



A MINDFUL MUSICIANS PUBLICATION



# ROOTED FAMILY MAGAZINE

MAY 2026  
VOL 2 — ISSUE 5



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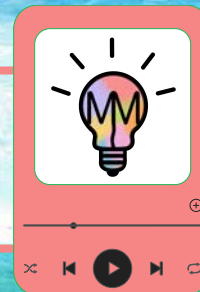
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# HELLO, FROM CALLIE

A P R I L 2 0 2 6



Dear Mindful Musicians Families,

As I sit down to write this month's welcome letter, I find myself reflecting on a lesson that feels simple on the surface but takes a lifetime to learn.

Our featured song this month, "Buckets," reminds us that we all have different places where our energy goes. We spend some energy caring for others. We spend some energy participating in our communities. And hopefully, we save some energy for ourselves.

If you're anything like me, that last bucket can be the hardest one to fill.

For many years, I carried a quiet belief that taking care of myself should happen only after everything else was done. If there was time left over, then maybe I could rest. Maybe I could journal, meditate, move my body, or simply sit in silence for a few moments.

But lately, I've been learning something different. I've been learning that caring for ourselves isn't selfish. It's responsible.

When I take time to listen to what my mind, body, and nervous system need, I show up differently. I'm more patient with my children. More present with my family. More creative in my work. More connected to myself. The days I begin with a few moments of yoga, meditation, prayer, or reflection are rarely perfect days—but they are grounded days.

This lesson feels especially important in a culture that constantly encourages us to do more, give more, achieve more, and prove more.

Lately I've been noticing a subtle shift in the questions I ask myself:

# HELLO, FROM CALLIE, CONT.

A P R I L 2 0 2 6

For much of my life, the questions sounded like this:

Can I do more?

Can I give more?

Can I handle more?

Can I fit one more thing into my schedule?

And the honest answer was often yes.

The surprising thing I've been learning lately is that "yes, I can" isn't always the most important answer.

A more important question might be:

Do I want to?

Not from a place of selfishness or avoidance, but from a place of self-awareness.

Because every time I say yes to something, I'm saying no to something else. Every commitment requires energy. Every responsibility draws from one of my buckets.

As I've entered a season of changing roles and priorities, I've realized that some parts of me still feel the need to prove myself through productivity. They want reassurance that I'm valuable because I'm accomplishing, helping, creating, or carrying more.

But the deeper part of me—the quiet, steady place underneath all of that—has been teaching me something different. It has been reminding me that my worth is not measured by how much I can handle.

Sometimes the bravest thing we can do is recognize that we are capable of carrying more and choose not to.

Not because we are weak.

Because we are wise enough to know what we need.

Sometimes I find myself wanting to package these lessons up and hand them directly to my children so they won't have to learn them the hard way. But parenting continues to teach me that children rarely learn from our lectures. They learn from our lives.

When our children see us rest without guilt, honor our limits, care for our bodies, and listen to our own needs, they receive permission to do the same. When they see us fill our own buckets, they learn that self-care is not selfish—it is part of being a healthy human being.

I can't spare my children every lesson. But I can model what it looks like to live with self-respect, self-compassion, and self-trust.

As you explore this month's magazine and sing along with "Buckets," I invite you to think about your own energy. Where is it going? Which buckets are full? Which ones could use a little more attention?

You don't have to do it perfectly. You don't have to earn rest. You don't have to wait until everything else is finished.

Sometimes filling your own bucket first is exactly what allows you to pour into everyone else.



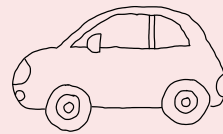
# MAY PLAYLIST



SCAN ME



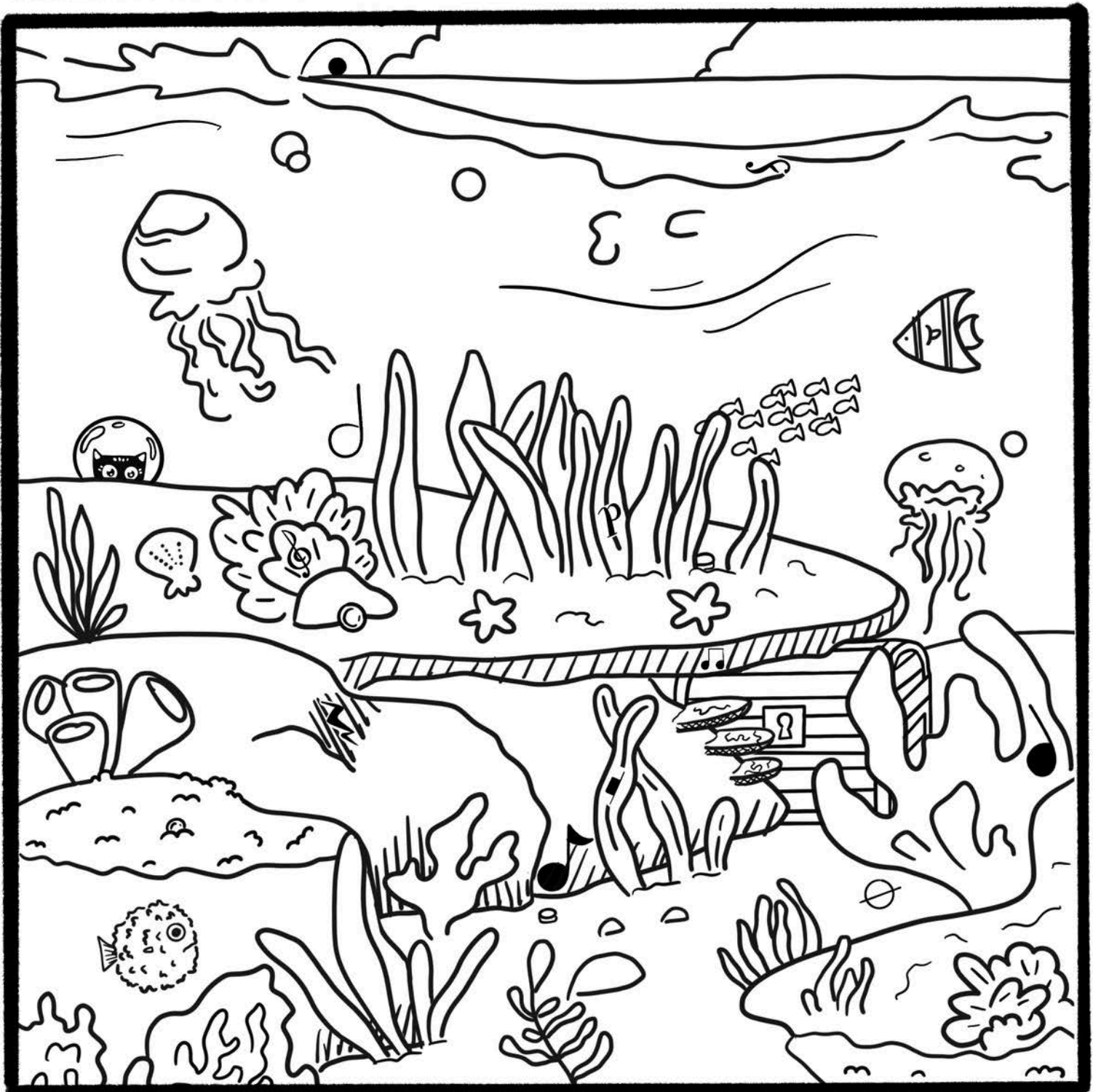
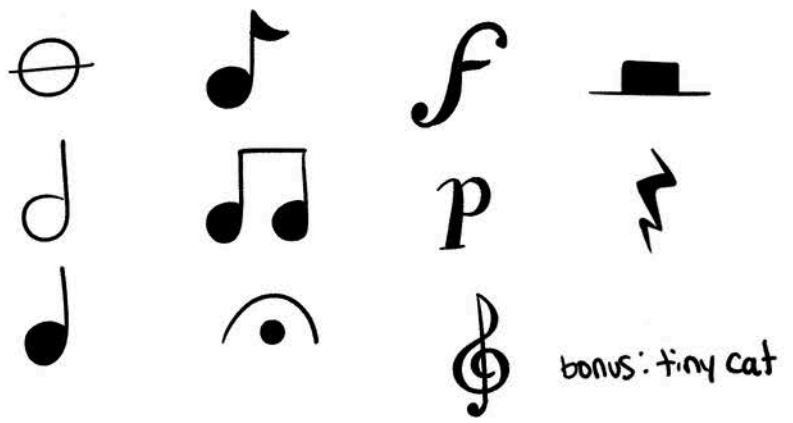
**Summer Vacation Vibes!**



[Or Click Here](#)



# May's Seek and Find

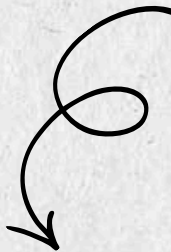


# FROM PAGES

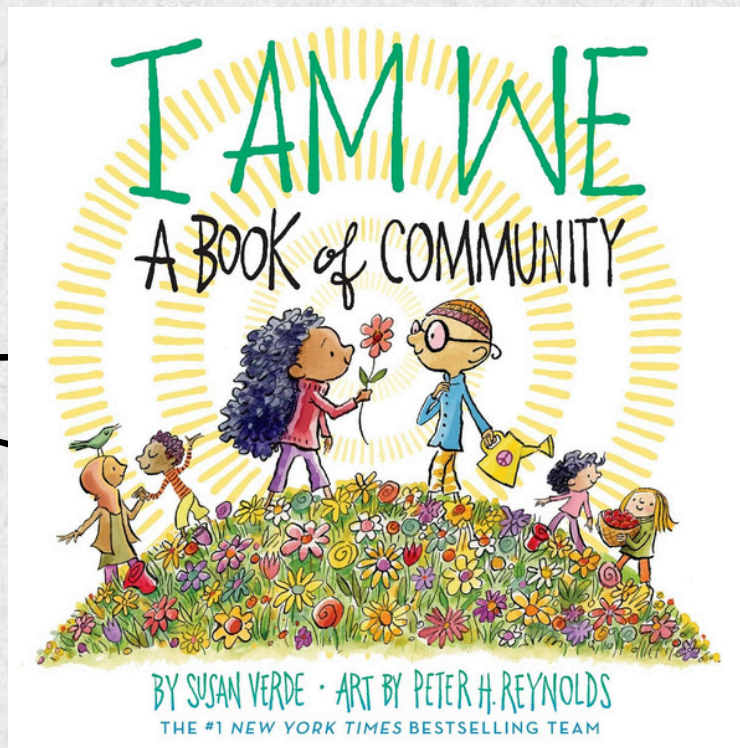


# TO PRACTICE

Awareness



Community



Support



Togetherness

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

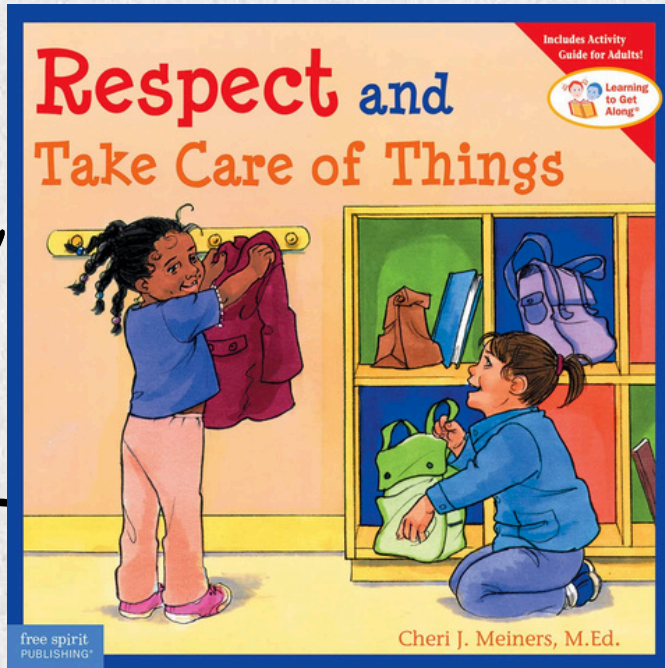
1. What are some ways you can take care of yourself?
2. What are some ways you can include more people in your friend group?
3. What are some ways you can help your community?
4. How can we help our friends feel better when they are having a tough time?
5. How do you feel when you include someone or help someone?

# FROM PAGES



# TO PRACTICE

*Self-Care*



*Tidiness*



*Life Skills*



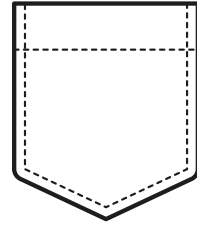
*Patience*



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

1. What are some ways you take care of your favorite toy?
2. Why should we pick up toys? What could happen if we left all of our toys out?
3. How do you feel when you help your friends tidy?
4. What are some fun ways to reduce, reuse, and recycle?
5. What is something you are looking forward to doing when you are older?

# POCKET PAUSE



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

## **DESCRIPTION**

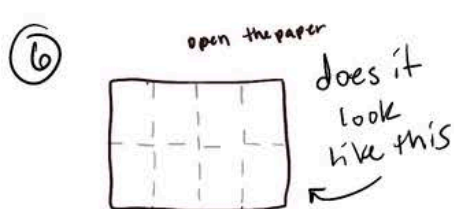
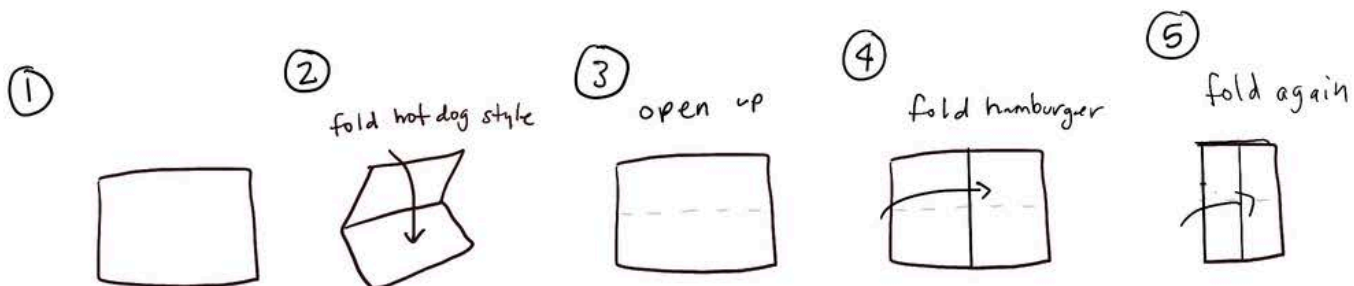
The Pocket Pause book is a small, portable tool designed to help kids calm down and feel better when they're having a tough time. It's filled with simple activities and calming ideas they can use to take a break, focus, and reset their emotions.

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

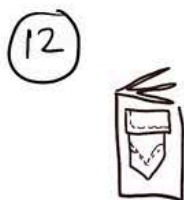
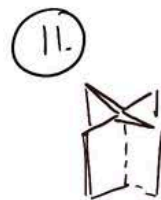
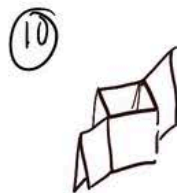
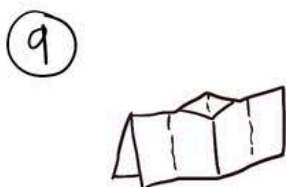
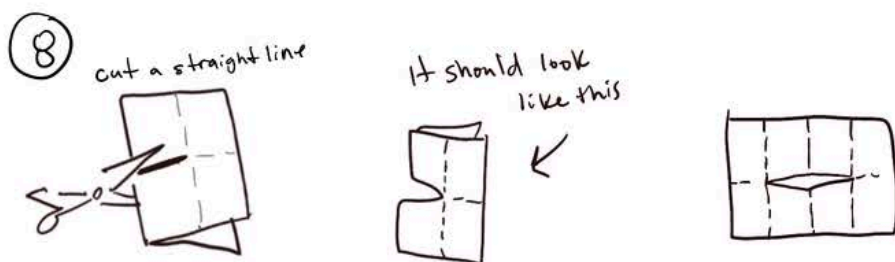
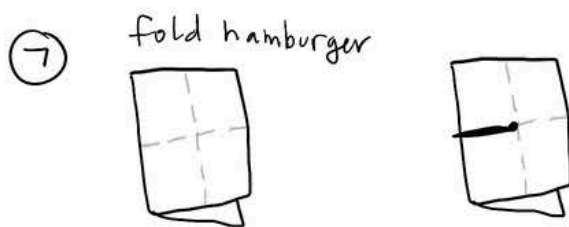
## **INSTRUCTIONS**

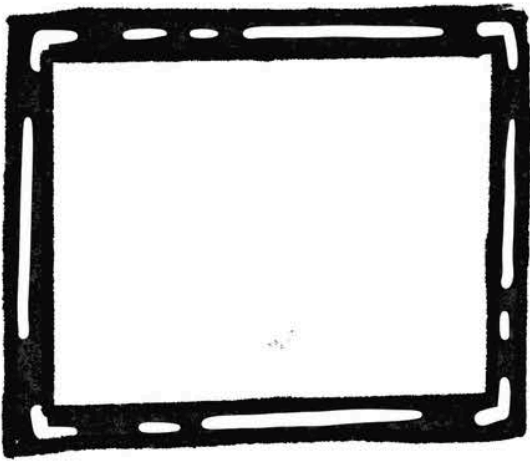
1. Print it out: Ask an adult to help you print the Pocket Pause page.
2. Fold it up: Follow the folding steps in the pictures carefully to make it into a book.
3. Cut the spot: Use scissors to cut along the line shown in the picture (ask for help if needed!).
4. Take it anywhere: Slip it into your pocket and use it when you need a moment to pause and relax!

# Fold your Pocket Pause



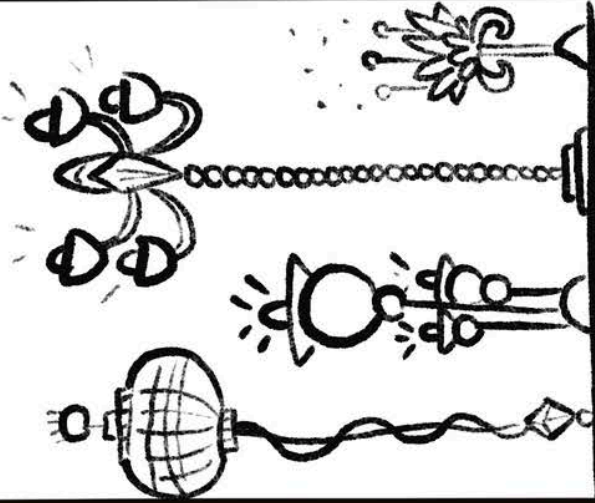
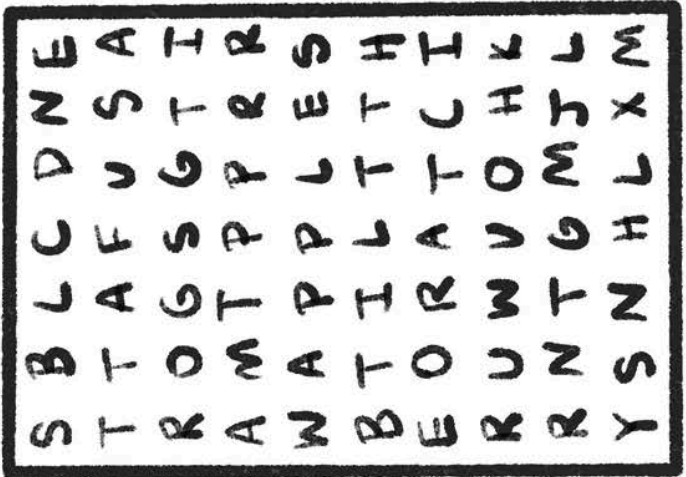
yes, then continue!  
no?... let's try again



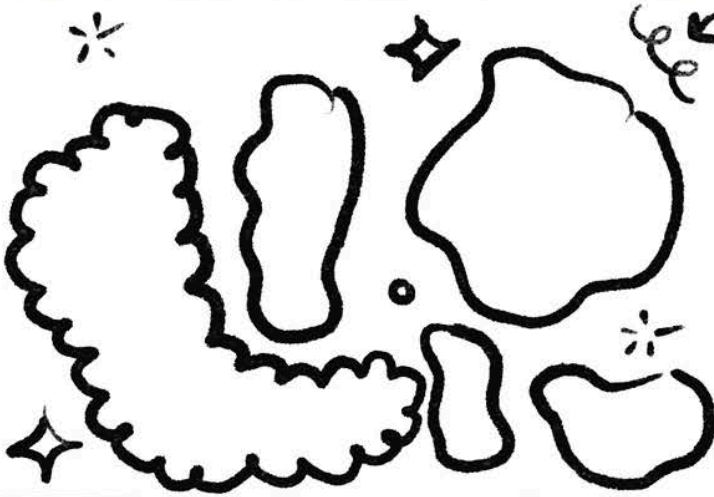
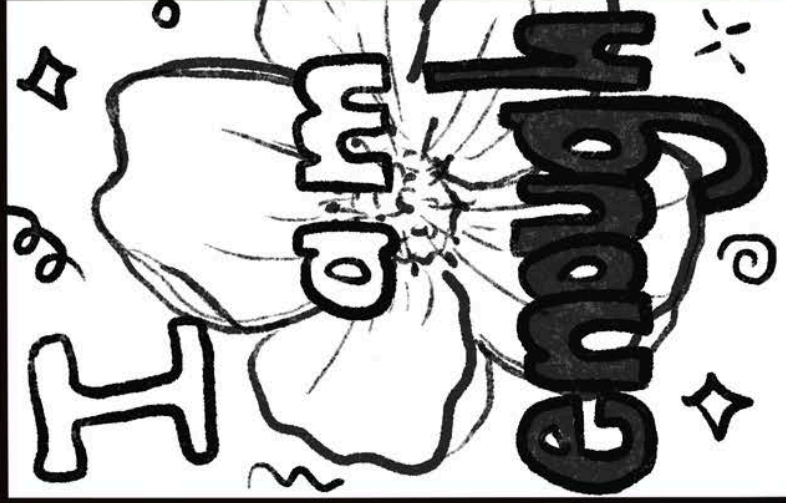


Draw your family

Find these words: strawberry, sun, water, apples, stretch, tomato, laugh, air



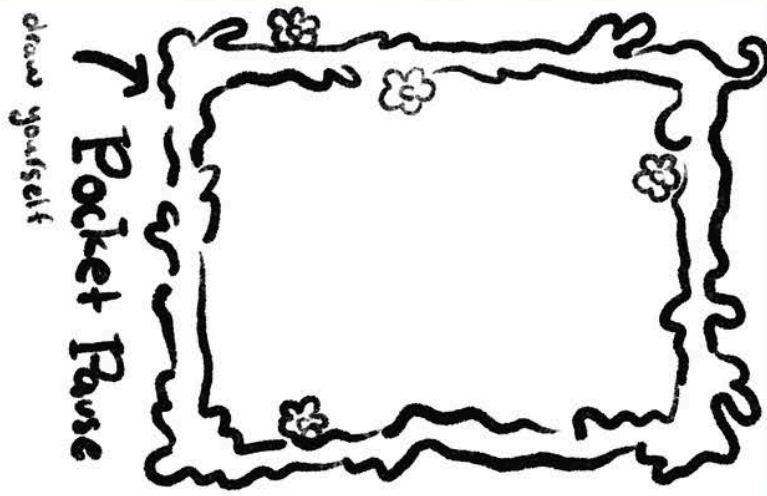
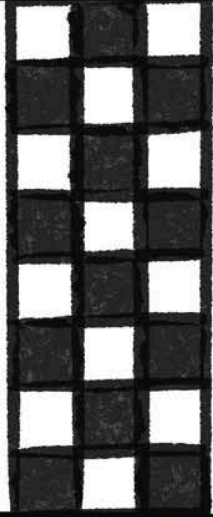
Color the light fixtures.



Create funny creatures

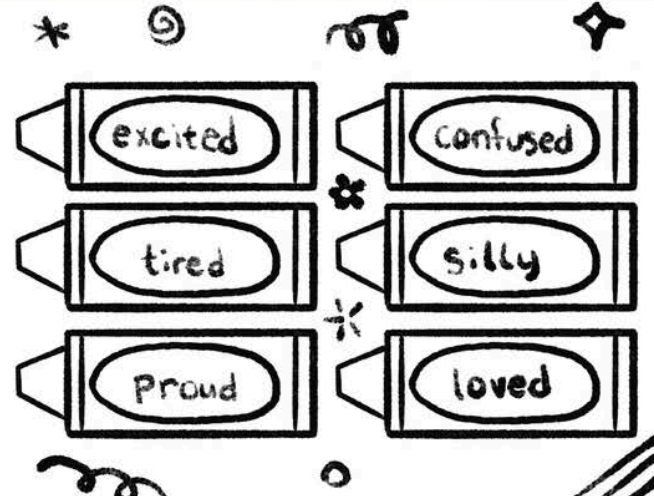
I SPY I

- Something you carry
- Something you write on
- Your favorite color
- The colors of the rainbow
- The numbers 1-10
- 5 items that start with the first letter of your name



draw yourself  
Pocket Frame

What colors are your emotions?



# MEALTIME MOMENTS

## QUESTIONS

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

Would you rather fly or be able to breathe under water?

What is your favorite thing to do?

What birthday was your favorite? Why?

What is something you love about yourself?

What book do you wish was a movie or show?

What will you miss most about your class?

What do you hope your next school year will be like?

What is something new that you hope you will get to do next school year?

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

If you could enter any movie, what movie would it be?



# 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: My child is angry or frustrated. How can music help?

Strong emotions create strong energy in the body. Rather than immediately trying to calm a child down, it can be helpful to give that energy a safe outlet. Drumming, stomping, clapping, or playing rhythms on a pillow can help children express and organize big feelings through movement and sound. Once the emotion has been expressed, the nervous system is often more ready to return to a calm state.

## Q2: My child seems overstimulated. What musical strategies can help?

When children are overwhelmed by noise, activity, or sensory input, the nervous system benefits from predictability and connection. Try holding your child while humming a simple tune, singing a familiar lullaby, or slowly rocking to a steady beat. The combination of rhythm, vibration, and connection can help signal safety to the brain and support regulation.

## Q3: My child is having a big emotion and can't find the words. What can I do?

Before children can explain their feelings, they often need help organizing them. One simple strategy is rhythmic mirroring. Create a short rhythm by clapping, patting your knees, or tapping on a drum and invite your child to repeat it back. This creates connection while engaging parts of the brain responsible for attention, regulation, and communication. Sometimes a child who can't yet talk about their feelings can still connect through rhythm.

## Q4: How can families use the bucket idea at home?

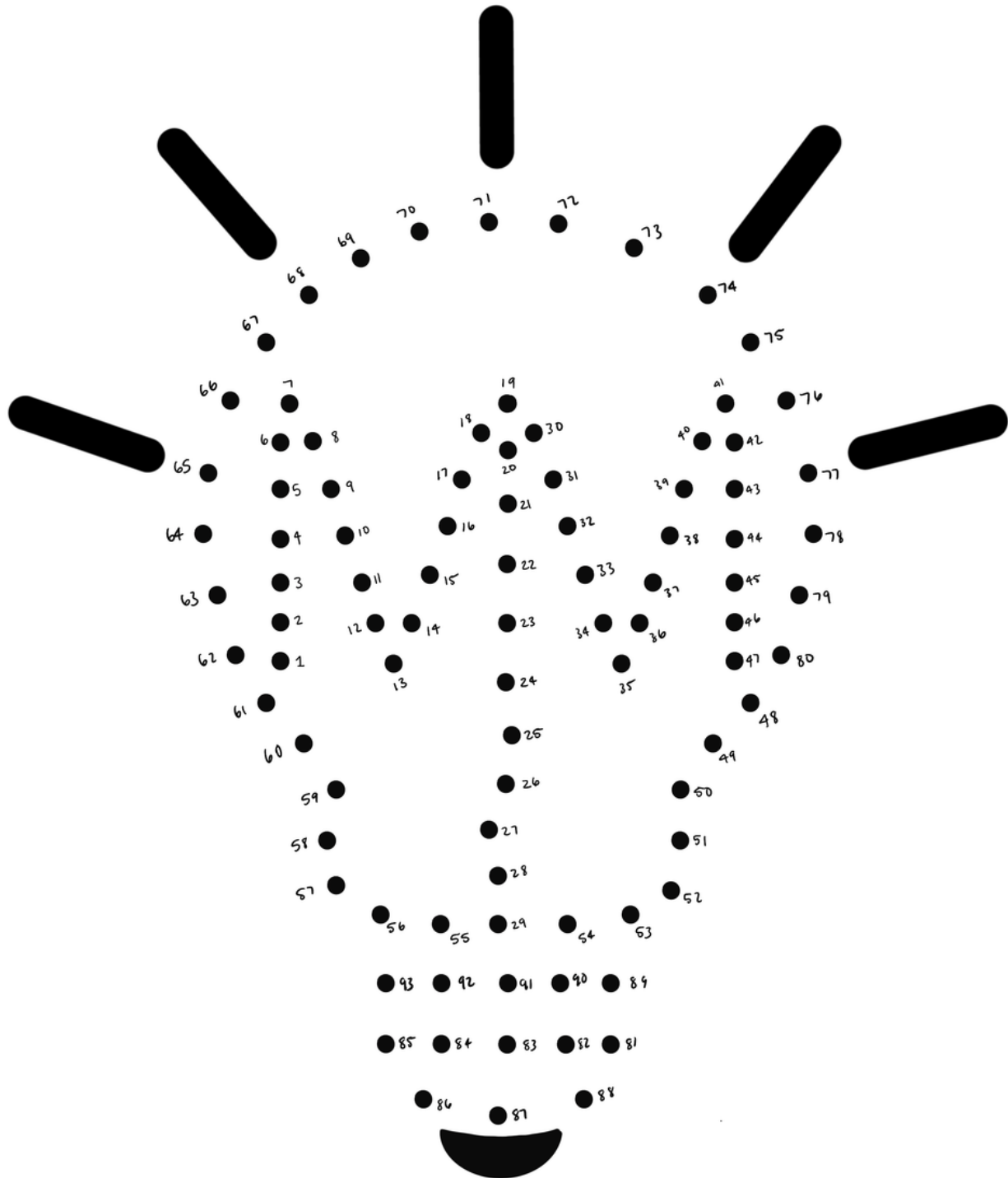
Try asking simple questions throughout the day: "How full is your bucket right now?" or "What might help fill your bucket?" Children may discover that different things refill them at different times— playing outside, listening to music, creating art, reading, spending time with loved ones, or taking a few deep breaths. These conversations help children build self-awareness and recognize their own needs.

## Q5: How do the activities in this magazine support different learning styles?

This month's activities are designed to engage multiple ways of learning. The song supports auditory learners through music and lyrics. The bucket illustrations and visuals help visual learners connect with the concepts. The movement and rhythm activities provide opportunities for kinesthetic learners to experience the ideas through action. By engaging the brain in multiple ways, children are more likely to understand, remember, and apply what they learn.

CONNECT THE

Dots  
ts





# BUCKETS



How old were you when you realized there is more to life than just going to work and waiting for the weekend? When in your day or week do you make time to care for yourself, your family, or your community? For me, I don't think there has ever been a time in my thirty-three years when I've done this consistently. As I sat with my seven-year-old listening to "Buckets," I realized I was talking the talk, but I wasn't truly teaching her how to live a balanced life through my actions.

As a teacher, I see my students overloading themselves and then procrastinating so they can have some semblance of a life outside of school. I see future teachers finishing school looking burnt out and exhausted. What if there were a way for us – and future generations – to center ourselves and find ways to get work done without sacrificing our mental and physical health?

"Buckets" is such a simple song, but it's an excellent way to help a small child understand that all "buckets" deserve to be filled. This month's magazine includes a board game that offers opportunities to fill each of these buckets. As an adult, though, I encourage you to ask yourself whether you are setting yourself up for success and to look for opportunities to do less. It may seem impossible, but as someone who works multiple jobs, I've realized that anxiety and the need to provide take up a large amount of space in my mind, keeping me from being fully present.

So this month, I encourage you to fill your buckets. Put down your phone. Notice the world around you. Laugh. Play. Enjoy these moments, because you will never be able to go back in time. These are the moments your children will look to as the blueprint for their future. This month, I plan on walking through farmers markets, looking for animals in the clouds at the park, and finding things in my house to donate that might brighten someone else's day.



**SCAN HERE**

[Or Click Here](#)

# BUCKETS

I've got 3 buckets - 3 buckets I see  
I've got 3 buckets - buckets of energy

One bucket I give to you  
One bucket I spend out there  
One bucket I save and that's the bucket for me

Fill up others buckets but save some for yourself  
Feel your brain and know your heart and save some love for yourself

I've got 3 buckets - 3 buckets I see  
I've got 3 buckets - buckets of energy

# The SUMMER Bonanza Game

Gather your family and move one square at a time throughout the summer as you complete fun activities and create lasting memories together.



Fill

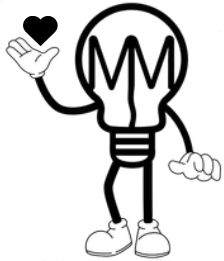
Your



Buckets

Fill

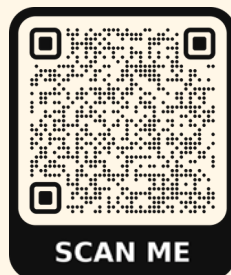
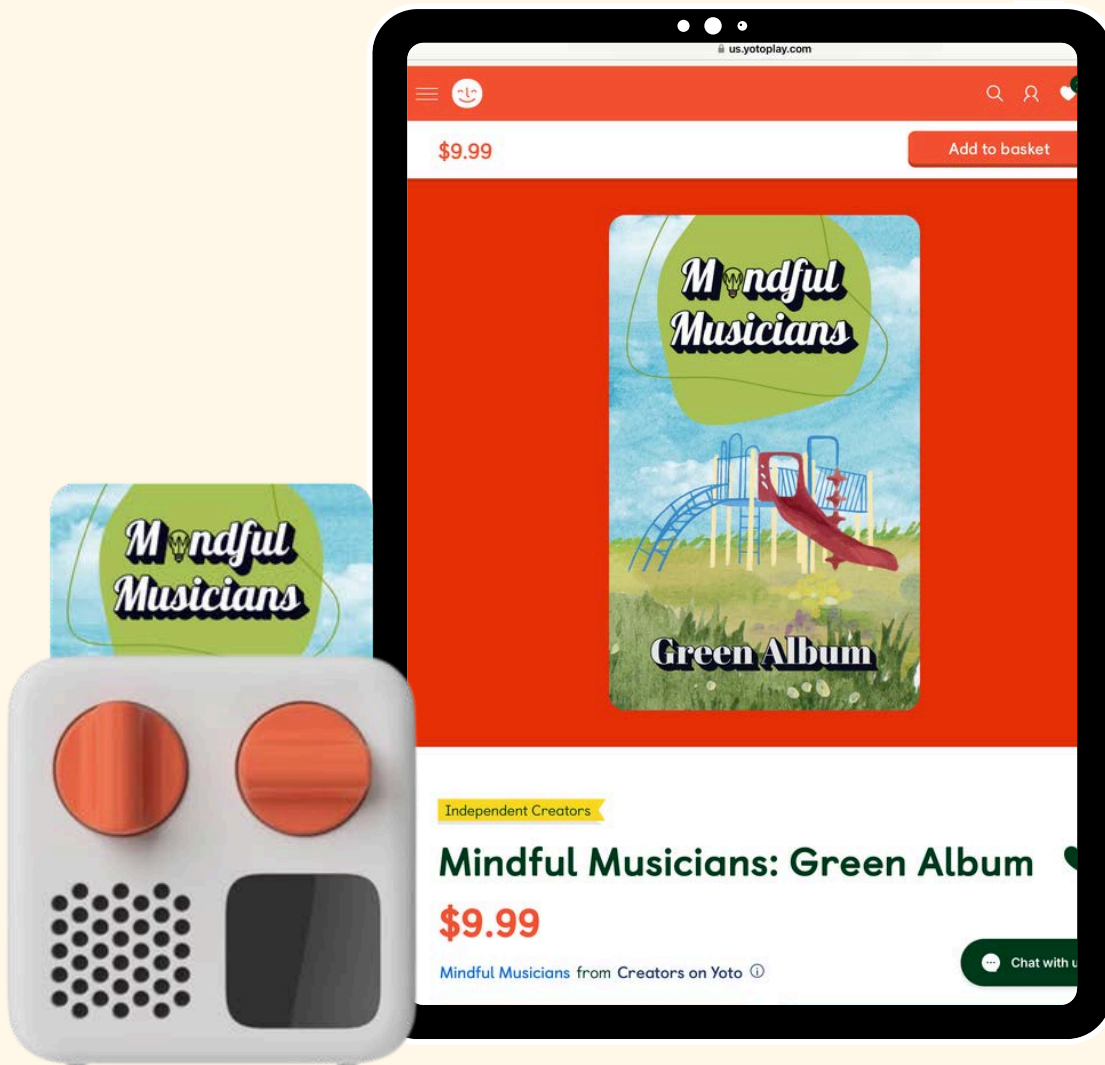
Your



Buckets

# 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>