

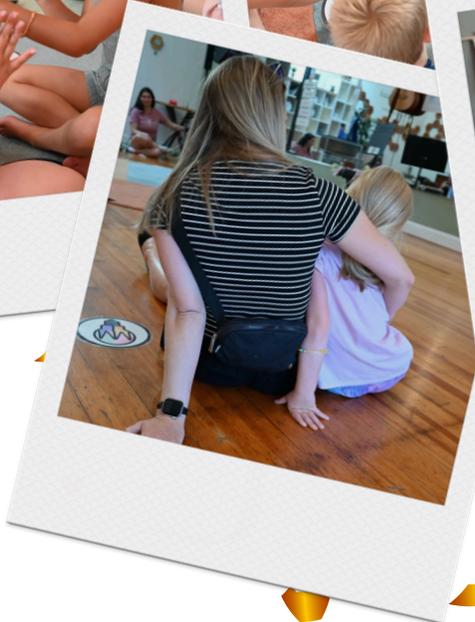
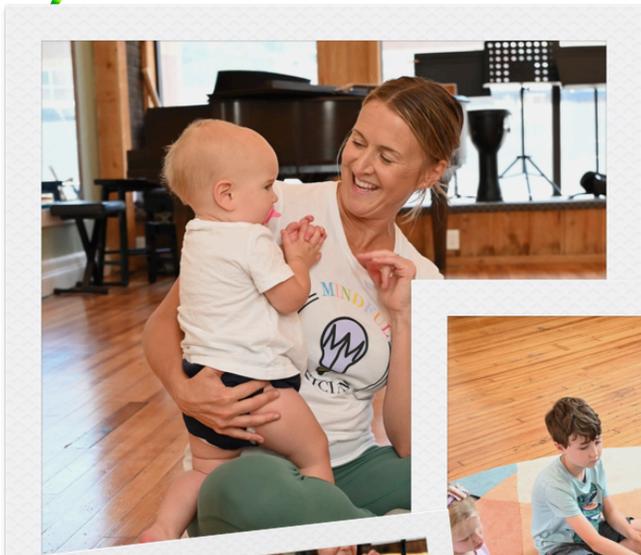


A MINDFUL MUSICIANS PUBLICATION



ROOTED FAMILY MAGAZINE

MARCH 2026
VOL 2 — ISSUE 3



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HELLO, FROM CALLIE

MARCH 2026



March has arrived a little later than I expected this year—at least in me. I keep hearing that this is the year of the fire horse, and I'll be honest... I'm still waiting to hear the sound of hooves. Right now, it feels less like galloping and more like slowly weaving my way through a few lingering snakes—old patterns, quiet doubts, subtle identity shifts that don't resolve overnight.

The work, for me, has been internal. It's been learning—again and again—that I am allowed to shift. That my role as a mother, a wife, and a professional is not fixed. That I can evolve without needing to justify every change. That I can offer myself space, freedom, and forgiveness while I figure out what this next version of me looks like.

And if I'm honest, that hasn't been easy. Because motherhood, as it exists in our world right now, asks for everything. It asks for presence and patience and creativity and structure and emotional steadiness... all at once. And when you're being pulled in so many directions, there's this quiet, painful narrative that starts to creep in: I could be doing better.

Not because it's true—but because it feels true when your attention is divided across a life that is full.

And that's the tension I've been sitting with this month.

The knowing, deep in my soul, that I am not failing... paired with the very human feeling that I'm not fully showing up anywhere the way I could. But maybe that's not the point.

Maybe the fire horse doesn't arrive in a burst of clarity or momentum. Maybe it comes after the slower, less glamorous work—the shadow work. The part where you sit with discomfort. Where you have honest conversations. Where you let the identity you've outgrown loosen its grip.

And maybe only then do you begin to recognize what feels light.

HELLO, FROM CALLIE, CONT.

M A R C H 2 0 2 6

Ruby reminded me of something this month that I haven't been able to shake. I asked her, "Would you rather feel happiness all the time, or feel all the emotions?" Without hesitation, in her eight-year-old wisdom, she said, "All the feelings. Because you can't know happiness without the other ones."

And there it is.

The permission we keep forgetting we have.

To feel all of it.

To stop chasing a permanent state of balance—as if life is something we can finally "arrive" at—and instead begin to see it for what it actually is: a constant, gentle shifting. A leaning one way, then the other. A rhythm, not a destination.

Balance isn't a place we land. It's something we move through. And the sooner I accept that, the more peace I find inside it.

This month's theme is celebrate. And it feels right—not because everything is perfect, but because everything is real.

As I write this, I'm sitting on my deck in the sunlight on a Friday afternoon. One daughter is sleeping. The other is beside me, carefully preparing a mocktail with sugar-lined glasses. We're about to soak our feet and give each other pedicures.

Yes, I'm working. And yes, I'm also fully here.

And maybe that's the quiet answer I've been looking for—not choosing one or the other, but allowing both to exist at the same time. In a world that is constantly asking for more—more productivity, more achievement, more improvement—it's so easy to lose sight of how much we already have.

How abundant this life already is.

We don't need to wait until things are perfect to celebrate them.

So today, I am celebrating.

I'm celebrating myself—for continuing to show up and grow. I'm celebrating my daughters, who remind me daily what presence actually looks like. I'm celebrating my marriage, in all of its complexity and commitment.

And I'm celebrating you—this community of people who believe in something deeper. Who understand that teaching brain health, emotional awareness, and empathy from the earliest ages isn't just important... it's necessary. Because the truth is, we are all going to go through hard moments in our lives. Our kids will too.

And when those moments come, what matters is not avoiding them—but knowing how to move through them. and knowing you're not alone; & remembering that when someone else is unkind, or difficult... it's rarely about you. It's about what they're carrying.

We don't excuse behavior—but we can meet it with understanding.

Because none of us act like our best selves when we're hurting.

So maybe this month is an invitation to soften, to zoom out, to stop keeping score. To celebrate what is, without needing it to become more.

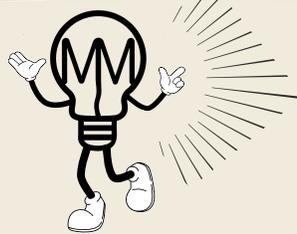
And to trust that the fire horse, when it's ready, will run.

Until then, this is enough.

Callie Fitzgerald

March Playlist

SCAN ME

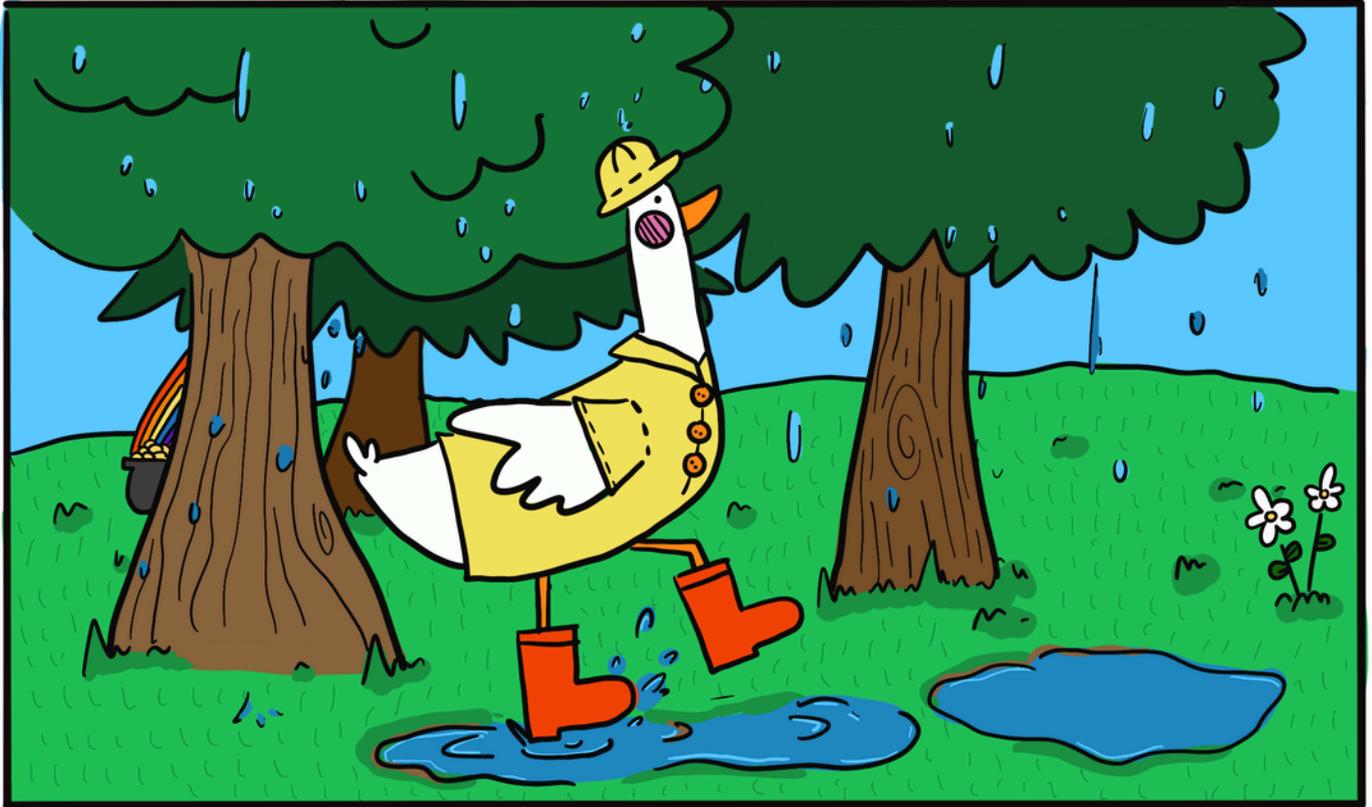


Energy Release!



[Or Click Here](#)

Spot the Differences



Spot the Differences

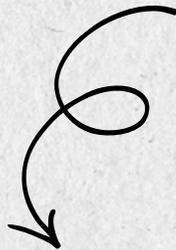


FROM PAGES

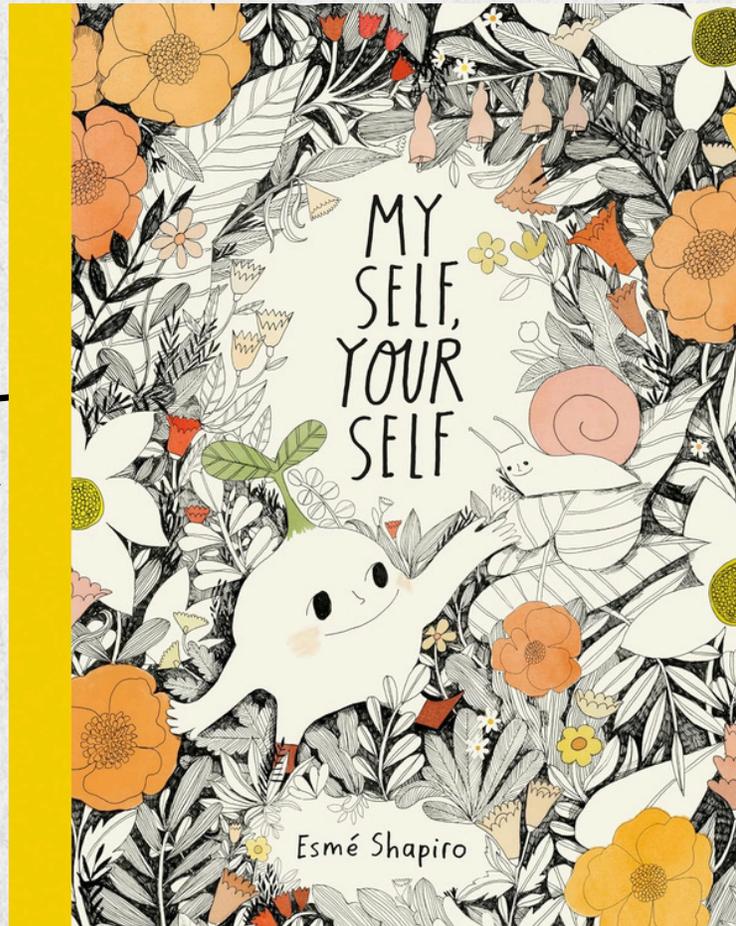


TO PRACTICE

Whimsy



Self-love



Friendship



Joy

Reflection Questions to use with this book & our song "Celebrate"

1. How does a good friend make you feel?
2. What are some things that you are good at?
3. What are some things your best friend is good at?
4. What is something that you have learned from a friend?
5. If your feelings got hurt and you told your friends, what would they say?

FROM PAGES

TO PRACTICE



Fantasy



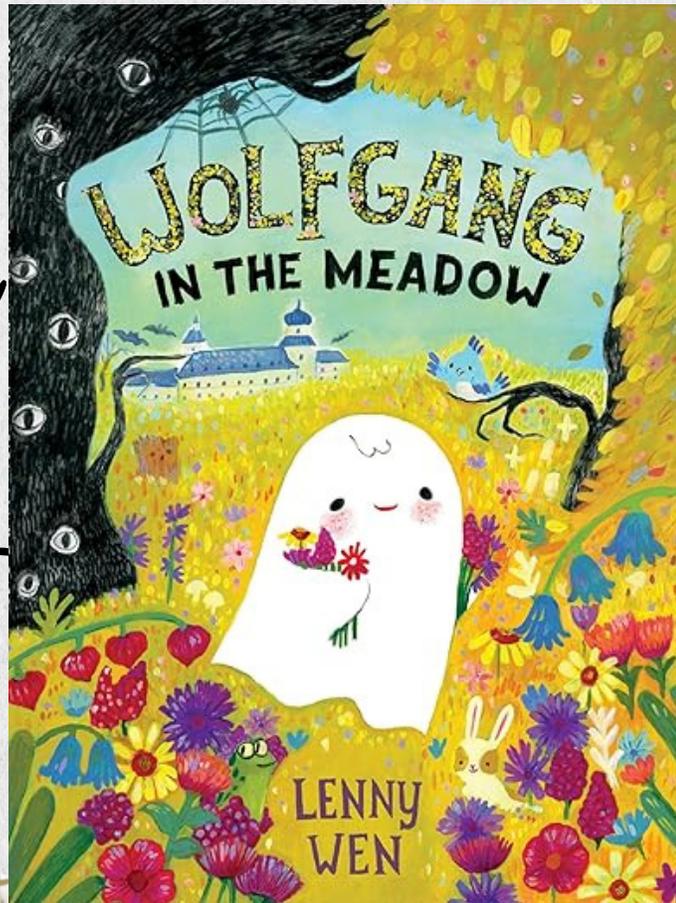
Self-discovery



What happens after you reach your goal?



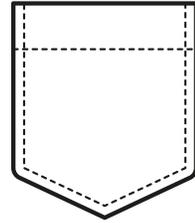
Determination



Reflection Questions to use with this book & our song "Celebrate."

1. Why did Wolfgang start losing his powers?
2. How do you think he felt in the meadow?
3. Who is someone you think is awesome, and why?
4. What do you think the world would be like if we were all exactly the same?

POCKET PAUSE



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

DESCRIPTION

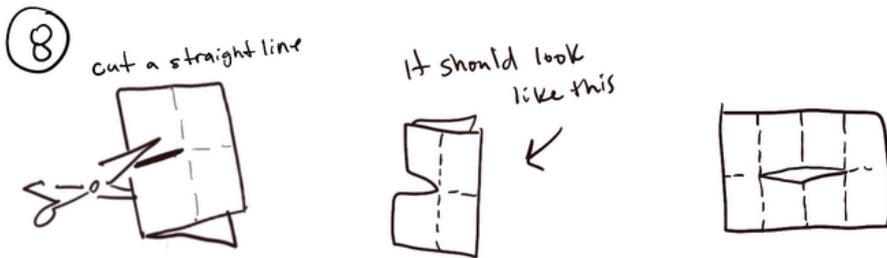
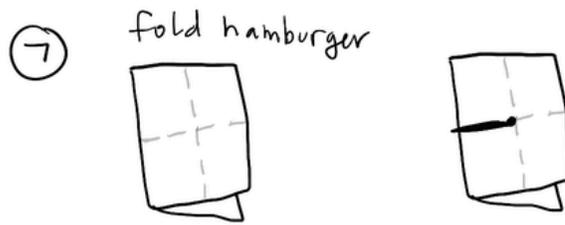
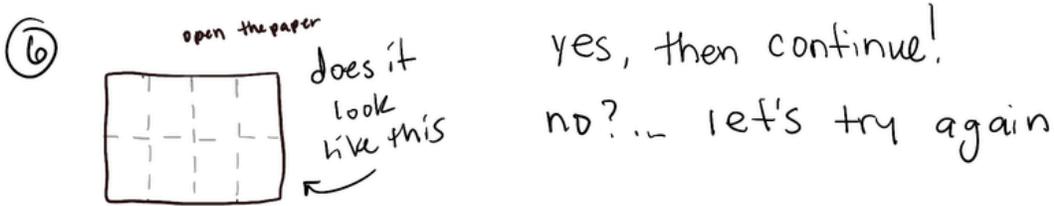
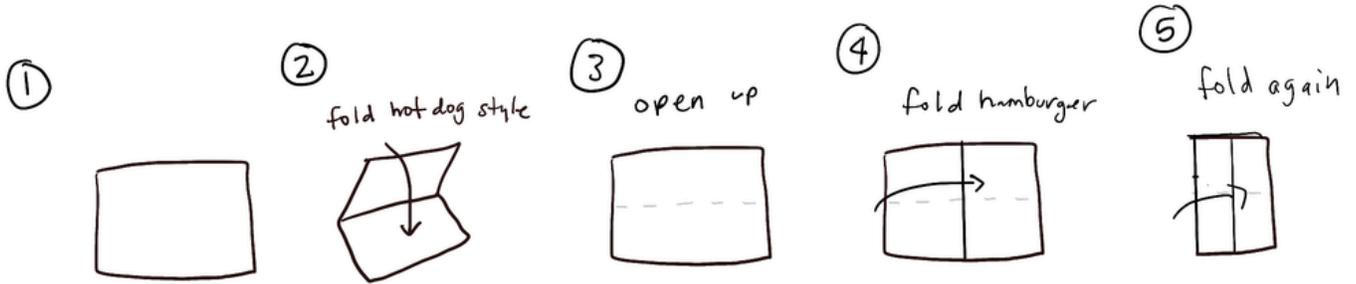
The Pocket Pause book is a small, portable tool designed to help kids calm down and feel better when they're having a tough time. It's filled with simple activities and calming ideas they can use to take a break, focus, and reset their emotions.

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



mealtime moments

questions

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

If you could be any imaginary creature, which would it be?

If you could trade places with anyone in our family, who would it be?

What is your favorite dessert?

What new thing did you try today?

What was something new you learned recently?

What game did you play at recess today?

What kind of music do you want to listen to during dinner?

If you could fly, where would you go?

Can you rub your tummy and pat your head at the same time?

What is your favorite joke?





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. I feel pulled in so many directions as a parent. How can I stay present? ▼

Presence is less about time and more about nervous system alignment. Even brief moments of shared regulation—like singing together or matching breath—can increase connection. Research shows that synchronized rhythm supports attention and co-regulation, even in short bursts.

Q2. I feel like I'm not doing any one role well. How do I navigate that? ▼

This often reflects cognitive overload, not failure. The brain functions best with clear transitions. Using consistent musical cues (e.g., a "closing" song after work) helps signal role shifts and reduces mental fragmentation.

Q3. My child has big emotions. What helps in the moment? ▼

Co-regulation should come before correction. Match your child's emotional intensity with a slightly calmer tone—slower voice, steady rhythm. This is supported by Polyvagal Theory: the nervous system responds to cues of safety before it can process language.

Q4. How can I help my child build empathy? ▼

Empathy develops through perspective-taking. Gently reframing behavior—"They might be having a hard time"—supports this. Music can reinforce emotional recognition by exposing children to varied emotional tones and expressions.

Q5. I'm often multitasking—can my child still feel connected?

Yes. Connection is built through attunement, not perfection. Simple musical interactions—humming, shared rhythm, or singing during daily tasks—activate relational bonding even when attention is divided.

Q6. How can music help with evening transitions?

Consistent auditory cues help regulate circadian rhythms and behavior. A predictable, slow-tempo song used nightly can condition the body to associate that sound with winding down.

Q7. My child takes things personally when others are unkind. What should I say?

Support cognitive reframing while regulating the body. Remind them behavior often reflects internal distress in others. Pair this with calming sensory input (e.g., soft singing) to help the message integrate.

Q8. How do I model emotional balance if I don't feel balanced?

Model regulation, not perfection. Naming your emotional state and using simple regulation strategies (breathing, humming) demonstrates adaptive coping. Children learn more from observed regulation than from instruction.

Q9. What's one intention for March?

Focus on noticing and reinforcing moments of regulation and connection. The brain encodes what we attend to—celebrating small, present-moment experiences strengthens emotional resilience over time.

Asst Callie continued

UNLOCKING THE LYRICS: CELEBRATE



Our song “Celebrate” is an affirmation put to music. It helps the youngest among us begin practicing how to speak about themselves in a positive way. If we are not our own biggest cheerleaders, we will often end up seeking that validation from others.

As a child of the '90s, I am very aware of my tendency to speak poorly about myself, whether it's about my physical self or how much work I feel I haven't accomplished in the limited time of a day. I am often the first to think I could have done better.

I hope this song becomes a tool for adults as well, especially when they turn it on for their children. Children watch us and model what we do more than anything else. So sing this song and remind yourself that it's okay to make mistakes and that you are exactly who you were meant to be. You are learning just as your little ones are learning.

Show them your vulnerable side. Say “I'm sorry” when needed. Ignore that voice that once told you being humble meant making yourself small. What matters is that you are showing up, for yourself and for your family, and that you are taking accountability for your actions.

Take a deep breath. Create an affirmation of your own, and then help your little ones do the same. Let them know that the journey will teach them far more than the finish line ever could.

When they come seeking your validation, try starting with questions like, “What do you think about your drawing? Tell me about it.” Praise their effort and perseverance: “That project took a long time, and I'm proud of you for sticking with it.”

They may do things differently, but they are perfectly themselves, and that is worth celebrating.



SCAN HERE

[Or Click Here](#)

CELEBRATE

I am enough
I am resilient
I am able
I am brave

Soy suficiente
Soy resiliente
Soy capaz y valiente

Celebrate x7
That I am me
Celebrate x7
That I am exactly who I'm meant to be

I am growing
I am optimistic
I am gentle and kind

Estoy creciendo
Soy optimista
Soy gentil y amable

Celebrate x7
That I am me
Celebrate x7
That I am exactly who I'm meant to be



Celebrate & Create: Recipe Memory Page

Materials Needed:

- Printed Recipe Memory Page
- Pen, pencil, or markers
- Your favorite recipe (family recipe or a new discovery)

Optional:

- Colored pencils or crayons for decorating
- Stickers or drawings
- Photos of the finished dish to attach

Description:

Food has a special way of bringing people together. This Recipe Memory Page gives families a place to record not just a recipe, but the story behind it. Whether it's a treasured family recipe passed down through generations or a brand-new dish your family discovered and loves, this page helps preserve those moments.

There is space to write the recipe itself along with a section to tell the story of where the recipe came from, how you found it, and why it became special to your family. Families can also sign their names so that years from now you can look back, see your handwriting, and remember the time you spent together in the kitchen.

Cooking together is a wonderful way to connect. These shared moments often become core memories for children as they grow. One day they may make these same recipes for their own families and remember where it all started.

Instructions:

1. Choose a Recipe: Pick a recipe that is meaningful to your family. It could be a favorite meal, a holiday treat, or a new recipe you recently tried and loved.
2. Write the Recipe: Fill in the recipe section with the ingredients and instructions so your family can make it again in the future.
3. Tell the Story: In the story section, write about where the recipe came from. Share why your family loves it.
4. Sign Your Names: Have everyone who helped cook or loves the recipe write their names on the page. Your handwriting will become a special memory to look back on.
5. Save Your Memory: Keep the page in a folder or binder so you can collect many recipe memories over time.
6. Cook and Enjoy Together



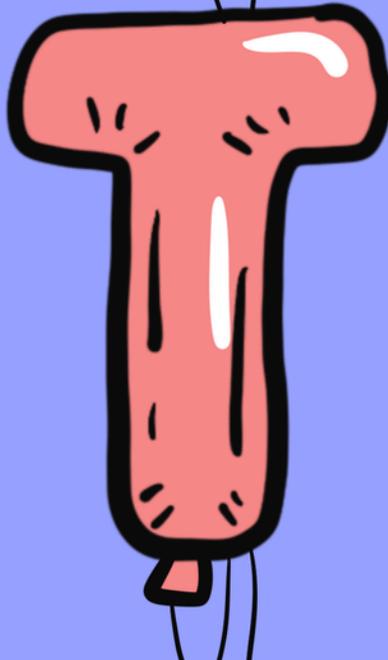
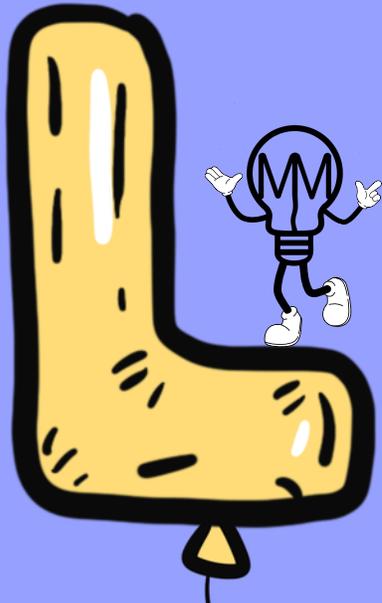
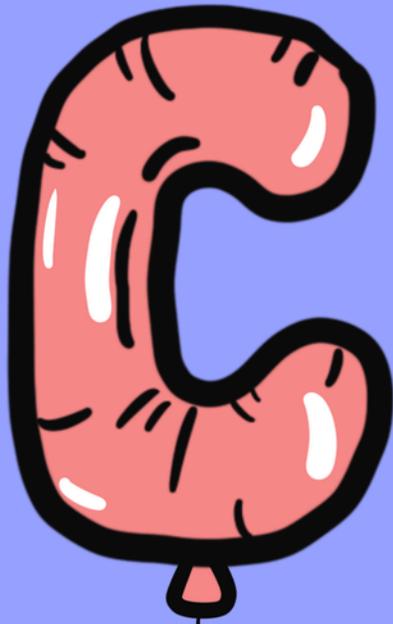
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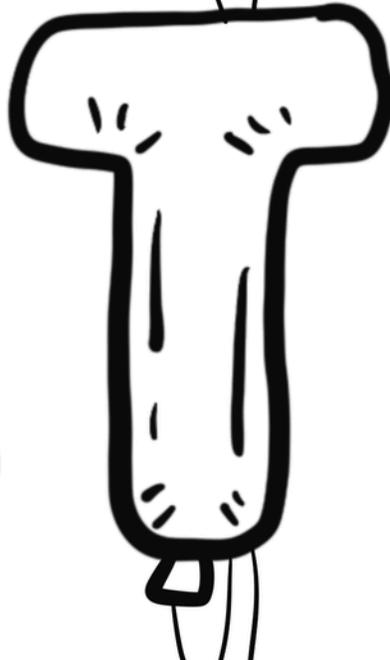
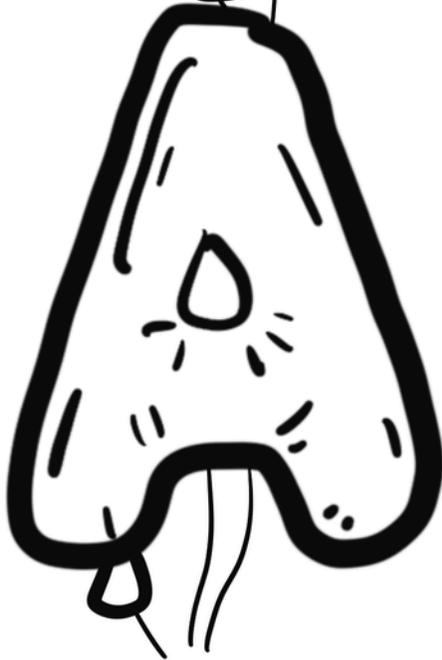
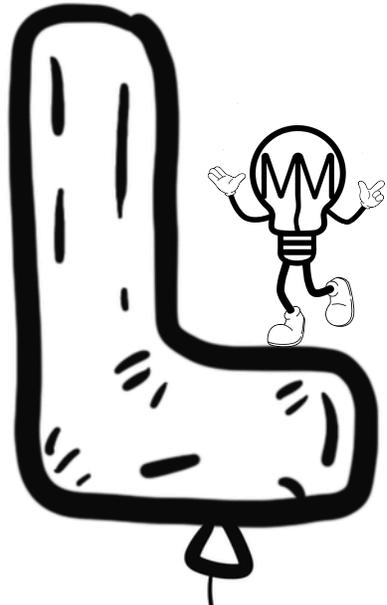
Story:

Ingredients:

Instructions:

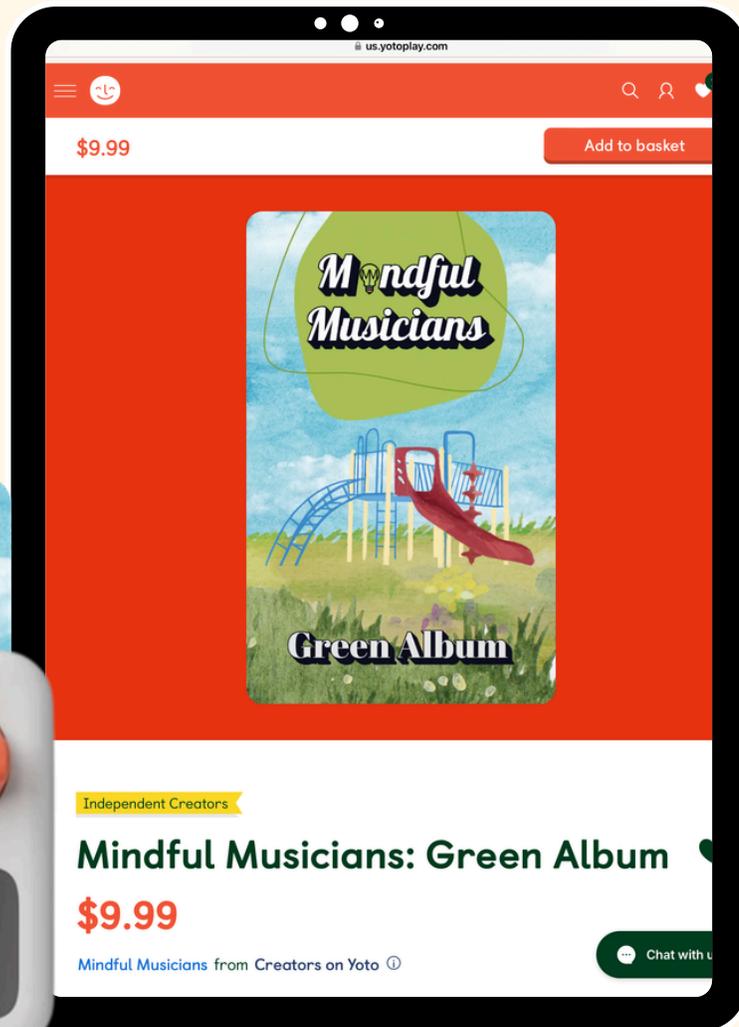
Signatures:





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>