



A MINDFUL MUSICIANS PUBLICATION



ROOTED FAMILY MAGAZINE

FEBRUARY 2026
VOL 2 — ISSUE 2



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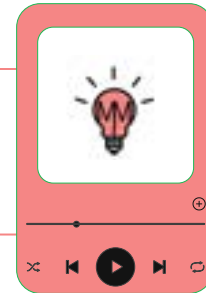
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HELLO, FROM CALLIE

F E B R U A R Y 2 0 2 6



Dear Mindful Musicians family,

It's already time for another issue... and this one feels especially tender.

Our featured song this month is "Not Much Else to Say." It's a lullaby I wrote for Selah when she was little, but like most songs written in the quiet hours of motherhood, it grew into something bigger than one child.

There is something wild and humbling about being a parent. We think our children belong to us. But if we're honest... we belong to them.

They are the ones who will (hopefully) outlive us. They are the ones we will love unconditionally, even in seasons when they are stretching their independence and learning who they are. We will hold their little hearts for as long as we are here. They are gifts we get to experience on this soulful journey.

When you sing this lullaby, I invite you to feel the vibration of your voice against your child's chest as you rock them. Let them feel you. Let them borrow your nervous system. Let them fall asleep knowing they are safe and loved.

I sing this so often now that my daughter rocks her own babies and sings her "I love you song" to them. This is what matters. These are the memories that linger. These are the thoughts they drift off with at night.

Safety. Love. Presence.

And as this issue arrives to you, we are also in the final days of the Year of the Snake.

It has been a year of shedding for me. A deep one.

Growth is not glamorous. It is uncomfortable. It requires courage to look at the stories we've carried — the narratives we believed were truth — and ask whether they still serve who we are becoming.

HELLO, FROM CALLIE, CONT.

F E B R U A R Y 2 0 2 6

Choosing to grow intentionally is brave. I see that bravery in you. It isn't loud. It isn't performative. It is quiet and internal and sometimes lonely. But it is real.

As we prepare to move into the energy of the Fire Horse, I feel something shifting. I am ready for movement. For aliveness. For wind in my hair.

I picture myself riding a powerful, fast horse — feeling strong and awake — and in the distance I see the things that no longer get to anchor me: shame, guilt, old family dynamics, alcohol, stories that kept me small.

My family is still there. My marriage is still there. My children are still there. But without the shackles.

I see strong intimacy. Joyful little lights of children. Music for myself again. Travel. Sunshine. Money flowing with ease. Less mental load. Deep sleep. Strength in my body. Relief.

I already have abundance. But I am ready for abundance without the anchors.

In these final days of shedding, I'm asking myself: What do I want to consciously release? Maybe I'll write it down and burn it. Maybe I'll sweat it out. Maybe I'll journal what I'm ready to call in. Maybe I'll simply decide.

This month also marks one year since our very first issue of Mindful Musicians. One year of choosing intentional presence with our children. One year of songs, breath, connection, and courage.

Thank you for being here. Thank you for choosing growth. Thank you for singing.

There's not much else to say... except I love you for showing up.

With warmth,



February Playlist

SCAN ME

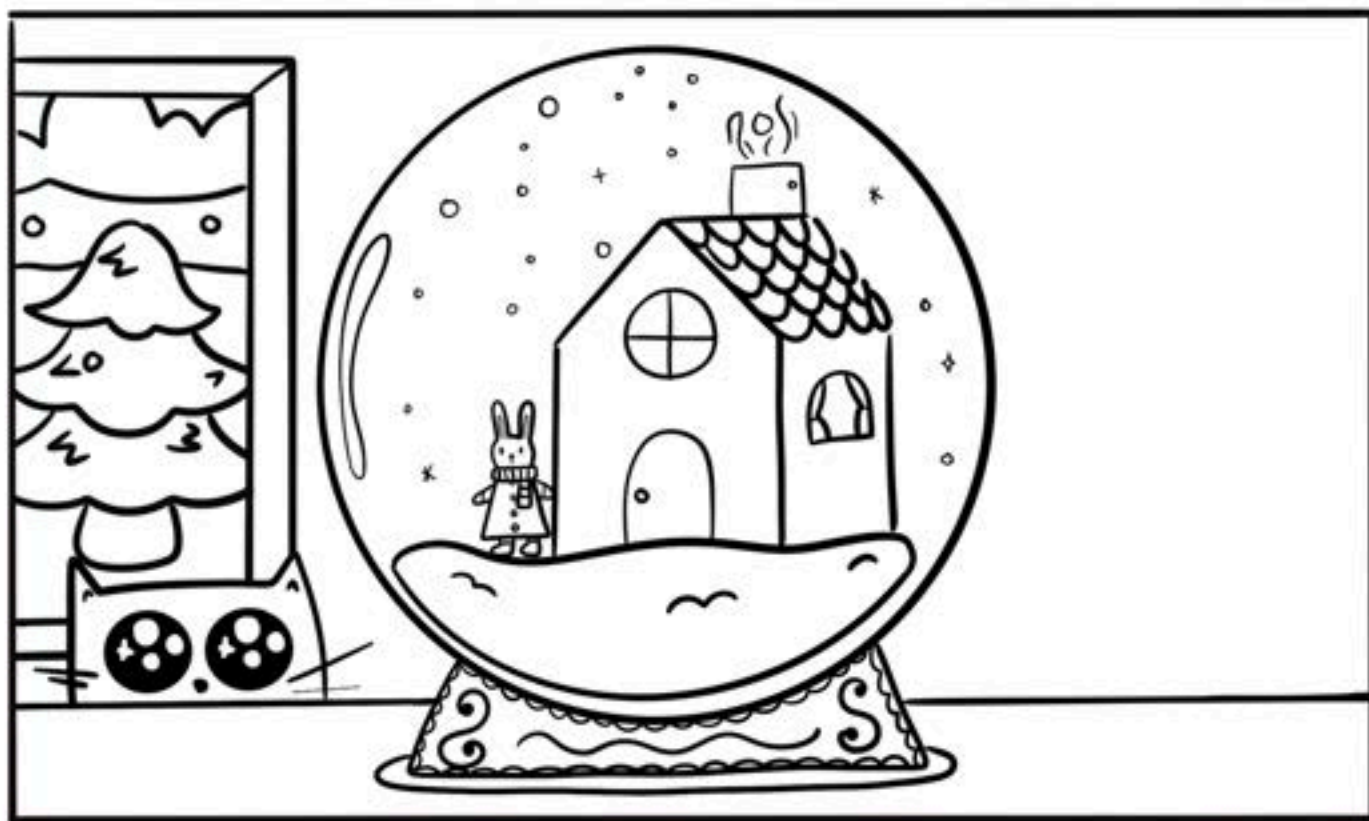
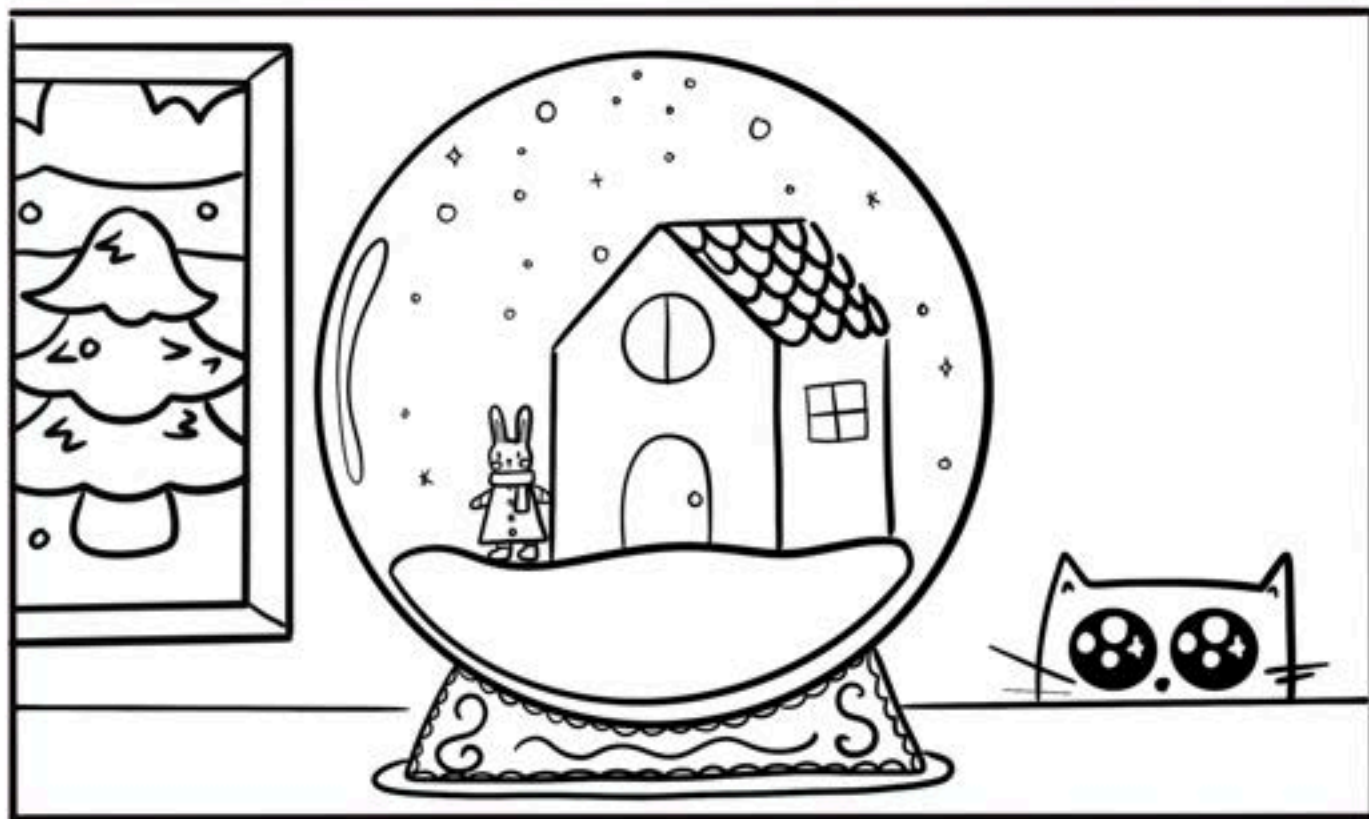


A Moment of Love



Or Click Here

Spot the Differences



Spot the Differences

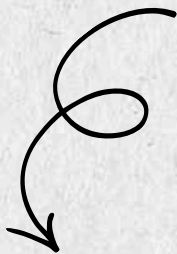


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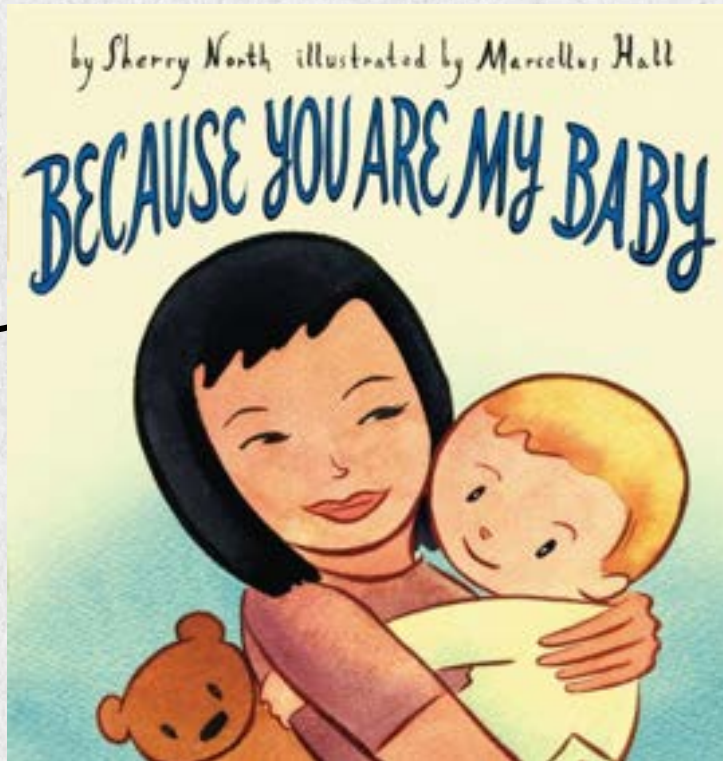
TO PRACTICE



Rhymes



Silly!



Beautiful art



Love

Reflection Questions to use with this book & our song "Not Much Else To Say."

1. You are loved no matter what! What are some of your favorite ways to be told I love you?
2. What do you think the author was saying in this story?
3. What was your favorite part of the story?

FROM PAGES

TO PRACTICE



Diversity



Support Systems



Love



Inclusion



Reflection Questions to use with this book & our song "Not Much Else To Say."

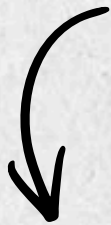
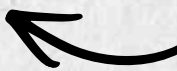
1. Do you know the members of your family?
2. Who in your family tells the funniest jokes?
3. Who in your family loves the same shows as you?
4. Who in your family do you love to play with?
5. How should families make you feel?

FROM PAGES

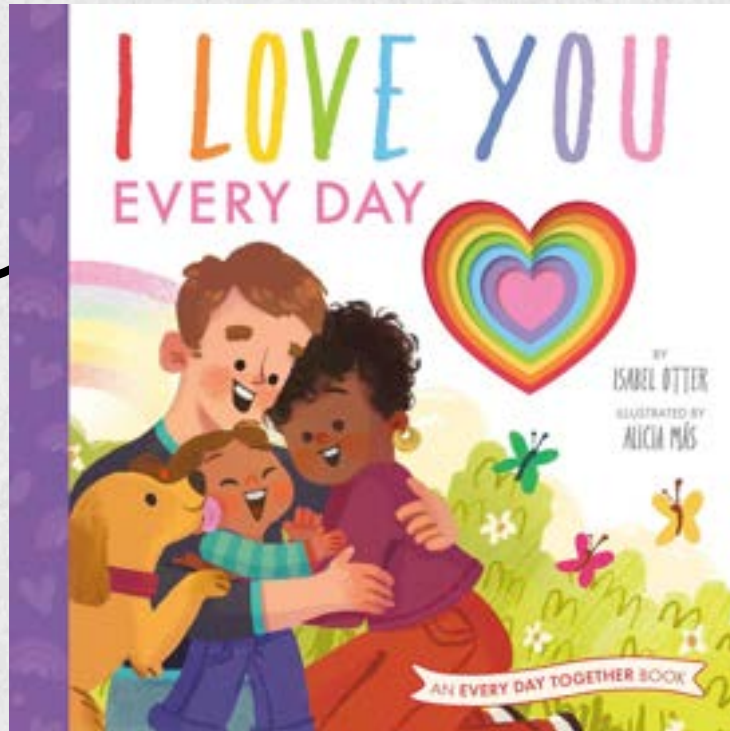
TO PRACTICE



Unconditional
love



Family

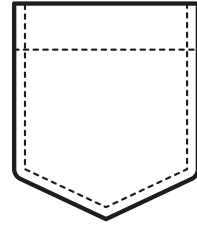


Inclusion

Reflection Questions to use with this book & our song "Not Much Else To Say."

1. Are there people in your life who love you no matter what?
2. What are some ways we can show our love?
3. How do you feel when someone loves you?
4. What are some ways you can show your friends love?
5. How can we help love grow in our world?

POCKET PAUSE



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

DESCRIPTION

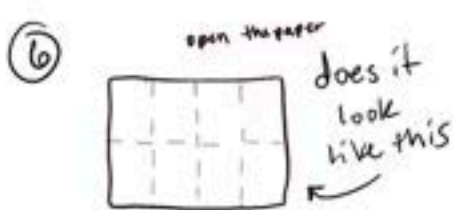
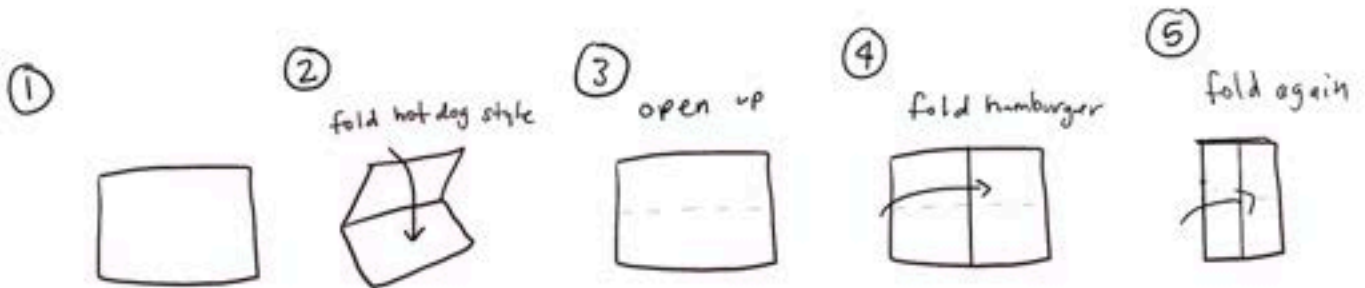
The Pocket Pause book is a small, portable tool designed to help kids calm down and feel better when they're having a tough time. It's filled with simple activities and calming ideas they can use to take a break, focus, and reset their emotions.

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

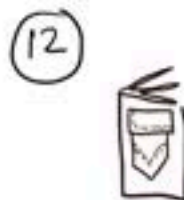
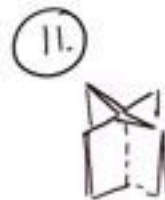
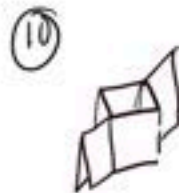
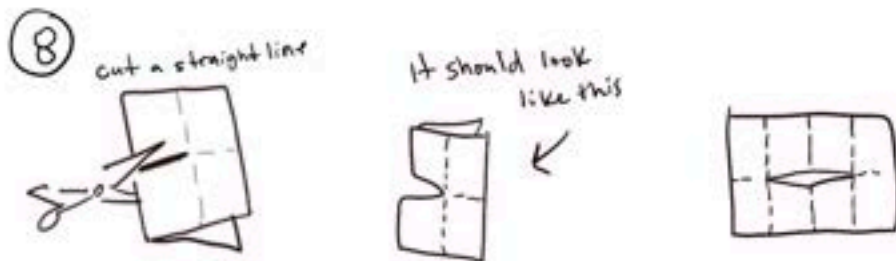
INSTRUCTIONS

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



yes, then continue!
no?... let's try again





Can you say the animals name AND clap it?



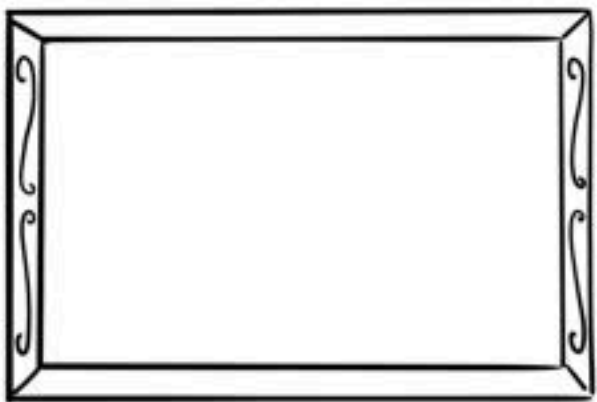
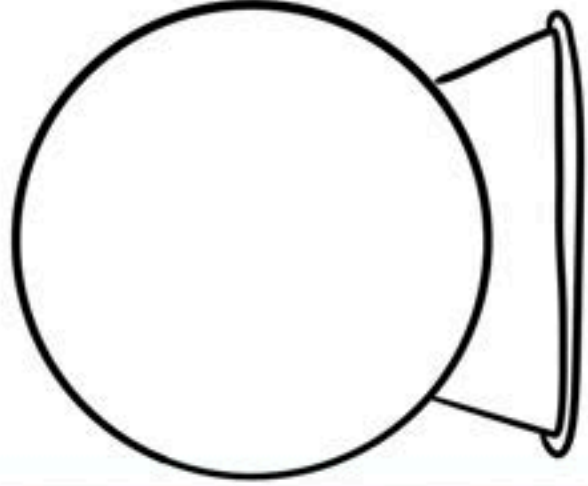
Draw your own!

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R S T W I C P
 E H L A T A R O
 S Z O V I G T I U
 P B A Y E R D E N D
 T S N E T O S H C
 H W S T O S H N

Can you find these words: respect, fair, patient, proud, caring, love, and honest

Create your own snowglobe



Draw an object in front of you



Get 5 in a row!!

Give a compliment	Share	Wait calmly	Help a friend	Take three breaths
Use gentle hands	Listen without interrupting	Stretch	Encourage someone	Tidy your space
Cheer for someone else	Use your calm voice	Offer help	Thank a friend	Give a compliment
Say thank you	Be thoughtful	Hold the door	Include someone new	Forgive someone
Find every color of the rainbow	Tidy a space	Share a kind note	Say please	Open the door for someone

* BONUS LEVEL: Complete EVERY square!!

★ BINGO ★

mealtime moments

questions

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

What made you smile today?

Did anything feel hard or tricky today?

Who did you play with today?

What new thing did you try today?

What are you looking forward to tomorrow?

If you could have any superpower, what would it be?

If our family were animals, what would we be?

What would your dream playground look like?

If you could visit anywhere in the world, where would you go?

If you met your grownup self today, what would you tell them?



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. My child fights bedtime and says they're not tired. How can I make bedtime feel more connected instead of a battle? ▼

Bedtime resistance is often about unfinished thoughts, not energy. Try creating a small "worry notebook" ritual. Before lights out, invite your child to share any lingering worries and write them down together. Let the notebook hold them for the night. Then return to a familiar lullaby or steady rhythm. When children feel heard, their bodies soften.

Q2. Why are lullabies so powerful, even as children get older? ▼

Lullabies regulate through predictability. The slow tempo, repetitive melody, and familiar voice signal safety to the nervous system. Even older children benefit from that structure. It's less about the song itself and more about the felt sense of, "You're safe. I'm here."

Q3. Does my child need musical talent to benefit from singing together? ▼

Not at all. Music for regulation is not about performance. It's about rhythm, repetition, and connection. Your voice — exactly as it is — is the most regulating sound your child knows.

Q4. What's one simple way to bring more connection into our evenings? ▼

Choose one song and make it your family's "landing song." Play or sing it at the same time each night — after baths, before books, or while cleaning up. Over time, the body associates that melody with slowing down. Consistency creates calm.

Q5. My child says they're scared at night. Should I reassure them or let them work through it?

Start with validation. Fear feels real in the body, even when we know the room is safe. A steady tone of voice, gentle humming, or soft rhythmic tapping can help regulate first. Once the body settles, the mind follows more easily.

Q6. How can music help children feel loved?

Music carries emotional tone more directly than words. When you sing slowly, make eye contact, or match your child's rhythm, you're communicating attunement. That sense of being matched and felt is what builds secure attachment.

Q7. Is it better to use recorded music or sing myself?

Both have value. Recorded music can provide structure and consistency. Your live voice, however, adapts in real time — adjusting tempo, volume, and pacing to your child's needs. That flexibility makes it especially powerful for co-regulation.

Q8. What role does repetition play in emotional regulation?

Repetition builds predictability. Predictability builds safety. When a melody or rhythm is repeated, the brain begins to relax because it knows what's coming next. That's why children often ask for the same song again and again.

Q9. If families could carry one musical intention through February, what would you suggest?

Slow it down. Slower songs. Slower transitions. Slower voices. In a world that moves quickly, gentle rhythm and steady presence remind children — and us — that we don't have to rush connection.

Asl Callie continued

UNLOCKING THE LYRICS: NOT MUCH ELSE TO SAY



This song, Not Much Else to Say, is such a beautiful song.

When I think about all the difficult problems in the world, all of the struggles people are going through, and the answers I do not always have for the questions my child brings to me, this song feels like the perfect response sometimes.

An unconditional love that will not go away, that is the love a parent gives to a child.

It is a gift that fuels them as they grow into the person they are becoming, knowing there is someone in the world who, no matter what, will love them, will listen, will be there, and will not judge.

Lately, I've found myself actively working to correct less and simply watch more, to let my child learn on her own, and to be there when she asks for me.

For some reason, the image of a bonsai tree that's been clipped too close comes to mind. A tree tended with care, but trimmed so often that it struggles to fully flourish. I think of how easily I can do the same with my child when I'm constantly correcting her as she tries to learn.

I know it comes from love, but sometimes showing love means sitting back, being present, and letting them stretch and grow.

Sometimes love sounds like nothing more than:

I love you.

Because our children are learning, and we, as parents, are learning too.

And I hope you know that this unconditional love is meant for you as well. As you are growing and figuring things out, may you give yourself grace and patience. Even on your toughest parenting day, you are loved, and you are enough.

I try, as best I can, to wipe my slate clean each day by apologizing, by trying again, and by doing better.

I think we could all benefit from a little more I love you...

and a little less pressure.



[Or Click Here](#)

NOT MUCH ELSE TO SAY

C dm em G
I love you, I love you - there's not much else to say,
C

I love you

C dm em F G C
I love you, I love you every single day i love you

F C
No matter where you go

dm C
No matter what you do

F C
You'll always have my heart

F dm G
'cuz I belong to you

C dm em G
I love you, I love you - there's not much else to say,
C

I love you



Pocket of Love Craft

Materials Needed:

- Yes Day Menu template (drawing or writing version)
- Crayons, markers, or colored pencils
- Pencil or pen
- Extra paper (optional)

Description:

A Yes Day Menu is a simple, connection-focused activity where a child (or children) plans a special “Yes Day.” They choose the meals and the games they want to play with the grown-ups. It gives children, whose days are often decided for them, a chance to make their own choices and feel heard.

Try not to set many limits. You know your family best. The joy is not in seeing children make the decisions you want, but in watching them make decisions, learn from them, and enjoying time being silly and playful together.

For grown-ups, the goal is to notice when you want to say “no” or control how something is done and pause to ask:

“Is this actually dangerous or truly worth a no?”

If not, lean into yes.

Two simple templates are included, one for drawing and one for writing, but this can also be done on any piece of paper.

Instructions:

1. Explain Yes Day and that your child will get to choose the meals and activities.
2. Have them draw or write their choices (meals, snacks, games, special ideas).
3. Review the plan together and prepare anything needed.
4. Enjoy the day! Play, be present, and follow their lead.
5. At the end of the day, reflect together on your favorite moments.

YES DAY MENU

Breakfast

Lunch

Dinner

Play Together !



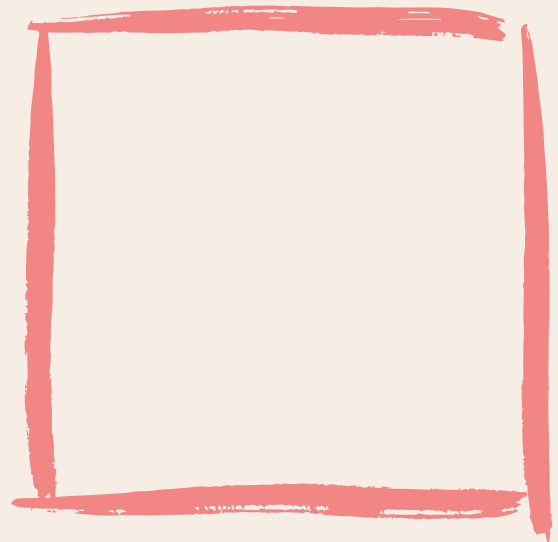
TAKE A BREAK AND FIND WAYS TO SAY YES!

YES DAY MENU

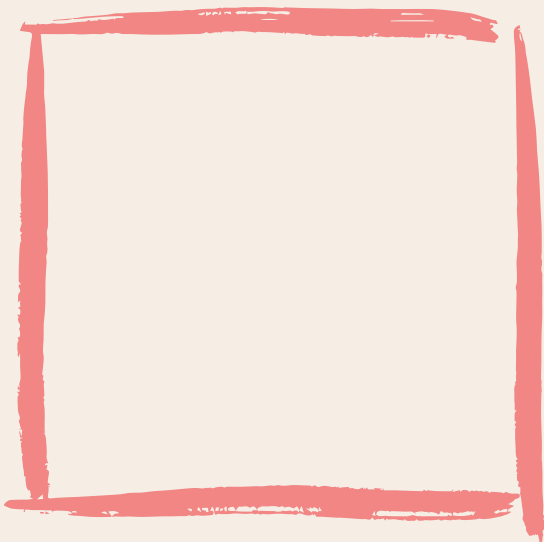
Breakfast



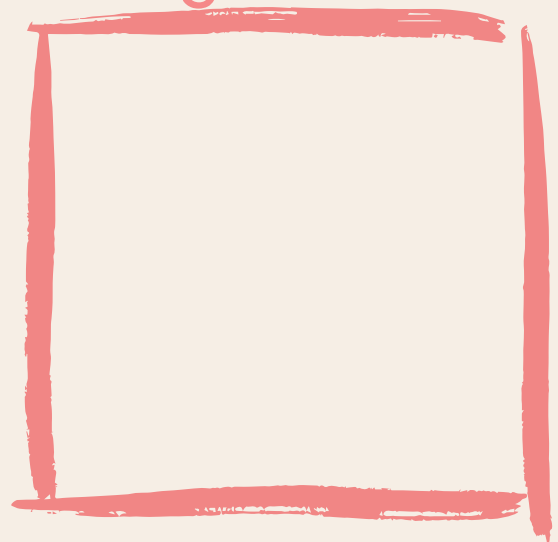
Lunch



Dinner



Play



TAKE A BREAK AND FIND WAYS TO SAY YES!

LOVE

LOVE

LOVE



LOVE

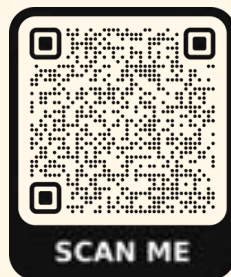
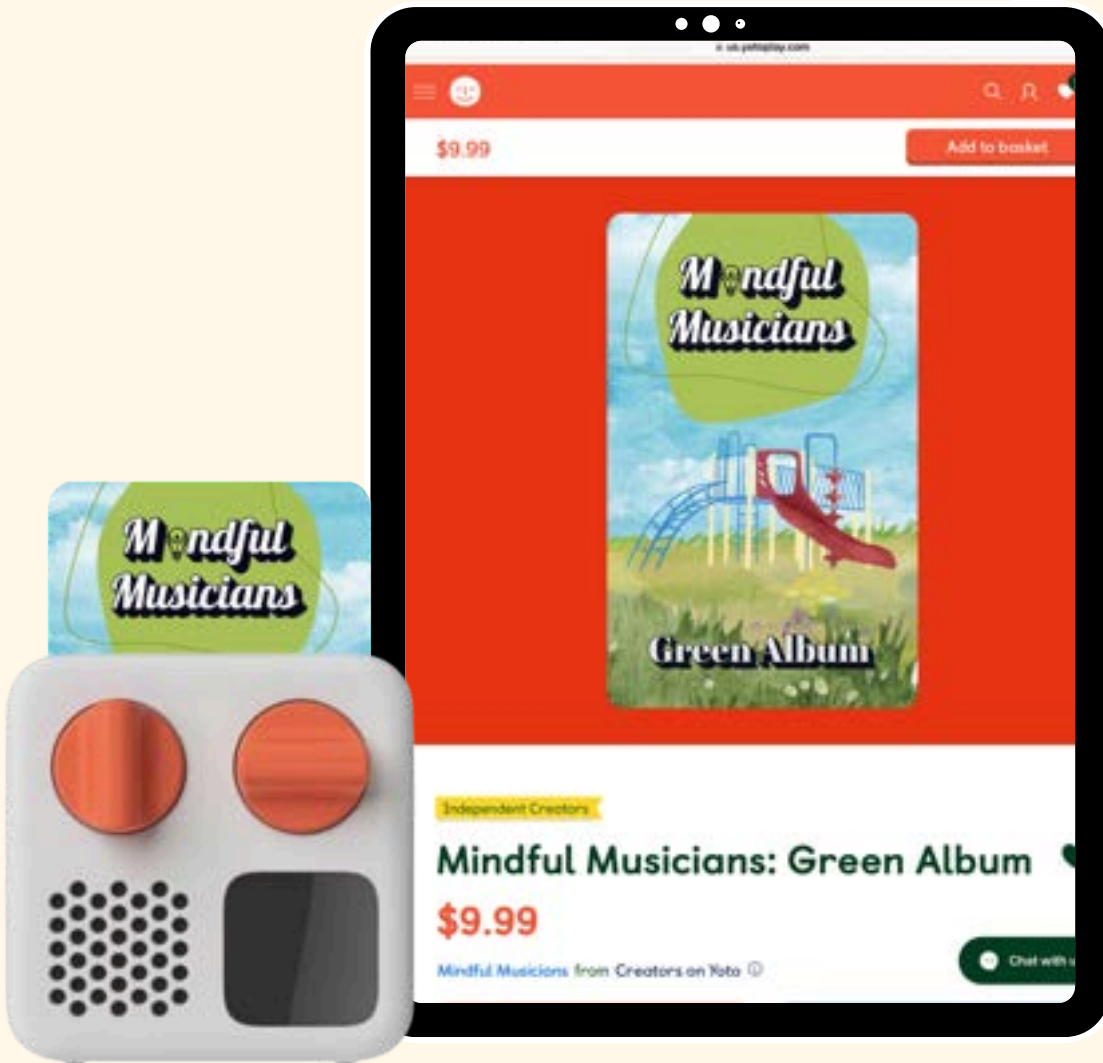
LOVE

LOVE



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>