



A MINDFUL MUSICIANS PUBLICATION



ROOTED FAMILY MAGAZINE

JANUARY 2025
VOL 2 — ISSUE 1



**Red
Album**

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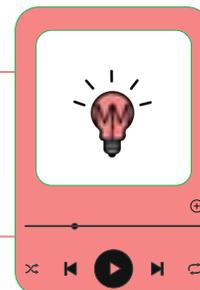
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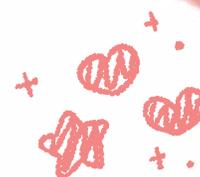
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HELLO, FROM CALLIE

JANUARY 2026



January often arrives carrying expectations. New goals. Fresh starts. Big energy about who we are supposed to become next. And yet, when we slow down enough to really listen—to our homes, our children, our bodies—January usually speaks much more softly than that.

It is a month of transition.

A month of integration.

A month that asks us to move forward, yes—but without urgency.

At Mindful Musicians, we believe that music is one of the most natural ways to support this kind of beginning. Not a beginning rooted in pressure or performance, but one grounded in safety, presence, and connection. Music has the unique ability to calm the nervous system, strengthen attachment, and remind us—at any age—that we are not alone.

This January issue was created with that intention at its core.

You'll notice a refreshed look to the magazine—something lighter and more spacious, reflecting the way we hope families experience our work. Inside, you'll find simple offerings designed to support moments of calm and connection: a curated Spotify playlist titled *Calm It Down*, accessible through a special QR code just for our readers; a meaningful art project created to help children feel connected to their caregivers even when they are apart; and gentle musical practices that can be woven naturally into everyday life.

None of these are meant to add more to your plate. They are invitations—nothing more. Invitations to pause. To soften. To create small moments of regulation and joy that quietly build resilience over time.

As we step into a new year, many of us are carrying more than we realize. The world can feel heavy, uncertain, and at times deeply unkind. In moments like these, it can be tempting to harden ourselves or to move faster than our nervous systems can truly support. And yet, this is precisely when gentleness matters most.

HELLO, FROM CALLIE, CONT.

JANUARY 2026



This is why our mission feels especially important right now.

When children experience safety, attunement, and care through music, something powerful takes root. They learn—without needing words—that calm is possible, that connection can be trusted, and that kindness is a strength. These early experiences shape not only how they move through their own emotions, but how they show up in relationship with others.

One question I've been holding as we enter this year is a simple one:

How would my 85-year-old self feel about the way I'm treating myself today?

Not as a judgment. Not as a measure of success. But as a gentle guide. An invitation to choose compassion over criticism. To honor rest as much as effort. To remember that caring for ourselves is not separate from caring for the next generation—it is part of it.

Our hope for this January issue is that it feels like a place to land. A reminder that you do not need to rush into becoming anything new. That small, mindful moments—especially those shared through music—are more than enough.

Thank you for being here. Thank you for choosing presence, even in a noisy world. And thank you for trusting music as a way to nurture both hearts and minds.

Callie Fitzgerald



January Playlist

SCAN ME



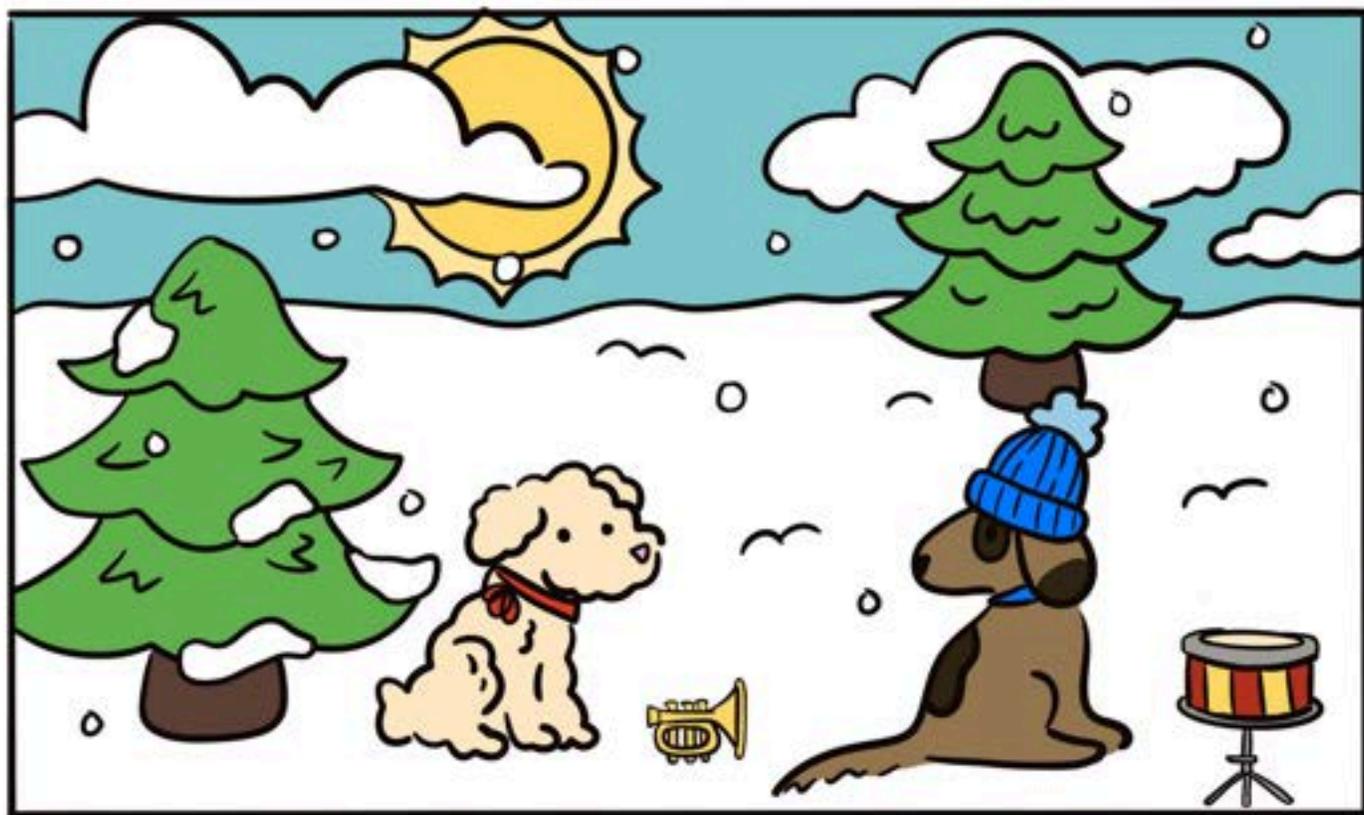
Calm It Down



Spot the Differences



Spot the Differences

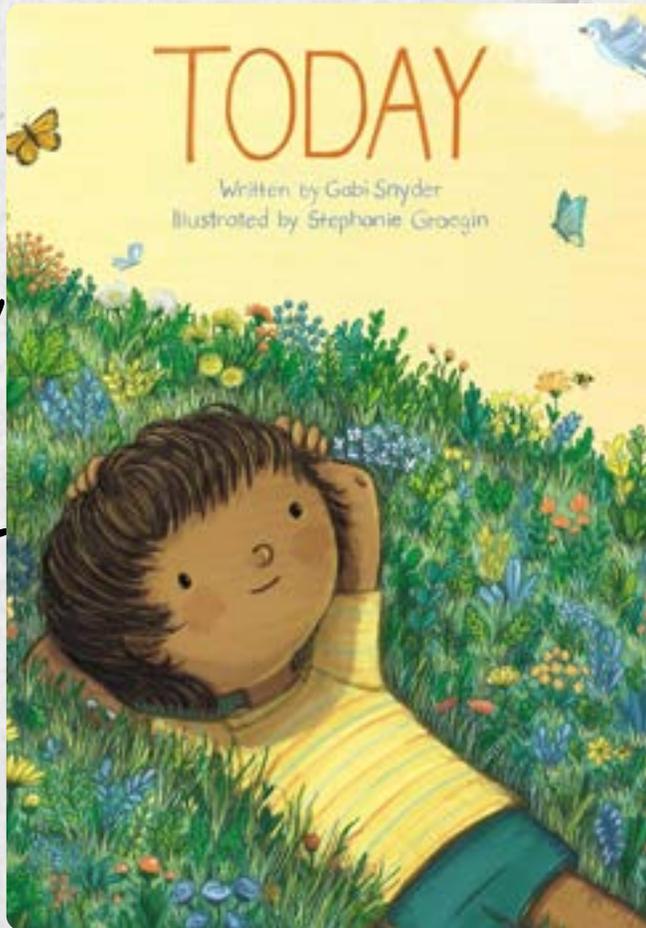


FROM PAGES



TO PRACTICE

Summer Vacation



Memories

Family

Perspective

Reflection Questions to use with your book and our song "Pocket.":

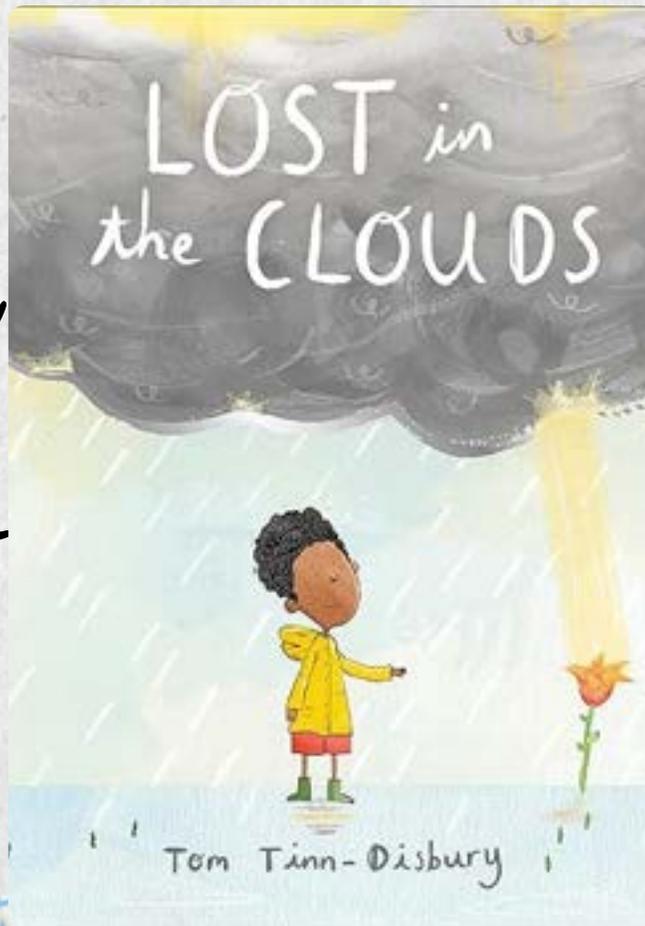
1. Can you think of a time you were having so much fun you didn't want it to end?
2. Can you think of a time it was hard to wait for something exciting?
3. What do you think "being in the moment" means?
4. Can you think of a special memory with a friend or family member?
5. What can help us enjoy what's happening right now?

FROM PAGES



TO PRACTICE

Parental Loss



Support Systems



Processing



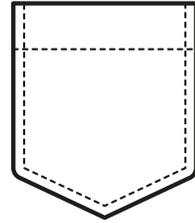
Love



Reflection Questions to use with your book and our song "Pocket."

1. How do you think the little boy felt after his father talked with him? What do you think changed for him?
2. Who are the people in your life that you can talk to when you have big feelings? How do they help you?
3. Are there any feelings that feel hard or uncomfortable to talk about? Why do you think that is?
4. If we're missing someone who isn't with us anymore, what are some ways we can remember them or feel close to them?
5. What would you say to a friend who was feeling lost or sad like the boy in the story?

POCKET PAUSE



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

DESCRIPTION

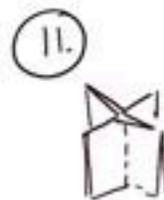
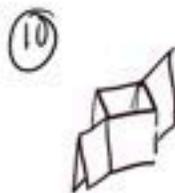
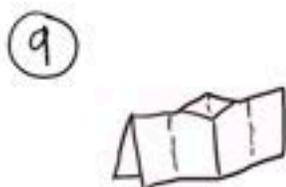
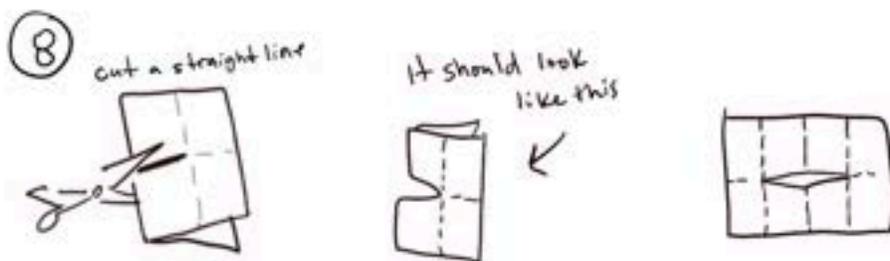
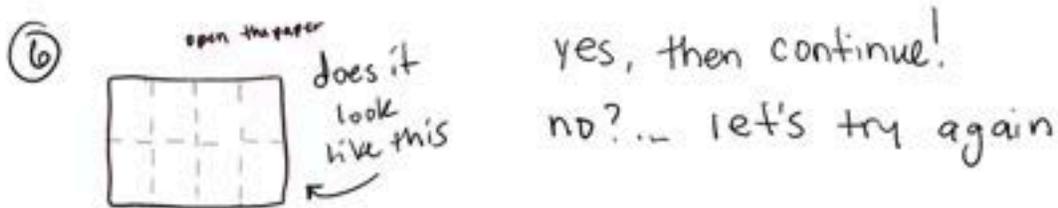
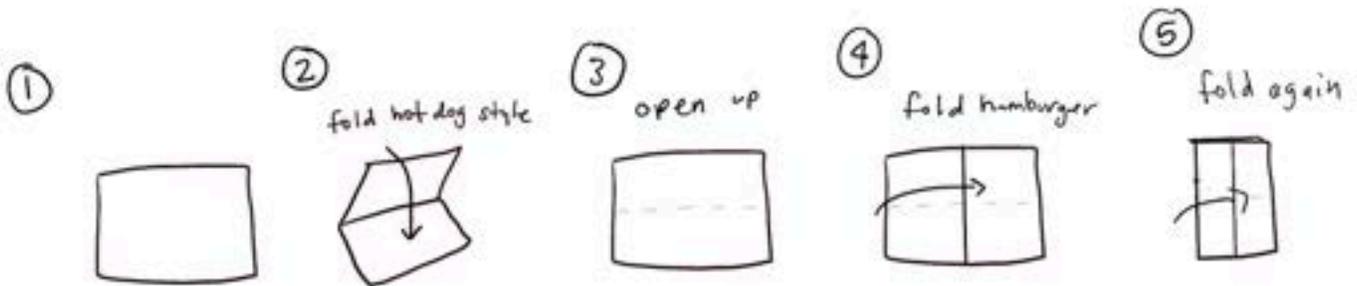
The Pocket Pause book is a small, portable tool designed to help kids calm down and feel better when they're having a tough time. It's filled with simple activities and calming ideas they can use to take a break, focus, and reset their emotions.

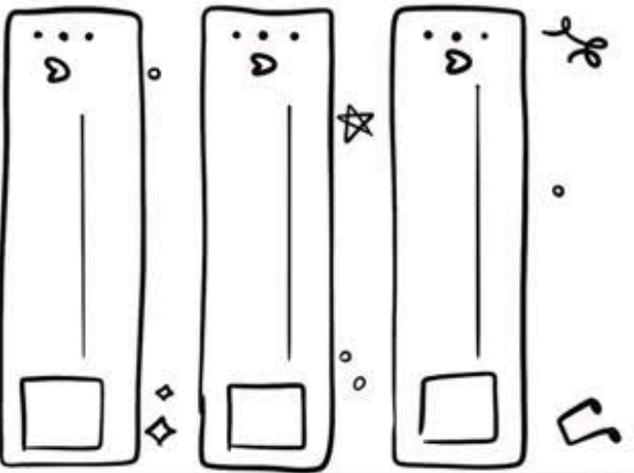
Easy to make and carry, the Pocket Pause empowers kids to practice self-regulation anytime, anywhere.

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

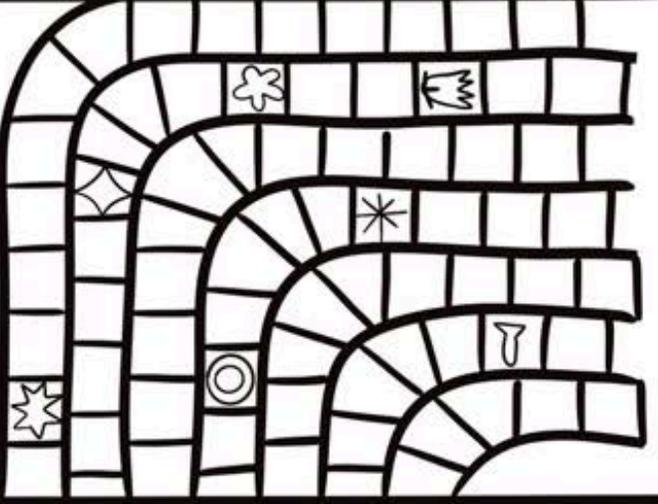




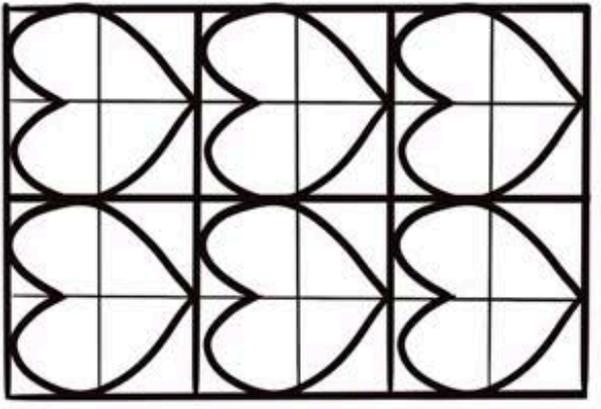
Create your own playlist!



Draw 4 things that start with
The letter R.

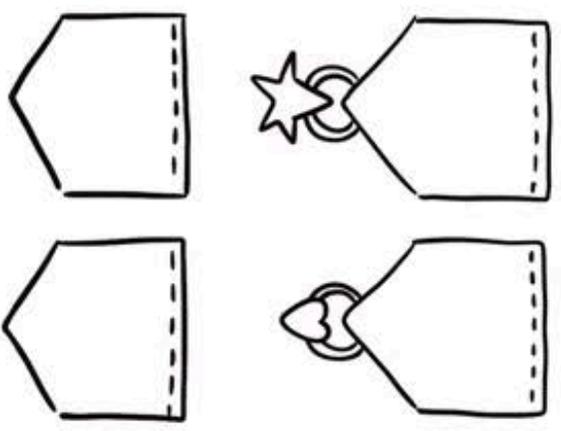


Fill the paths with different colors & patterns.



Color the different sections.

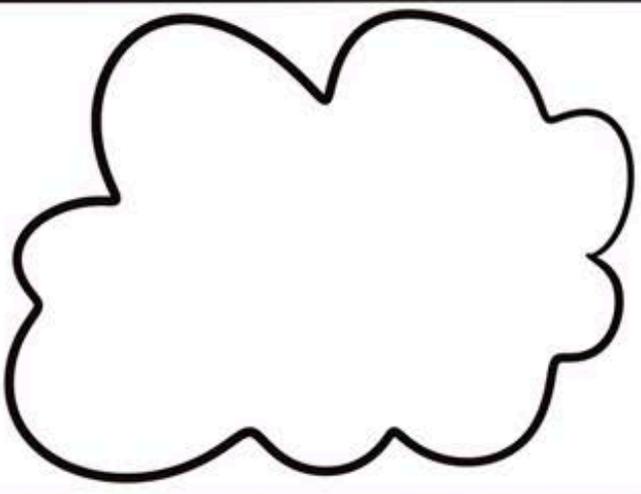
Design some badges. How could you earn them?



Can you find the words friend, fun, mindful, joy, dream, hope, and calm?

D H D N D
 R U Q A P A L M E
 F I C N B E A C I E V
 M I Q N D R E A C I E V
 F R U Q A P A L M E
 L D L Y O E L O V

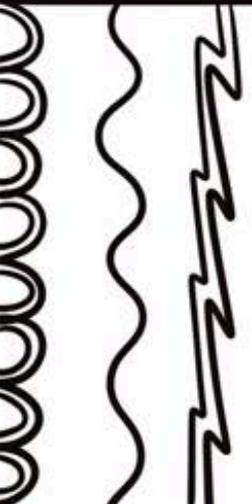
Draw an imaginary friend.



Pocket Pause



_____s



mealtime moments



questions



Meals are for connecting! Choose a question to spark meaningful conversations with your little ones.

What was one small moment today that made you smile?

What is something you're grateful for right now?

What's something new you tried recently – or want to try?

What was the best part of your day?

What's one thing that made you laugh today?

Who is someone that made your day better today, and why?

What's something you're looking forward to?

If you could give today a color, what would it be and why?

What's a sound that makes you feel calm?

What's one thing you learned recently?





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.

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

Q1: What's a simple way families can use music on busy mornings without it feeling like "one more thing"?

Let music do the leading. Choose one familiar song and play it at the same time each morning—while getting dressed, brushing teeth, or packing bags. Over time, the body begins to associate that song with readiness and flow. You don't have to direct it or explain it. Just let it play and notice how the morning softens.

Q2: My child seems extra emotional lately. Is that normal this time of year?

Very normal. Winter brings less light, more time indoors, and fewer natural outlets for movement. Children often express this as bigger feelings or lower frustration tolerance. Music and rhythmic play help give those emotions somewhere to go—especially when words feel hard to find.

Q3: Why is music such a powerful tool during times of transition, like the start of a new year?

Music regulates the nervous system in a way words simply can't. Rhythm helps the brain organize itself, and melody offers emotional containment. During transitions, when things feel uncertain or in-between, music provides familiarity. It tells the body, You've been here before. You're okay.

Q4: This issue includes the "Calm It Down" playlist. When is the best time for families to use it?

There's no wrong time. Some families use it during breakfast, others in the car, and many at bedtime. My favorite is the "in-between" moments—after school, before dinner—when energy is dysregulated and connection feels harder. Those are the moments when calming input can make the biggest difference.

Q5: Do kids really benefit if they're just listening to music, or do they need to actively participate?

Both matter. Listening helps regulate the nervous system, while singing or moving deepens connection and integration. Even passive listening is beneficial—especially when it happens alongside a caregiver. Presence is more important than performance.

Q6: What's one musical tool parents can use when emotions are running high?

Lower your voice and slow the tempo. Whether you're singing, humming, or speaking rhythmically, a slower pace signals safety. The nervous system responds before the brain does, and children often begin to settle without needing much explanation.

Q7: How can parents tell if a practice is actually helping, rather than just becoming "one more thing"?

The body will tell you. If a practice leads to softer shoulders, slower breathing, or more eye contact, it's serving its purpose. If it feels stressful or performative, it's okay to let it go. These offerings are invitations, not obligations. Simplicity is often where the magic lives.

Q8: You posed the question: "How would my 85-year-old self feel about how I'm treating myself today?" How can parents hold that gently?

Think of it as a compass, not a scorecard. It might guide you toward more rest, more forgiveness, or fewer expectations. Our future selves don't need us to be perfect—they need us to be kind. Especially to ourselves. That kindness ripples outward in ways we often can't see yet.

Q9: If there's one small intention families could carry through January, what would you suggest?

Choose presence over pressure. One song sung slowly. One moment of eye contact. One deep breath taken together. These quiet choices shape our children's sense of safety—and our own—far more than any resolution ever could.

Asst Callie continued

UNLOCKING THE LYRICS: POCKET



Not being together is inevitable, but helping kids build resilience and practice reaching into their memories for warmth—even when it feels bittersweet—can be powerful. Our brains are amazing tools for comfort if we learn how to unlock the beautiful memories they're holding.

There are so many ways to use this song, but I highly recommend starting by simply dancing and enjoying the vibes. After that, you might reminisce about special moments together, look at old photos, or even make a photo album. You could listen to it before drop-offs and talk about something you loved doing together and what you'll do when you see each other again. You can blow them a kiss before they leave, and they can “put it in their pocket.” Small moments like these become the memories they'll reach for as adults—remembering your love.

“Pocket” was written when I was lying in bed, thinking about how I want my child to remember me one day when I'm gone. Then I started thinking about how even small goodbyes can feel really big. I wanted a way to put a smile on her face even when I'm not around. Then a year later my father-in-law passed away and this hypothetical loss became very real for my family.

I used this song to help coax a smile and open up conversations. There are so many parts to a person—the places we go together, the jokes they always tell, the little moments that make them them. I wanted this song to be something kids could dance to with their grownups and use as a way to connect. Now here I am using it for the same reason.



POCKET

c#m - f#m - c#m - g#m -f#m - c#m

I've got your love in my pocket and I take it with me
Sweet memories I hold em close to me

I've got your jokes in my pocket and I take 'em with me
The joy and the sillies that you shared with me

Ah oo ah oo ah oo

I've got your stories in my pocket and I take 'em with me
I share little snippets with friends close to me

I've got the warmth of your love in my pocket today
The feelin' in my heart will never fade away

Ah oo ah oo ah oo

Clap clap clap your hands - clap clap clap clap your hands
Clap 'em up high, clap 'em down low
Round and round and here we go

I've got the strength of my feelings in my pocket today
Some days may be hard but today I'll say

I've got your love in my pocket and I take it with me
Sweet memories I hold em close to me



Pocket of Love Craft

Materials Needed:

- 1 sheet of paper (construction paper or printer paper both work)
- Scissors
- Crayons, markers, or colored pencils
- Glue stick or liquid glue
- Small photos, magazine cutouts, or stickers (optional)
- Pencil (for tracing the heart shape)

Description:

Pocket of Love is a simple, meaningful craft designed to help children feel connected to loved ones when they are apart. Whether that's heading to school or experiencing a separation. By folding paper accordion-style and cutting out a heart shape, children create a tiny heart-shaped "book" that fits right into their pocket or backpack.

Instructions:

1. Fold the Paper
2. Take your sheet of paper and fold it back and forth accordion-style (like a fan) until it forms a small, thick rectangle.
3. On the top layer of the folded paper, draw a simple heart shape. Make sure one side of the heart touches the folded edge—this will help keep your pages connected like a book.
4. Cut Out the Heart
5. Decorate Each Heart Page
6. Once finished, fold the hearts back into a tiny heart-shaped booklet.
7. Slip the Pocket of Love into a pocket, backpack, or lunchbox. It's there whenever your child needs a reminder of home and love.



This is an accordion fold.

TIP:
Only cut where you see
pencil markings!



I AM

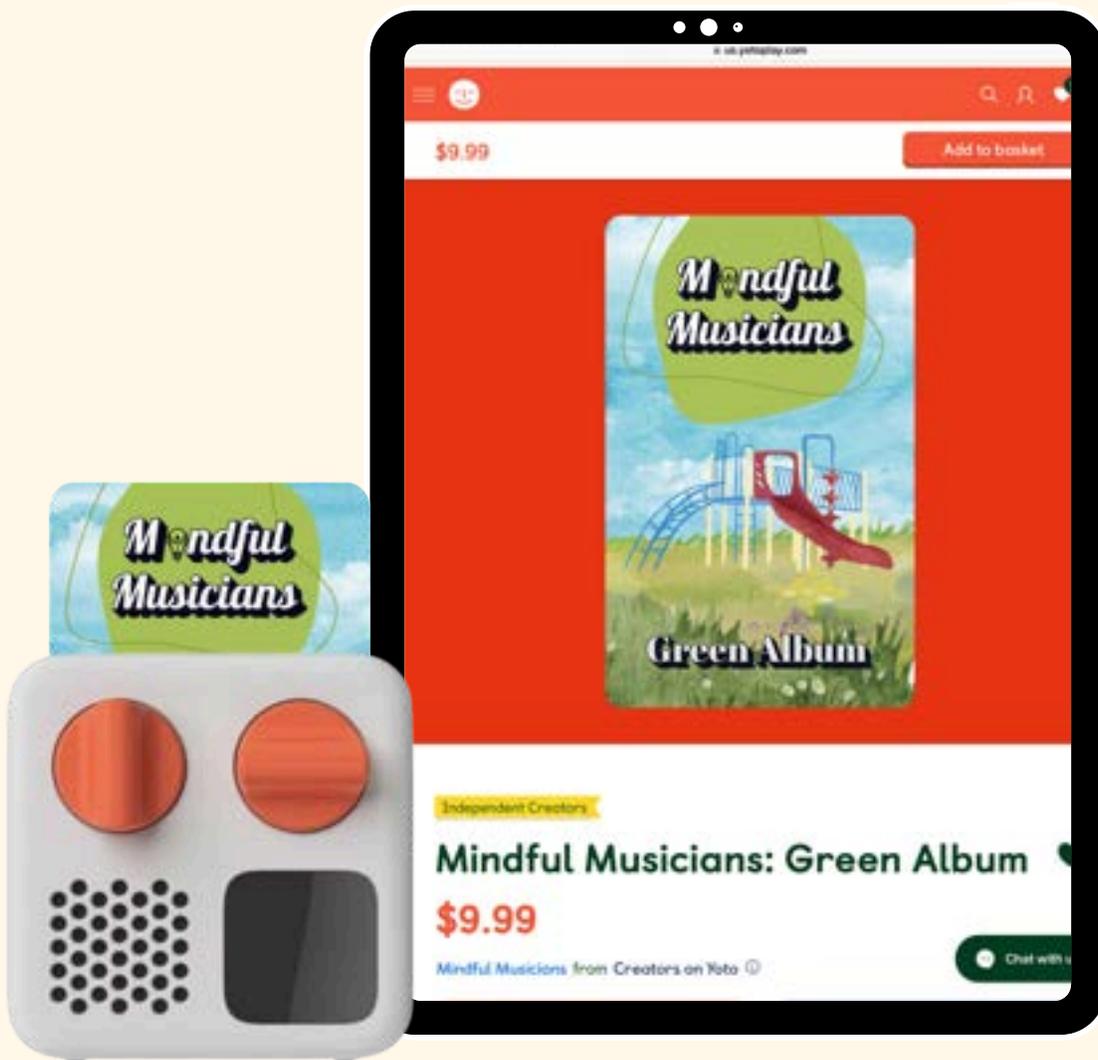
LOVED





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>