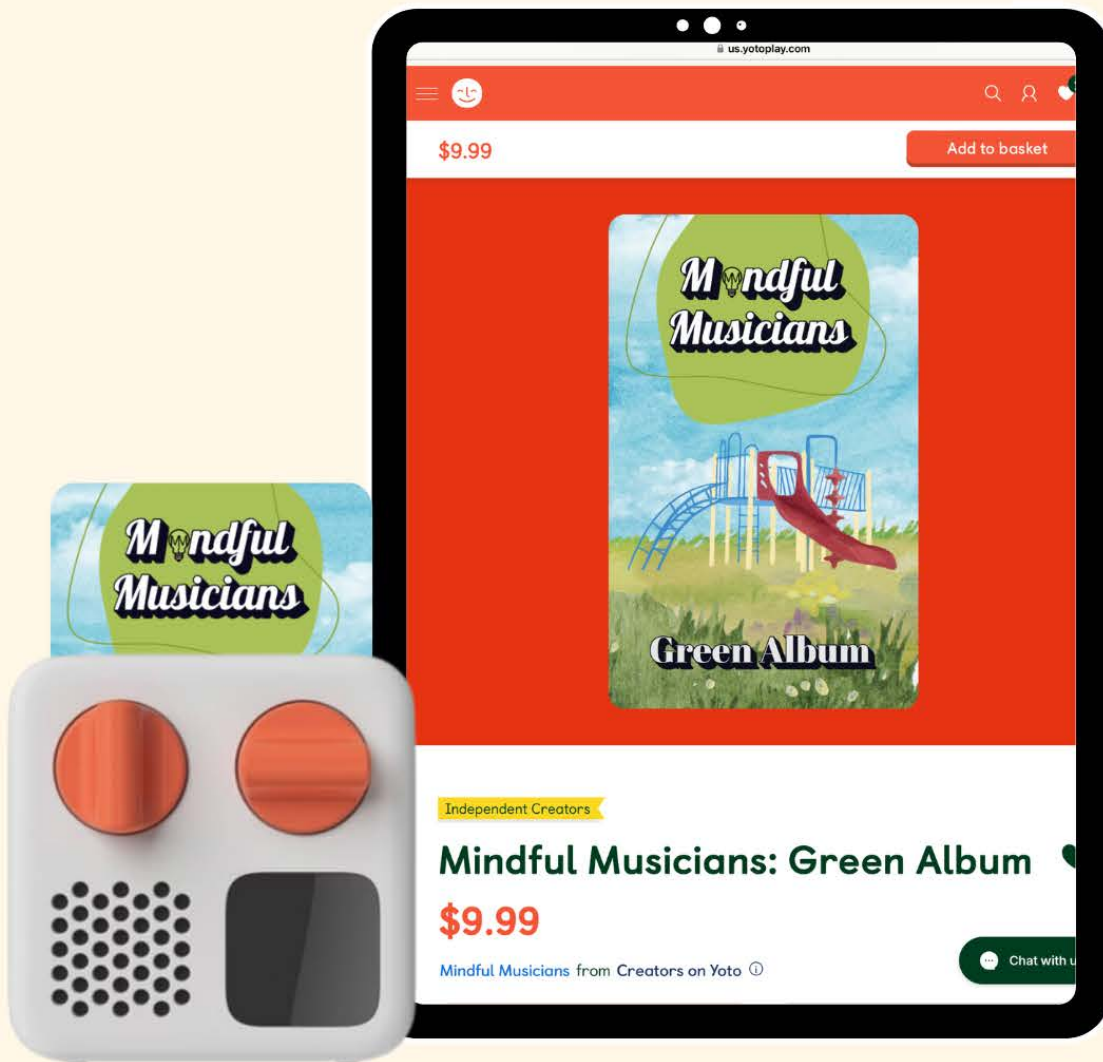


I
AM
PERFECTLY
ME



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>