



A MINDFUL MUSICIANS PUBLICATION



# ROOTED FAMILY MAGAZINE

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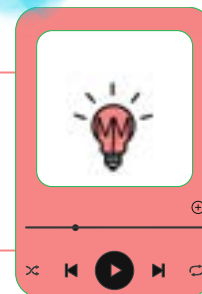
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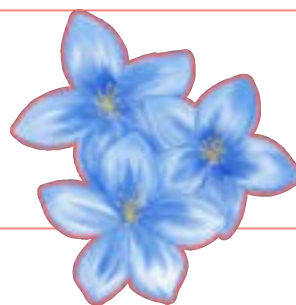
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# HELLO, FROM CALLIE

A P R I L 2 0 2 6



What's on my mind this month is the energy of spring—the way everything starts moving again. There's a lightness to it. More time outside, more connection, more ideas, more possibility. It feels exciting... but if I'm honest, it also brings a quiet pressure. Like suddenly there's more we should be doing, more we should be fitting in, more we should be becoming.

I've been sitting with that tension. Last weekend I listened to a talk by Mel Robbins, and one visual has stayed with me. She described life in weeks—this simple but powerful reminder that our lives are made up of a finite number of weeks, and within those weeks, we live many different versions of ourselves.

There are versions of you that already existed. There are versions of you you're still becoming. And instead of that feeling urgent or scarce, what struck me was how spacious it felt.

There is time.

Time to grow.  
Time to change.  
Time to rest.  
Time to become someone new—again and again.

It softened something in me. Especially in this season that feels like “go time.”

The other piece that stayed with me came from her daughter, Sawyer, who shared about growing up with a mom who was often away—traveling, speaking, building something meaningful. She talked about how her mom would come home apologizing for what she missed.

And as a mom, that hit deep.

Because that pull is so real—the deep knowing that nothing matters more than our children, alongside the equally real pull toward the things we feel called to create, to offer, to become.

# HELLO, FROM CALLIE, CONT.

A P R I L 2 0 2 6

But what Sawyer said reframed it entirely.

She said that if her mom hadn't gone for her dreams, she wouldn't have believed she could go for hers.

That modeling matters.

That showing our children what it looks like to follow a light within you—while still loving them deeply—is a gift.

And maybe the balance isn't about doing it perfectly.

Maybe it's about holding both with honesty.

Being present when we're present.

Following the call when it's there.

Letting our children see both.

And giving ourselves permission to breathe in the middle of it all.

That idea of regulation—of coming back to ourselves in the midst of movement—is exactly why I love the song featured this month: Tappa Tappa.

Tappa Tappa is rooted in a simple but powerful concept: tapping for regulation.

Many of you may already be familiar with tapping (often called EFT in the counseling world), where gentle, rhythmic tapping on the body helps calm the nervous system. It gives the body a physical anchor—a way to discharge stress, to refocus, to come back to center.

What makes Tappa Tappa so special is that it brings that practice into music.

It gives children (and adults) a structure:

where to tap,

when to tap,

and how to stay with it.

Because when something is set to rhythm and melody, it becomes easier to remember—and more importantly, easier to actually use in real life.

Instead of telling a child “calm down,” we're giving them something to do.

Something their body understands.

And maybe this month, that's the invitation for all of us too.

Not to do more.

Not to rush the next version of ourselves.

But to notice the energy,

feel the excitement,

and when it gets overwhelming...

tap,

breathe,

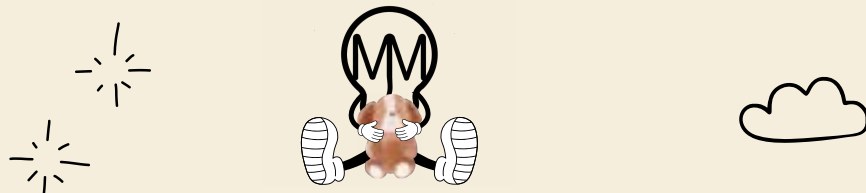
and come back.

There is time.



# April Playlist

SCAN ME

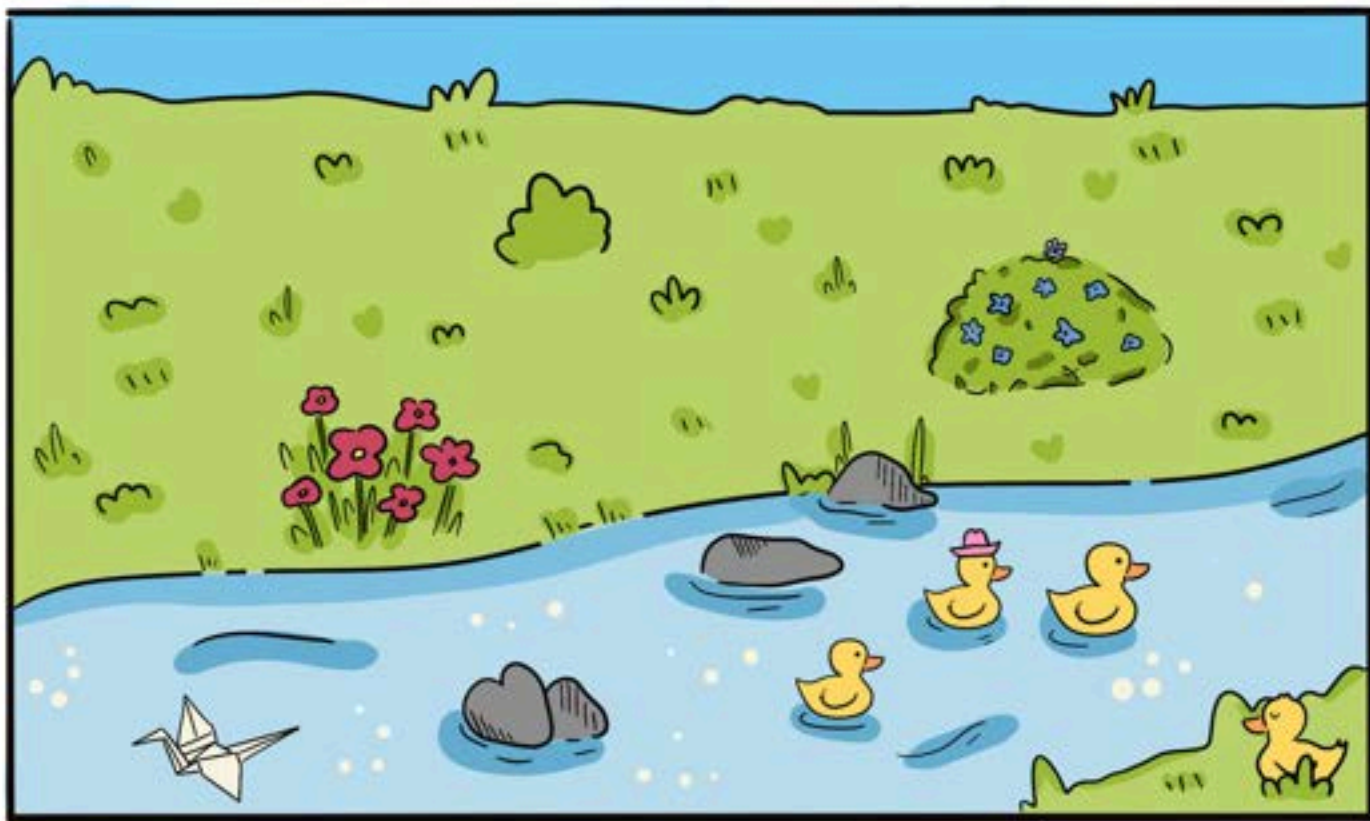
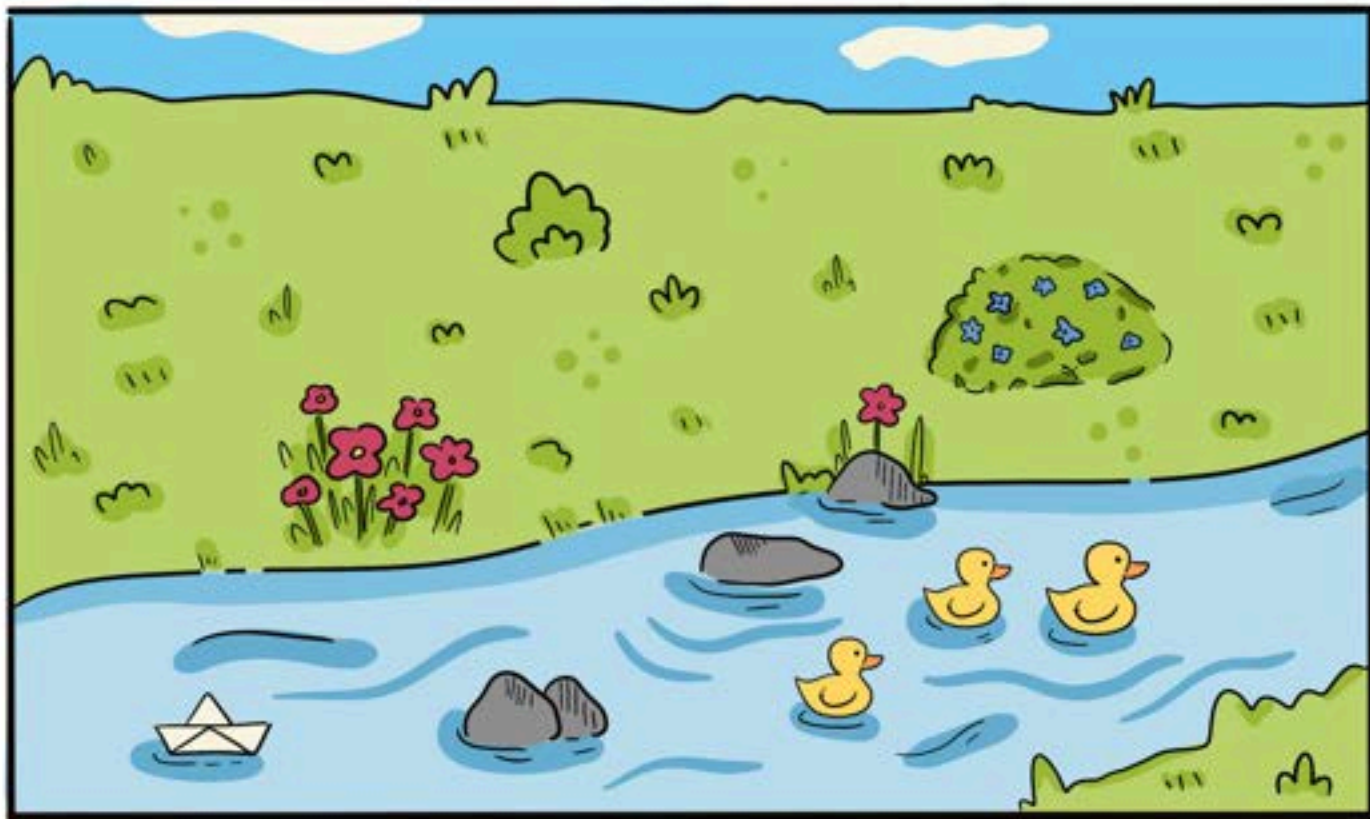


**Storm to Stillness**



[Or Click Here](#)

# Spot the Differences

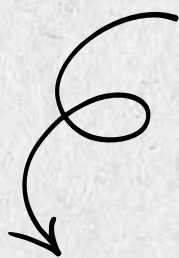


# FROM PAGES



# TO PRACTICE

Awareness



Coping Skills



Tips



worryes

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

1. Have you ever had a worry? How did it feel?
2. What is something that you learned today?
3. What do you think they mean when they say you can't live in the past or the future?
4. If you had a dragon, what color would it be?

# FROM PAGES



# TO PRACTICE

*Big Feelings*



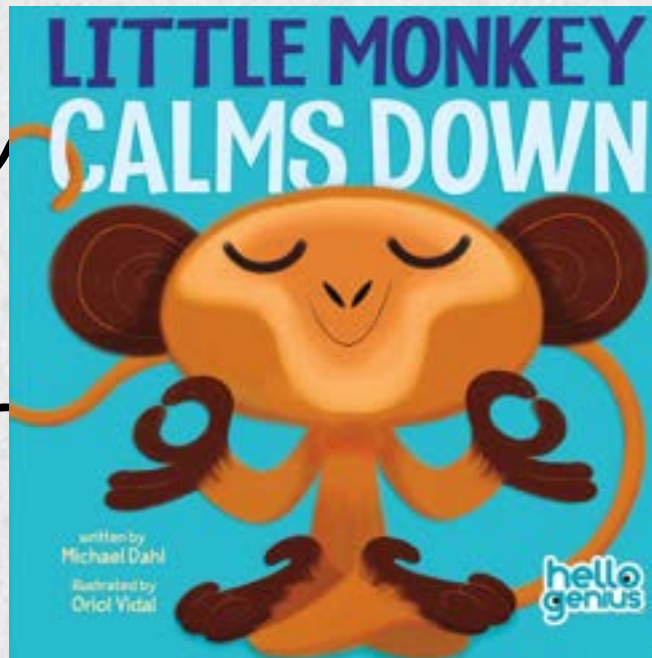
*Coping Skills*



*Simple Story*



*Cute*



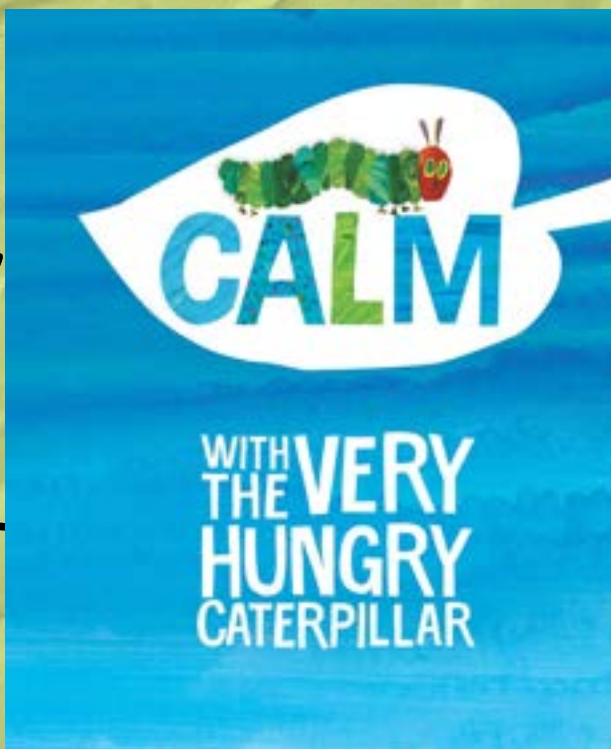
### **Reflection Questions to use with this book & our song "Celebrate."**

1. What are your favorite songs to listen to to calm down?
2. Have you ever felt more than one feeling at a time?
3. What things can you cuddle when you have big feelings?
4. Is it okay to have big feelings?

# FROM PAGES



# TO PRACTICE



*Whimsical*



*Self-awareness*



*Coping Strategies*



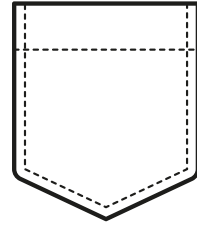
*Grounding*



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

1. What are three things you can do at the house to work through big feelings?
2. What are three things you can do to work through big feelings when you aren't at home?
3. Can you find five things that are your favorite color?
4. What are some other things you can count when you need to calm down?

# POCKET PAUSE



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

## DESCRIPTION

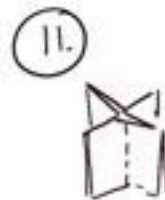
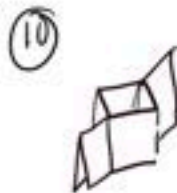
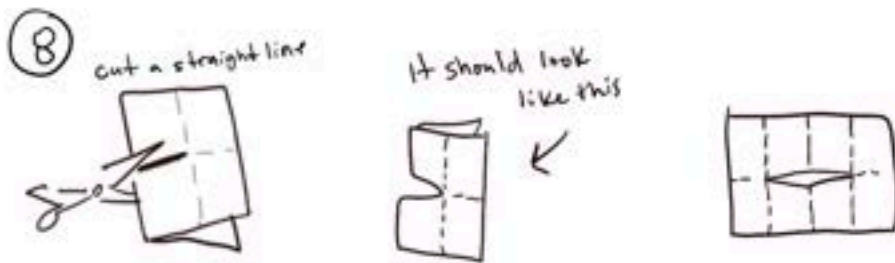
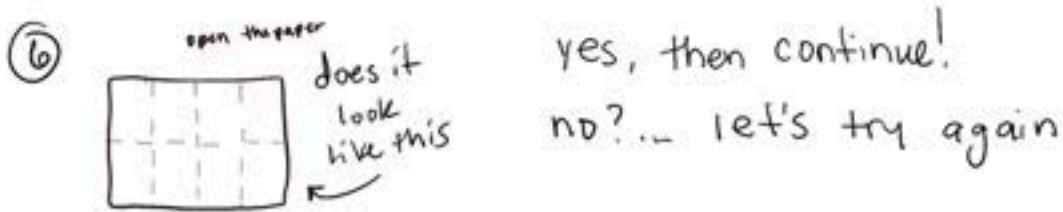
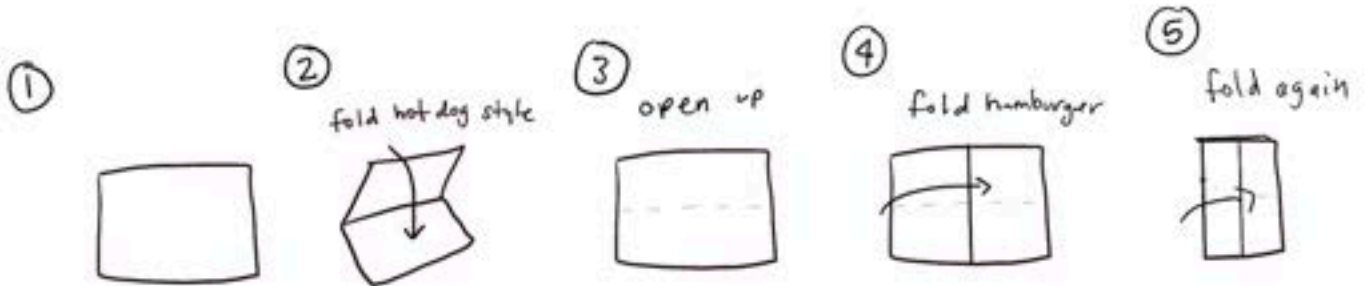
The Pocket Pause book is a small, portable tool designed to help kids calm down and feel better when they're having a tough time. It's filled with simple activities and calming ideas they can use to take a break, focus, and reset their emotions.

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.**

What is your favorite joke?

What does it mean to treat people the way that you want to be treated?

What do you think happens if we don't practice working through big feelings?

If you were a bird for a day, what would you do?

What's something you have been wondering about?

What can we do to help our friends feel safe?

What is a place you would like to visit one day?

What is a food you wish you could eat every day?

If you were in charge of the world for a day, what would you do?

What kinds of things are you excited to learn how to do this year?



# 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](mailto:callie@mindfulmusicians.org)

## Q1: What is tapping, and why is it helpful for children?

A: Tapping (often called EFT, or Emotional Freedom Technique) is a simple way to help the body calm down. It involves gently tapping on specific points on the body while breathing or focusing on a feeling. For children, this is especially powerful because they experience emotions physically. Tapping gives them something concrete to do with their bodies when big feelings arise, helping them regulate rather than suppress.

## Q2: How does the song Tappa Tappa support emotional regulation?

A: Tappa Tappa turns a therapeutic tool into something playful and memorable. By pairing tapping with music, rhythm, and repetition, children learn where to tap and when to tap without needing instructions in the moment. The song becomes a built-in guide they can return to when they feel overwhelmed, creating a sense of familiarity and safety in their bodies.

## Q3: How can I use the tapping visuals in the magazine with my child?

A: The visuals are designed to make tapping interactive and engaging. You can follow the star together as it moves from one tapping point to the next, almost like a game. This approach also supports different types of learners—visual learners benefit from seeing where to tap, kinesthetic learners engage through the physical tapping itself, and auditory learners are supported through the music and rhythm of the song. Together, it creates a whole-body learning experience that helps the technique stick.

## Q4: What skills does the shaker song help develop?

A: While it may look like simple play, the shaker song is building important foundational skills. As children switch between different ways of playing (fast/slow, loud/quiet, start/stop), they are practicing impulse control, attention, and the ability to shift between opposites. These are key components of self-regulation and executive functioning—and music makes the learning feel joyful and natural.

## Q5: How can books and music work together to support regulation at home?

A: Pairing books with songs creates a multi-sensory experience that helps concepts stick. A story can introduce a feeling or situation, while music gives the child a way to physically process it. When children hear, see, and feel a concept across different formats, it deepens their understanding and gives them more tools to draw from in real-life moments.



# SOUND



# SCAVENGER HUNT

Can you find these sounds around you? Place a checkmark in the box next to each item once you find it.

<b>CRUNCH!!</b>	<b>BANG</b>	<i>drip</i>
<i>woooosh</i>	<b>FLUIK</b>	<b>Zip</b>
<i>fiz</i>	Ding	doop-doop
clunk	<b>buzz</b>	THWACK

# TAPPA TAPPA, THE SHAKER SONG, AND OUR APRIL PLAYLIST



When I think about the songs Tappa Tappa and the Shaker Song, they couldn't be more different, yet they pair beautifully together.

The Shaker Song focuses on self-control, helping children understand concepts like high and low while encouraging them to listen and follow directions in a fun, engaging way. At the same time, I've found it to be an incredible outlet for both my child and me to physically "shake out" our feelings.

I remember when Callie and I had both been independently thinking about the idea of tapping. I was drawn to it as an intentional way to help calm my child's nervous system—but, of course, she didn't want to do it. And isn't that how it often goes? As adults, we spend time finding supportive tools for our children, only for them to resist the very thing we hoped would help.

That led me to pause and reflect on why she didn't want to engage with tapping. I realized it was because it felt unfamiliar and, in those heightened moments, too sensory-heavy for her. Recently, I've started introducing tapping in a gentler, more approachable way, using a visual poster (which you can find in this magazine) to make it feel inviting and playful. This also inspired me to pair the Shaker Song with physical movement as a precursor to Tappa Tappa.

You can explore this in our April playlist, which is intentionally designed as a guide to support children through big feelings or meltdowns. The playlist begins with higher-energy activities, giving children space to jump, run, or shake along with the Shaker Song using shakers or simply their hands.

From there, Tappa Tappa introduces tapping in a simplified and accessible way. While it doesn't include every step of a traditional tapping sequence, it's designed to be fun, approachable, and developmentally appropriate for young children who are just being introduced to the concept. The playlist then gently transitions into songs that support healthy communication and celebrate growth.

It's important to remember: meltdowns and temper tantrums are a normal and healthy part of development. These moments are how children experience and process big, new emotions. With the support of trusted adults, they begin to identify, understand, and navigate those feelings in a safe and meaningful way.



# TAPPA TAPPA

Ax8

D A D A E A A

When I feel sad or sometimes mad  
I feel it in my body it feels pretty bad  
I wanna make it go away  
So I tap a tap a tap a every day

First, let's keep a beat together with  
our claps...

Let's take our claps and turn them into  
taps on our body... follow my lead!

Instruction verse:

Karate chop the side of your hand  
Tap on the middle of your forehead  
Tap your temples -Tap under your eyes  
Tap under your nose -Tap your chin  
Tap your collar bones  
Give yourself a hug and tap under your  
armpits

This time we are going to say together  
the same phrase over and over while  
we tap just like we did before

Even when I feel big things  
I trust & know that I am safe X3  
Oooh

Even when I feel big things  
I trust & know that I am safe X3  
Oooh

When I feel sad or sometimes mad  
I feel it in my body it feels pretty bad  
I wanna make it go away  
So I tap a tap a tap a every day

It's something to practice today  
When I do I feel okay

tapatapatapa tapap every day

# SHAKER SONG

*A7 (strum wildly for attention)*

...and we're gonna....

D

shake shake shake, shake shaky shake

A7

shake shake shake and stop

A7

shake shake shake, shake shaky shake

D

shake shake shake and stop

D

*(in high voice)* Shake them up high, really really high

A7

really high and stop

*spoken:* What's the opposite of 'high'?

A7

*(in low voice)* shake them down low, really really low

D

really really low and stop

(continue same chord pattern with different versions of the lyrics: "shake them really fast/slow", shake them really quietly/loud")

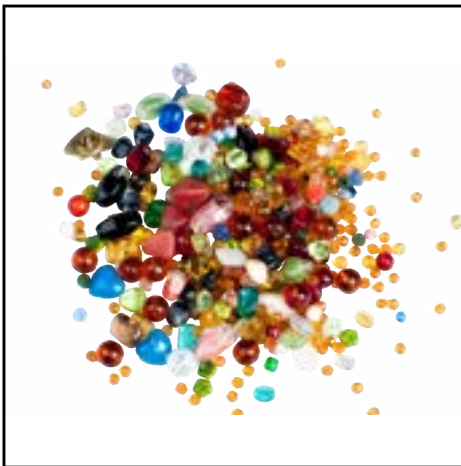
# Shaker Maker Station Guide

Mix and match, or draw inspiration as you and your littles create your own shakers at home! Start by choosing a container, then experiment with different materials to change the sound of your shaker. Once you're happy with it, be sure to seal it securely.

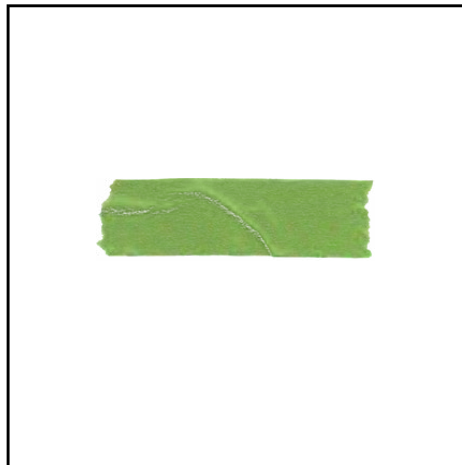
## Container



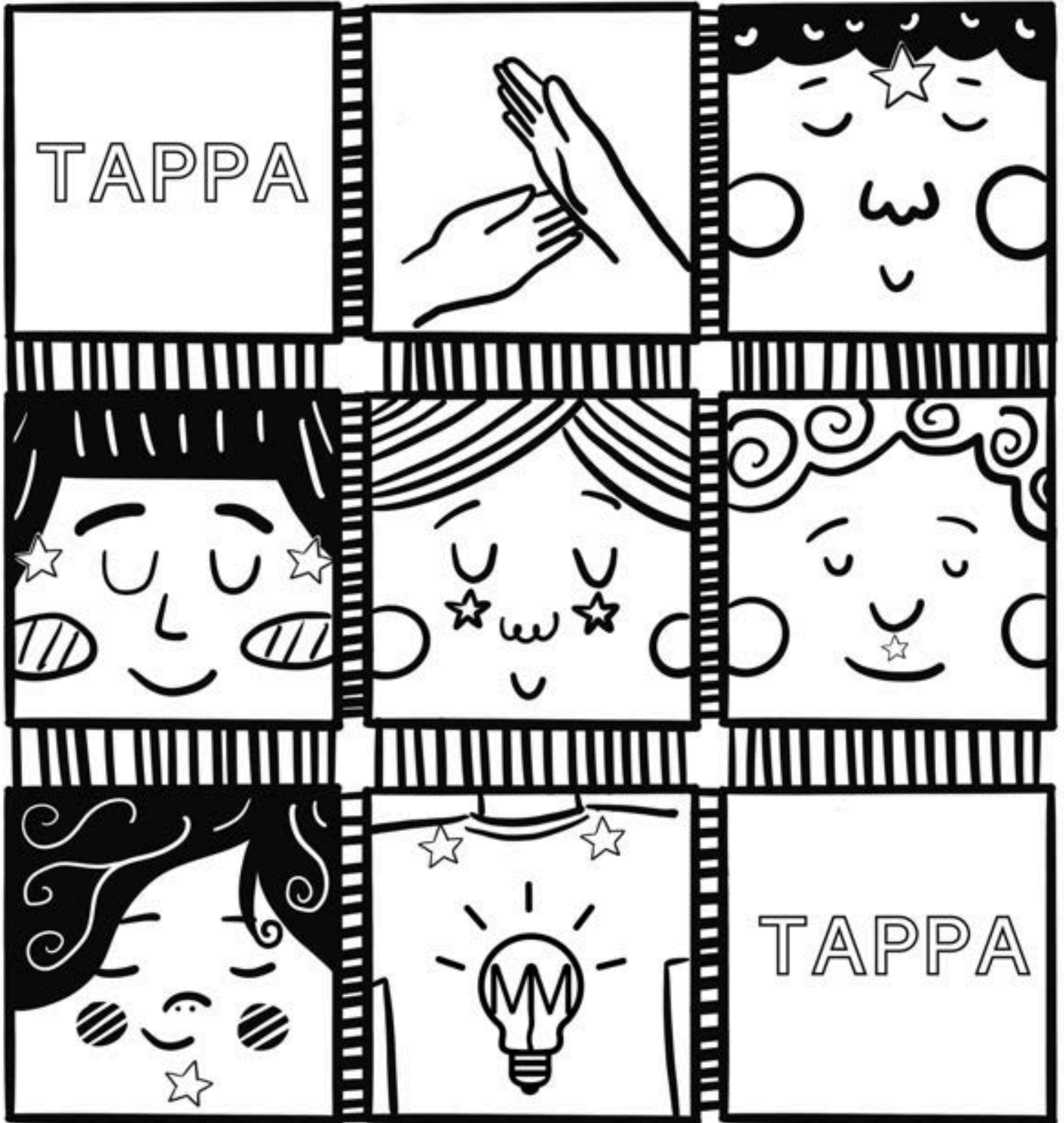
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## Sealing



# Tappa Tappa

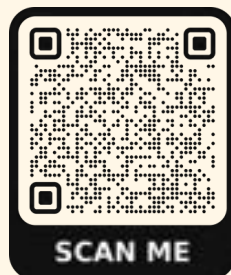
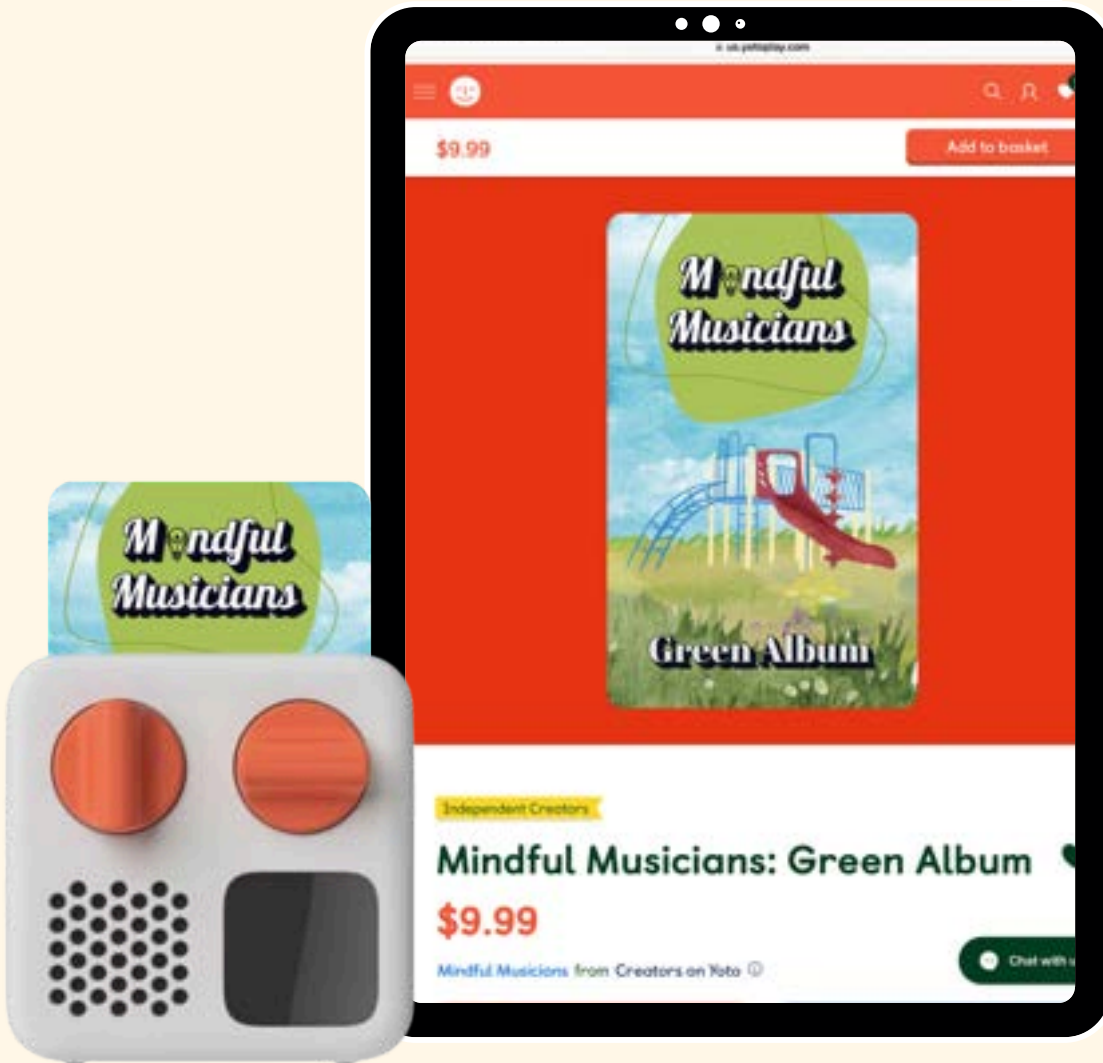


# Tappa Tappa



# 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>