



A MINDFUL MUSICIANS PUBLICATION



ROOTED FAMILY MAGAZINE

JUNE 2026
VOL 2 — ISSUE 6



CHECK OUT THE
POCKET PAUSES
NEW LOOK!

"All content in this digital magazine is owned by Mindful Musicians. We kindly ask that you do not share or distribute it beyond your immediate family or students you work with directly. By encouraging others to subscribe themselves, you're supporting our mission and helping us continue to create meaningful content.

Please remember that sharing or distributing this content without permission impacts the ability of Mindful Musicians to produce future resources. Your support ensures we can continue to provide valuable tools for families and educators. Thank you for respecting these guidelines and helping us grow!"

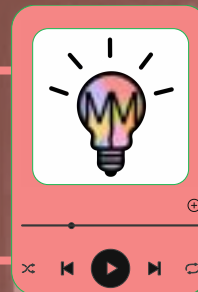
TABLE OF CONTENTS

HELLO FROM CALLIE

02

OUR PLAYLISTS

We compiled all our playlists just for you! Take your pick, press play, and enjoy!



04

SPOT THE TOYS

A seek and find from the real world! Who doesn't love toys?

05

JUNE BOOK RECOMMENDATIONS

Slow down by reading these perfectly curated collections!
We selected not one, not two, but three books for each collection, so you can spend more time slowing down and snuggling up when the days outside are simply too hot.

06

POCKET PAUSE : NEW EDITION

Check out our new, simple fold—jam-packed with the same fun!
Did we mention there are TWO in this issue?

08

MEALTIME MOMENTS

Mealtimes are a wonderful opportunity to pause and connect.
Choose a question and open up a meaningful dialogue with your kiddos!

12

ASK CALLIE

13

SLOW DOWN

14

CRAFT

Create your own seek and find with things you have around your house!

16

LUMI THE LIGHTBULB POSTER

17

HELLO, FROM CALLIE

J U N E 2 0 2 6



Dear Mindful Musicians Families,

There is something about June that invites us to exhale. The backpacks are tucked away. The schedules loosen. Dinner happens a little later because everyone wants to stay outside just a few more minutes. Bare feet replace shoes. Fireflies begin to appear. Summer reminds us that some of life's greatest lessons aren't taught in classrooms—they're learned while chasing butterflies, splashing in puddles, building forts, and singing together in the car.

One of the greatest gifts we can give our children is something that can't be scheduled at all: the chance to simply be.

Time to imagine. Time to get bored. Time to build resilience by solving their own little problems. Time to notice the world around them. The developing brain doesn't just grow through instruction—it grows through curiosity, connection, movement, and play. Those simple moments often become the ones that shape us most.

This month has also been a meaningful season of growth for me personally.

Many of you know that I believe deeply in practicing what I teach. I can write songs about emotions, teach families about nervous system regulation, and study neuroscience for hours—but I also have to keep doing my own work. Therapy has been stretching me in ways I never expected. It's helping me understand that healing isn't about becoming a different person. It's about becoming more fully yourself.

One of the biggest lessons I've been learning is that grief and gratitude can exist in the very same moment.

Sometimes creating healthier relationships means grieving the ones you wish could have been different. Sometimes choosing peace means disappointing people. Sometimes breaking generational cycles feels lonely before it feels freeing. And yet, tucked inside that grief is incredible gratitude—the gratitude of knowing that every healthier choice we make today becomes part of our children's story tomorrow.

HELLO, FROM CALLIE, CONT.

J U N E 2 0 2 6

That truth has made me think a lot about Father's Day this month.

The photo we've included in this issue captures three generations of our family—my dad, my husband Kyle, and our girls. It reminds me that families are beautifully imperfect. None of us are handed a perfect blueprint for raising children. We parent with the experiences we were given, while hopefully finding the courage to grow beyond them. I have so much respect for the fathers, grandfathers, stepfathers, uncles, coaches, teachers, and mentors who continue choosing to show up, learn, apologize, love, and keep growing. Our children don't need perfect adults—they need adults who are willing to keep becoming healthier humans.

In so many ways, that's exactly what Mindful Musicians has always been about.

We don't believe resilience is something children magically develop one day. It's built through thousands of tiny moments—a calming song during a tantrum, a rhythm shared between parent and child, a deep breath before trying again, laughter after making a mistake, and the simple reminder that feelings are welcome here.

Which brings me to something I have been waiting to share for what feels like forever...

Next month, we're officially launching the Mindful Musicians YouTube Channel!

Years ago, this mission began with a handful of songs and a hope that they might help a few local families. Since then, I've watched children use music to find their calm, discover their confidence, strengthen relationships, and express emotions they didn't yet have words for. Every time I see a child humming one of our songs during a hard moment, I'm reminded why this work matters.

Now, because of YouTube, those same songs can reach families we've never met.

That possibility absolutely fills my heart.

We want to help build a generation of children who know how to recognize their feelings, calm their bodies, solve problems with kindness, and believe they belong. If we can place those tools into the hands of families around the world through music, then we're one step closer to building a more resilient nation—and maybe even a more compassionate world.

So I have one favor to ask:

When the channel launches next month, please subscribe. Share it with your friends, your child's teacher, your therapist, your daycare, your church, your grandparents, and every family who loves children. Every subscription, every share, and every song helps this mission reach one more child who deserves to grow up knowing that their feelings matter and that they already have incredible strength inside them.

Thank you for believing in this dream from the very beginning. Thank you for singing with us in your kitchens, your minivans, your classrooms, and your living rooms. Thank you for allowing us to become part of your family's story.

I truly believe the best chapters are still ahead. Here's to a summer filled with connection, curiosity, resilience...and lots of music.

With gratitude,

Callie Fitzgerald

Our

PLAYLISTS

Calm It Down



[Or Click Here](#)



Summer Vacation Vibes



[Or Click Here](#)

A Moment of Love



[Or Click Here](#)

Storm to Stillness

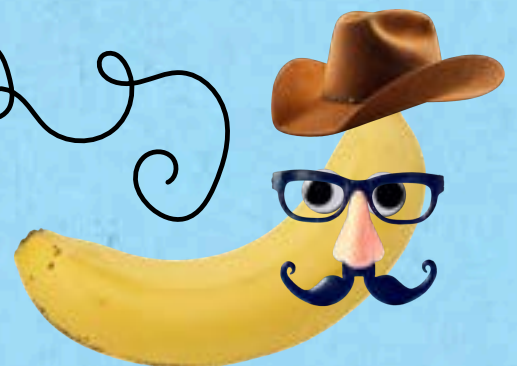


[Or Click Here](#)

Energy Release



[Or Click Here](#)



SPOT the TOYS



Sometimes when we are having a tough time, doing something as simple as a seek and find can give us the break we need to reset and use our upstairs brain

Can you find: a whale, two mice, a turtle, a ring, 2 pearls, 3 marbles, and 2 buttons



FROM PAGES

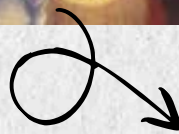
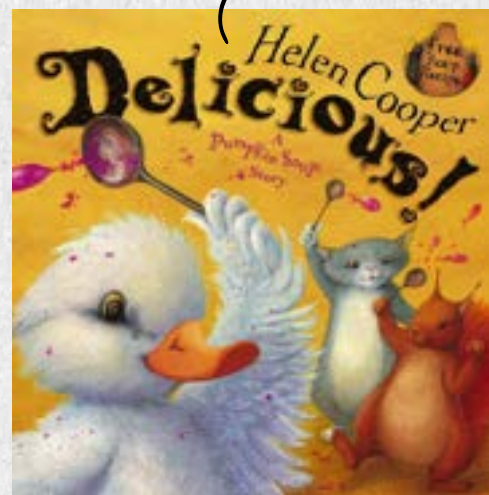


TO PRACTICE

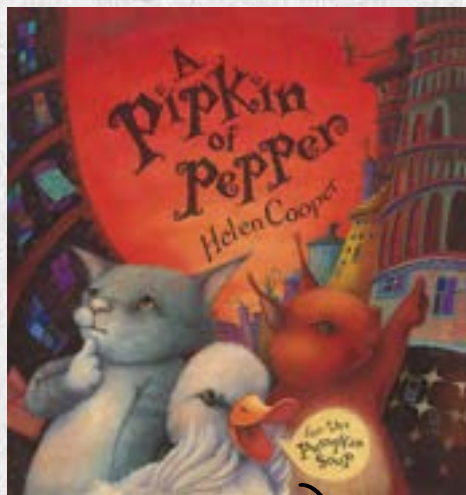
Kindness



Trying New things



Safety



Reflection Questions to use with these books & our song "Slow Down"

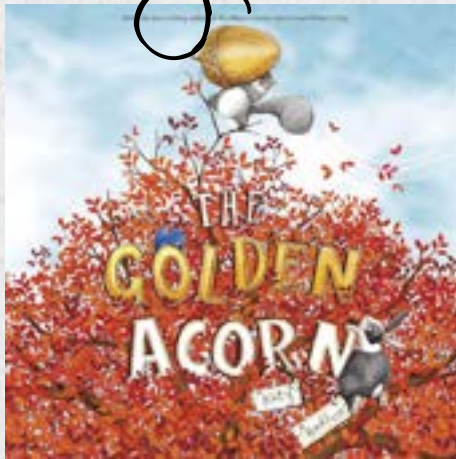
1. How do you think the duck felt when his friends wouldn't let him try something new?
2. Duck made a mess, but he was having fun! Is there something you're not the best at but still love to do?
3. Do you know what to do if you ever get lost?
4. What is your favorite meal?
5. How do you think Squirrel and Cat felt when Duck threw a temper tantrum after they worked so hard to make him food?
6. Have you ever had to try something new that you did not want to try, but then you ended up really liking it?

FROM PAGES

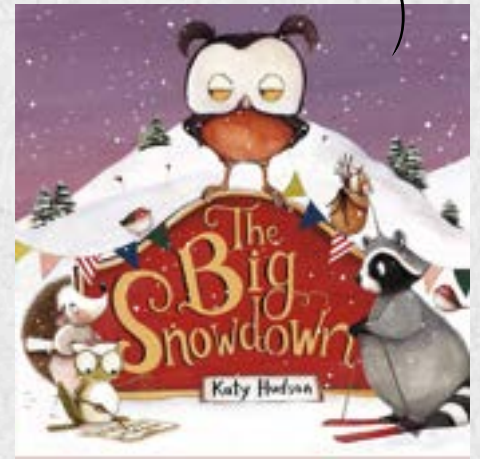


TO PRACTICE

Teamwork



Tenacity



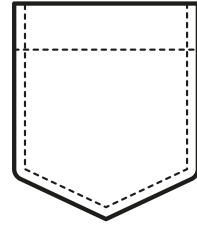
Bravery



Reflection Questions to use with these books & our song "Slow Down."

1. Which book was your favorite?
2. Have you ever been inspired by your friends, like Owl was in The Big Snowdown?
3. Have you ever had to work as part of a team like Squirrel? What was it like?
4. Hedgehog wouldn't have been able to create such an amazing home without the new animals' help. Have you ever gotten help from someone?
5. How did it feel to get help?
6. How does it feel to help others?

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.

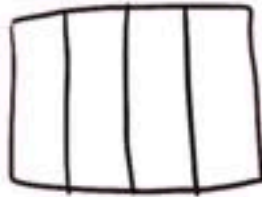
Easy to make and carry, the Pocket Pause empowers kids to practice self-regulation anytime, anywhere.

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!

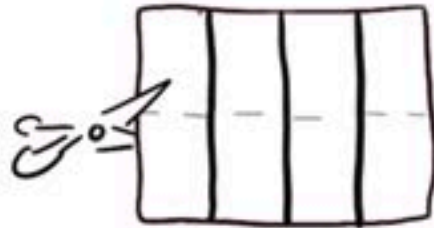
Fold your Pocket Pause

① Print



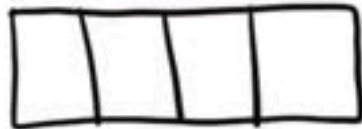
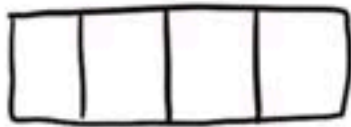
②

cut in half



③

Pocket Pause
1



1
Pocket Pause
2

④

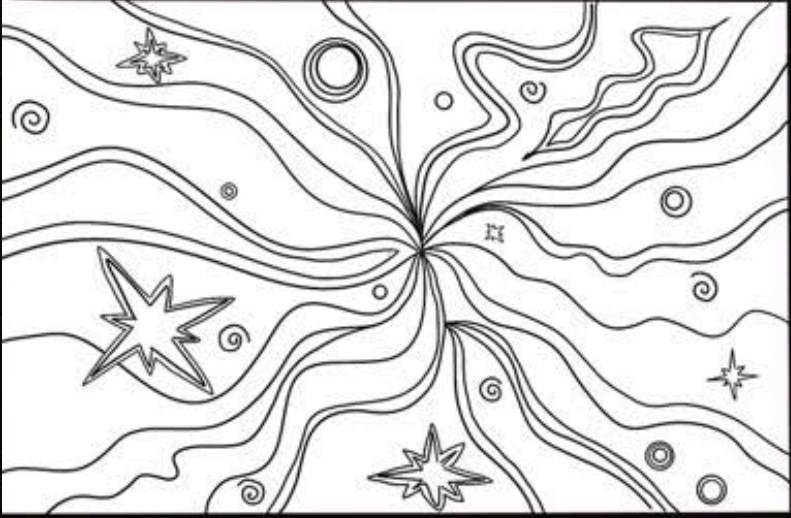
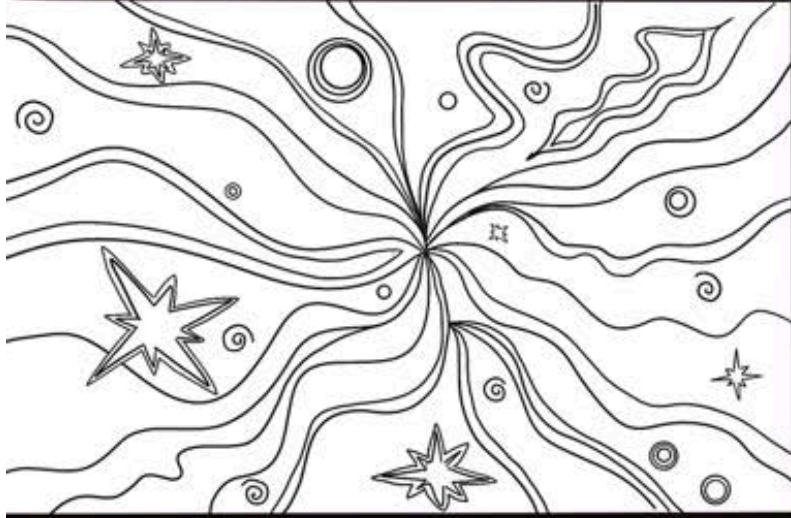
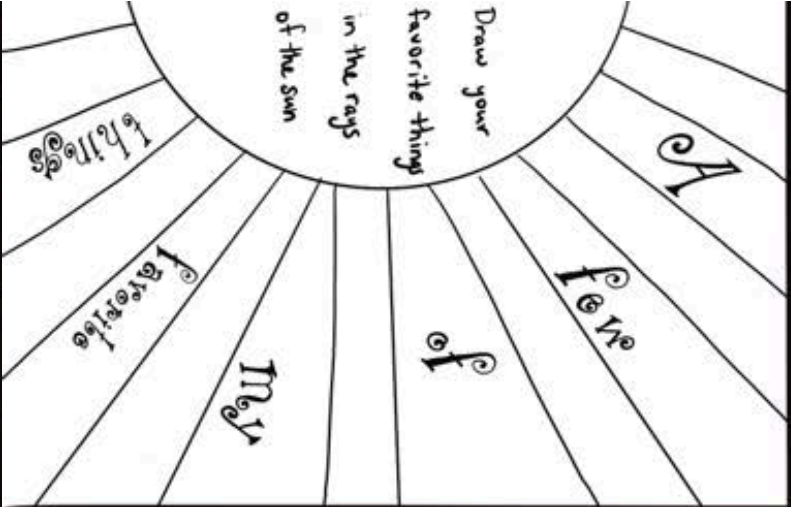
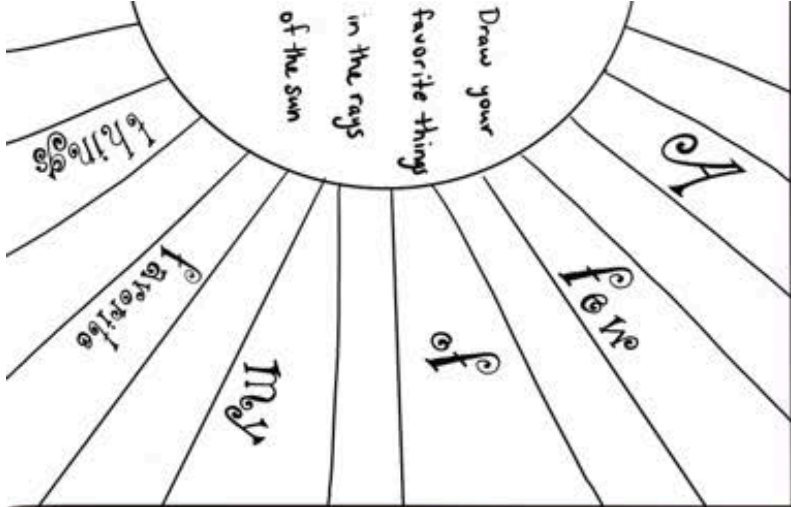
fold
accordion
style!



x 2

⑤

DONE!



What do you X
love about -i-
YOU?



What do you X
love about -i-
YOU?

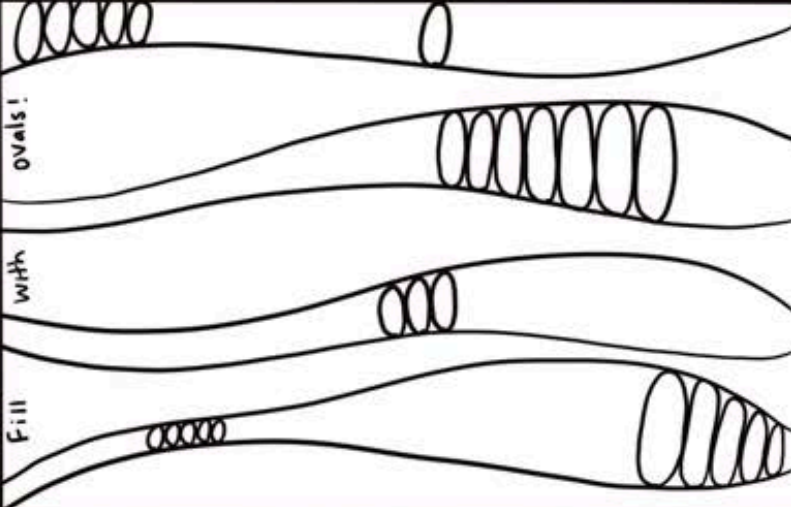
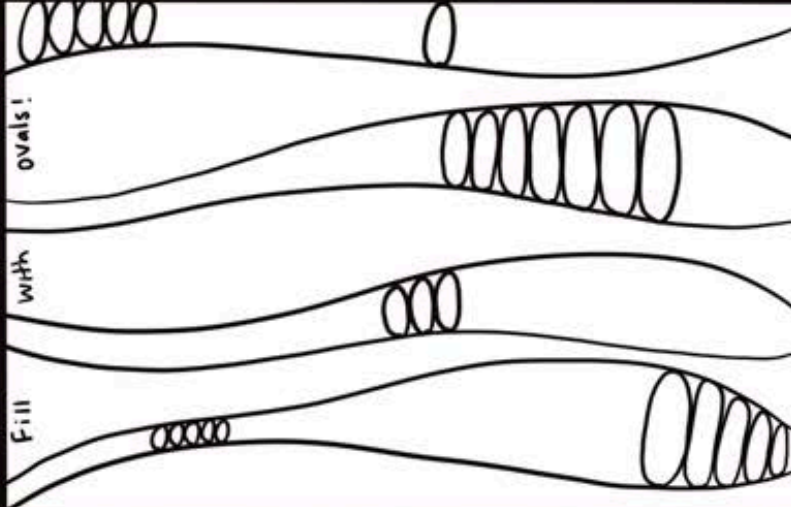


Can you find: hug, smile, giggle
water, shine, love, happy, laugh

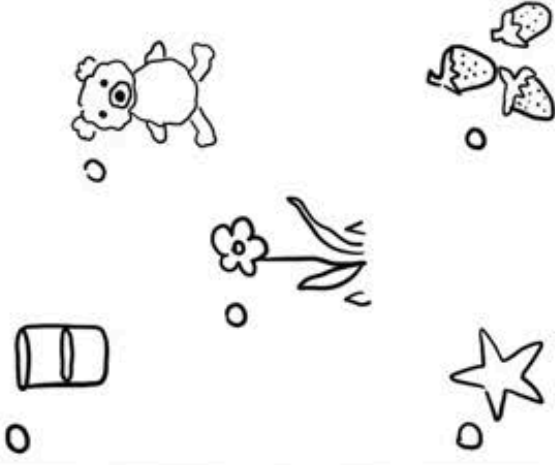
M	S	I	G	H	A	P	W	A	G	L	E	Y	X
S	A	H	A	P	P	Y	U	R	Z				
M	I	A	O	V	E	R	W	G	Z				
L	E	T	A	H									
B	S												

Can you find: hug, smile, giggle
water, shine, love, happy, laugh

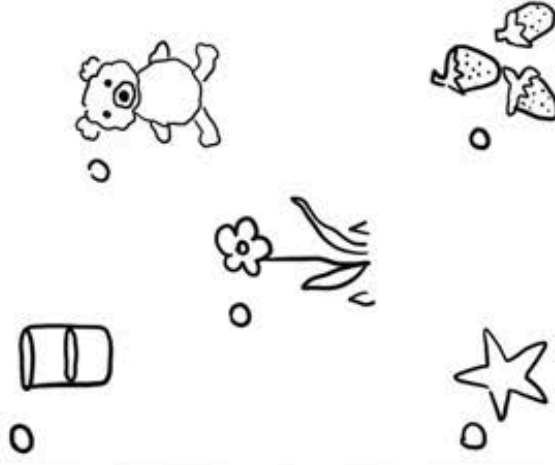
M	S	I	G	H	A	P	W	A	G	L	E	Y	X
S	A	H	A	P	P	Y	U	R	Z				
M	I	A	O	V	E	R	W	G	Z				
L	E	T	A	H									
B	S												



Scavenger
Hunt



Scavenger
Hunt





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

Q: My child seems to have endless energy in the summer. Should I be trying to calm them down all day?

Not at all! Movement is one of the brain's favorite ways to regulate. Instead of trying to stop the energy, help organize it. Dancing, drumming, obstacle courses, jumping games, and outdoor adventures all provide the brain with sensory input that actually makes it easier to settle later. The goal isn't less movement—it's purposeful movement.

Q: Why do kids seem to melt down after really fun days?

The brain has a limited capacity for processing stimulation. Even joyful experiences—birthday parties, vacations, swimming, amusement parks—require tremendous amounts of attention, sensory processing, and emotional energy. By the end of the day, many children have simply run out of regulation resources. That's why quiet music, snuggles, humming, dim lights, and familiar bedtime routines are so powerful after exciting days.

Q: Is it okay if my child wants to hear the same song over and over again?

Absolutely. Repetition is how the brain learns. When children repeat songs, they're strengthening neural pathways for language, memory, prediction, and emotional regulation. Every time they confidently anticipate what comes next, their brain is practicing a sense of safety and mastery. So yes—you have permission to listen to that favorite song one more time.

Q: What is one musical tool I can use when my child has a really big feeling?

Become their rhythm before you become their words. Instead of immediately explaining or reasoning, try gently tapping a slow, steady beat on their back, legs, or hands. You can also hum a simple melody while holding them. Rhythm communicates safety to the nervous system long before language reaches the thinking brain.

Q: What's one thing you hope every family remembers this summer?

You don't have to create a Pinterest-perfect childhood to raise resilient kids. Your presence matters more than your performance. Sing in the car. Dance in the kitchen. Laugh during bedtime. Repair after hard moments. Those ordinary moments are where children build lifelong emotional security—and they often remember them far more than the expensive adventures.

SLOW DOWN



Our song "Slow Down" from the Red Album inspires me and reminds me of the importance of living with intention.

Yes, we all have things we need to do. But I can take a minute to connect with my kiddo. I can pause and take a moment for myself—the same skill I'm teaching my 7-year-old to practice.

As a teacher, I can't tell you how many times I've intentionally slowed down while explaining a concept or chosen to listen to a story a student wanted to share. Those moments matter. As adults, we often forget that we have the power to shape not only our children's environment, but our own as well.

I encourage you to notice those opportunities to slow down. Our kids and students often think we have life all "figured out." But maybe what we've really figured out is that slowing down doesn't mean giving up on the day. It can be the five minutes you take to step outside and touch the grass. It can be the two minutes you spend guiding your class through a breathing exercise or sharing a moment of gratitude together.

In many ways, slowing down has become an act of resistance in a world that constantly tells us to go, go, go.

Enjoy your life as it's happening. Slow down. Notice the clouds. Share a laugh. Those small moments are often the ones that matter most.



SCAN HERE

[Or Click Here](#)

SLOW DOWN

capo 1

G C G D
Wake up in the mornin', there's so much I gotta do
G C G D G
Brush my teeth, comb my hair, put my clothes on too
em C em C
Then I need to eat some breakfast, pack a bag and pack my lunch
em C D
It's just a busy part of the day
em C D7 G
I wanna say "Hey hey hey can we just slow down?"
em C D7 G
Hey hey hey can we just slow down?"

G C G D
A couple hours later its time to eat my lunch,
G C G D G
Making healthy choices, I pause before I munch
em C em C
Gratitude for this food that will help me grow
em C D
If my mind gets busy thats okay
em C D7 G
I get to say "Hey hey hey can we just slow down?" (and breathe)
em C D7 G
"Hey hey hey can we just slow down?"

G C G D
My day is almost over its time to go home
G C G D G
Eat dinner with my family while we're chillin in our zone
em C em C
Brush my teeth, put my jammies on, story time then bed
em C D
Think about my day and clear my head
em C D7 G
I get to say "Hey hey hey, it's time to slow down"
em C D7 G
"Hey hey hey, it's time to slow down"

DIY Seek and Find

A simple way to slow down and connect with kids of all ages is with a quick, easy craft that takes minimal effort—so you can spend more time playing than creating!

Materials:

A medium/small box
Small toys and knickknacks from around the house
Paper and a pencil (or use the page provided)

Instructions:

Place the toys and other small items inside the box.
Arrange them however you'd like!



Make a list of the objects you can see and write them on the provided sheet (or create your own).

This gives kids something fun to check off as they find each item and helps you remember everything you've included.

Adjust the difficulty to match your child's age. For younger children, start with just two or three items.

For older kids, add as many objects as you'd like for a bigger challenge!

The only rule: players can look, but not touch or move any of the items.

Bonus Idea:

Want to make it screen-friendly? Use the Seek and Find from this issue as inspiration! Take a photo of your finished box and let kids zoom in on the picture to search for each item. It's a fun way to play without worrying about little hands moving the objects around.



**Let's
slow down!**

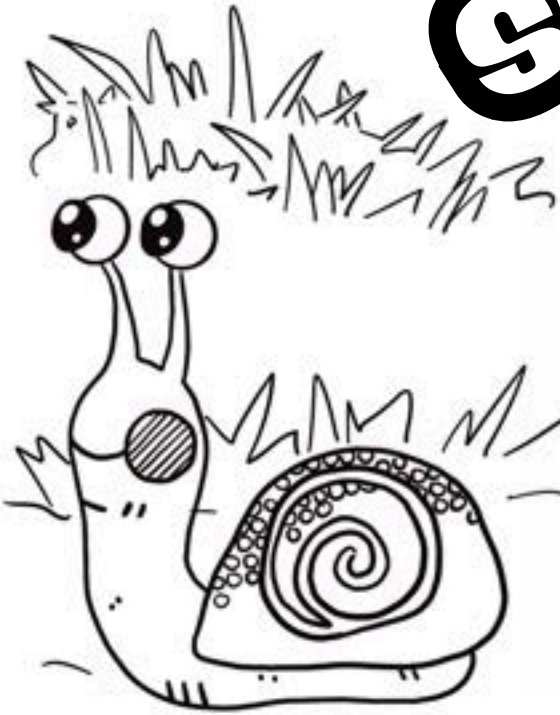


Brain



Break!!

**Let's
slow down!**



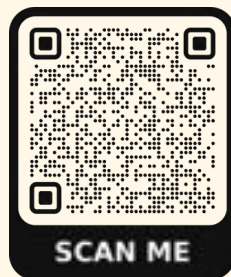
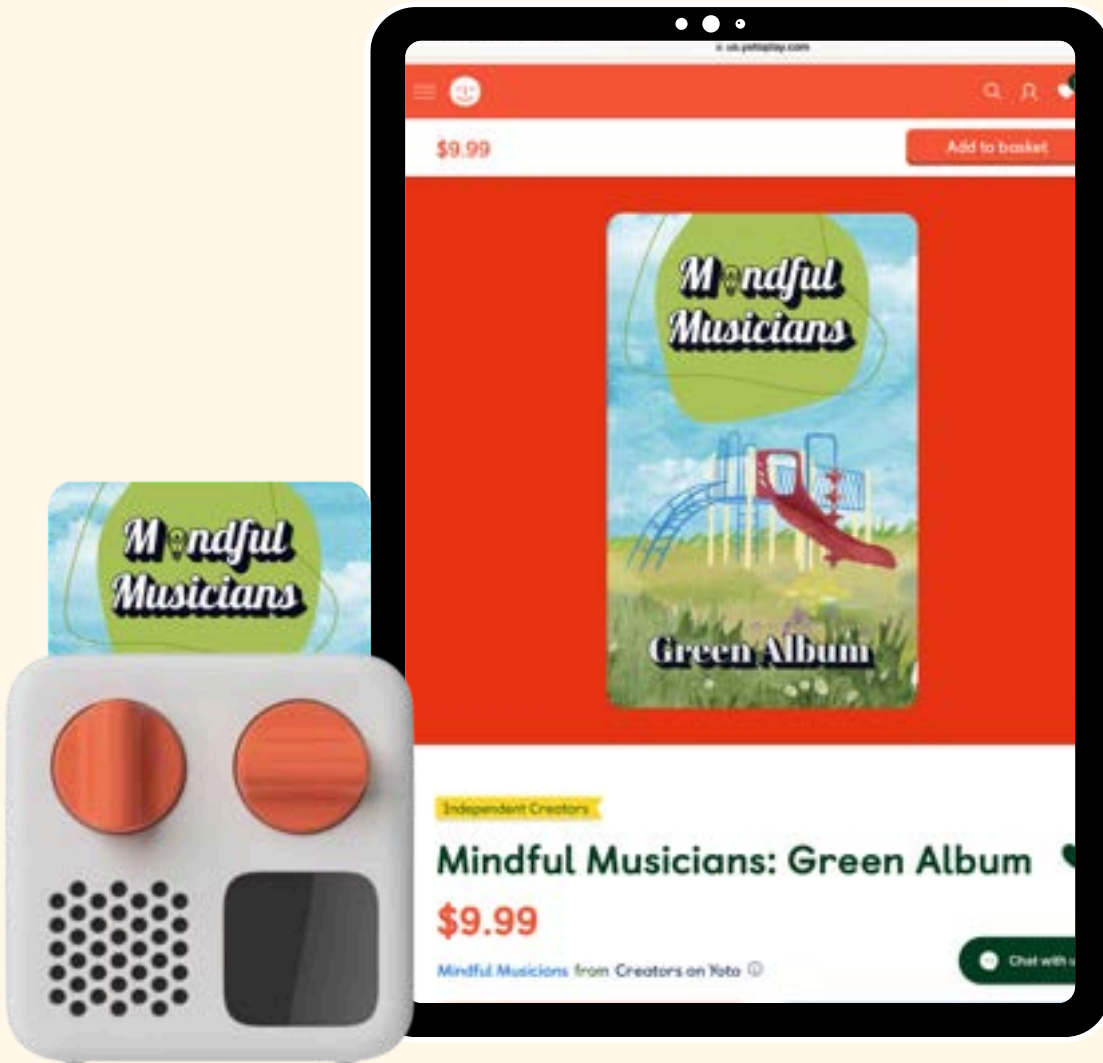
Brain



Break!!

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>