



A MINDFUL MUSICIANS PUBLICATION



ROOTED FAMILY MAGAZINE

AUGUST 2026
VOL 2 — ISSUE 8



SCHOOL IS BACK!



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TABLE OF CONTENTS

HELLO FROM CALLIE

02

RED ALBUM WORD SEARCH

04

FRIENDSHIP FLOWER

05

JUNE BOOK RECOMMENDATIONS

Picture books are great tools for teaching important concepts because they hide the learning, just like our songs!

06

POCKET PAUSE

Did you know your kiddos can submit ideas for our Pocket Pause?

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

KINDNESS BUS

14

CRAFT

Create and preserve memories with your kiddos as they head back to school!

16

THE TEACHER ZONE

17

MINDFUL MOMENTS

21

LUMI THE LIGHTBULB POSTER

24



HELLO, FROM CALLIE

AUGUST 2026

Dear Mindful Musicians Families,

As I write this, I'm sitting at the skatepark watching my nine-year-old zip around on her scooter. Every so often, she circles back toward me and looks over with those curious eyes that are really asking one thing: Are you watching?

I am.

Not every second. I'm writing this letter, answering messages, thinking about the week ahead, and doing all the other things that occupy a parent's brain at any given moment. But I am here. I'm witnessing her journey as she takes another lap, tries something new, falls, gets back up, and takes off again.

Lately, I've been thinking about how much life looks exactly like that.

We like to imagine growth as this beautiful, linear progression. We make the plan. We work hard. We get better. We move forward.

Except...that isn't actually how any of this works.

There's always an outlier to consider, a mess to clean up, an uncomfortable emotion to confront, an unexpected bill to get creative about, a relationship blip to navigate, or a nervous system that suddenly says, Nope. We're not doing that right now.

I'm learning (again) that there is absolutely nothing linear about being human.

Which brings me to something I didn't expect to be writing quite this soon.

I just recently, I very excitedly announced the launch of our Mindful Musicians YouTube channel. This has been a dream of mine for a long time, and I genuinely believed we'd be releasing new videos every week.

And now...I'm taking a pause.

Not forever. The videos we've created are still out there in YouTube land, ready for kids and families to enjoy. But for now, new episodes won't be coming every week like I originally planned.

Is that what I wanted? Nope. Is it mildly annoying to make a giant announcement and then almost immediately change the plan? Absolutely.

But if I'm going to encourage children and families to listen to their bodies, understand their emotions, recognize their limits, and take care of their brains, then I have to do it too—even when it interferes with my plans.

Especially then.

Because there is also so much happening right now that deserves my energy.

More schools than ever are bringing Mindful Musicians into their classrooms this year, and that is something worth celebrating BIG TIME. We've worked our booties off creating accessible songs, activities, and resources that help normalize brain health while building self-love, confidence, empathy, and emotional awareness.

I've also just trained five new Mindful Musicians teachers—YAY! Five more humans carrying this work into rooms full of children and families.

HELLO, FROM CALLIE, CONT.

AUGUST 2026

At the same time, my own nine-year-old is heading back to school. My baby is going to daycare for the first time. I'm holding space for the grief of losing someone very important to me while navigating marriage, motherhood, work, relationships, dreams, and responsibilities.

It's a lot.

And it is beautiful.

I'm beginning to understand that maybe the goal was never to make life less complicated. Maybe it's learning to hold more than one truth at once.

I can need rest and still be ambitious.

I can change my mind and still be committed.

I can grieve and experience enormous joy.

I can give myself grace and continue expecting myself to grow.

I can be overwhelmed by parenting and look across this skatepark at my daughter and know that being her mom is one of the greatest gifts of my life.

That's why this month's song, Kindness Bus, feels especially fitting.

At its heart, this song asks children to recognize that there are a million different ways to be a human being. Different bodies. Different skin. Different abilities. Different languages. Different stories.

And there is room for all of us on the bus.

I hope we're teaching our children to approach those differences with curiosity instead of judgment. But I also hope we're modeling that same kindness inward—recognizing that we are changing humans navigating changing lives, and sometimes the kindest thing we can do is adjust the route.

ISO wherever August finds your family—excited for school, nervous about change, grieving something, celebrating something, exhausted, hopeful, or somehow all of those things at once—remember:

There is no perfect route through this life.

Keep showing up. Keep making room for one another. Keep choosing kindness.

And when someone you love looks over with those curious eyes asking, Are you watching?

Whenever you can, let them know:

I am.

With love,



RED ALBUM WORD SEARCH



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

**Become
Vitamin
Train
Selah
Path
Slow**

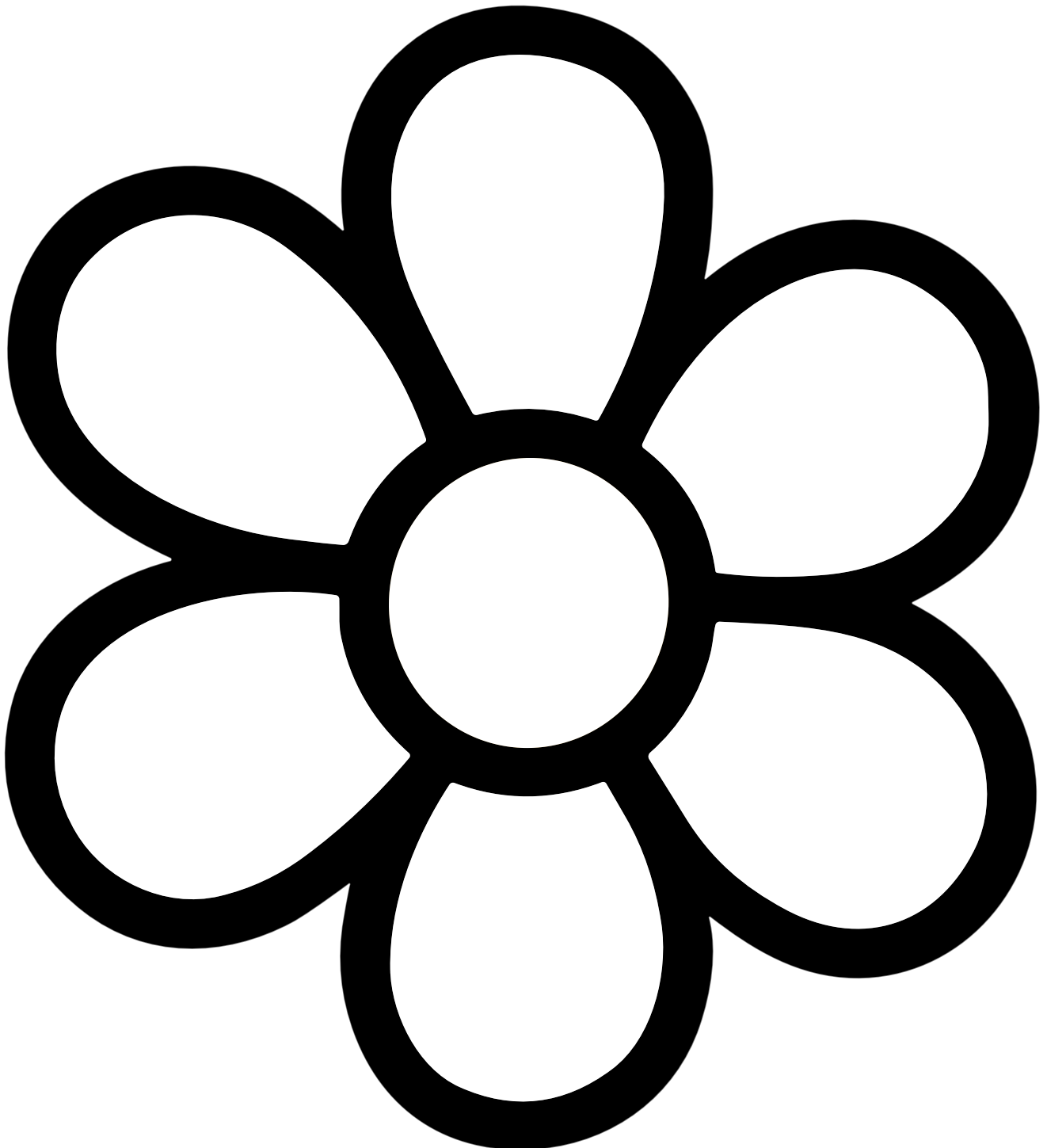
**Shaker
Tappa
Pocket
Buckets
Love
Soft**

**Celebrate
Belong
Kindness
Bus
Flower**

Friendship **FLOWER**

Think about what makes someone a good friend.

1. Write 1–2 words in each flower petal.
2. Think about both what a good friend does for you and what you can do for others.
3. Color your flower with crayons or colored pencils.
4. Feel free to cut it out and look at your flower when you need a reminder of how to be a good friend!



FROM PAGES



TO PRACTICE

School



The CRAYONS
GO BACK TO SCHOOL



Friendships



Change



From the CREATORS of the #1 BESTSELLING THE DAY the CRAYONS QUIT
DREW DAYWALT OLIVER TEFFERS

Reflection Questions to use with this books & our song “ Kindness Bus”

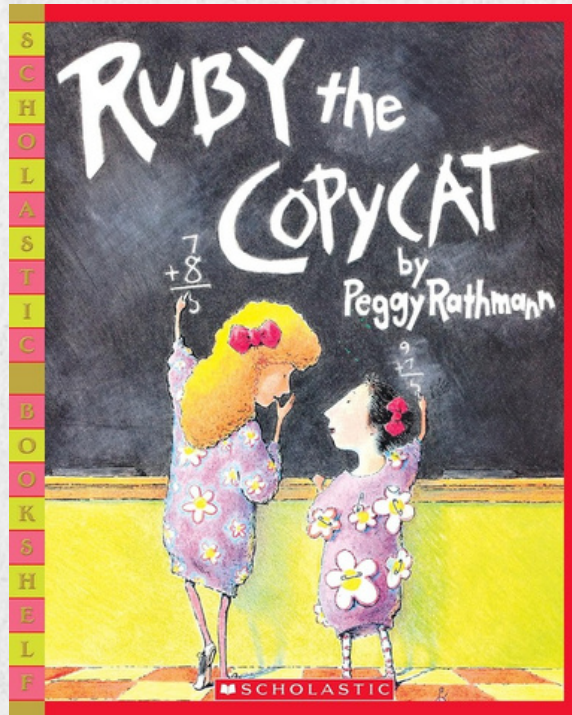
- 1.What are some fun things about going back to school?
- 2.How can you make a new friend?
- 3.What can be hard about starting back to school?
- 4.What color crayon would you be?

FROM PAGES



TO PRACTICE

Self love



Acceptance



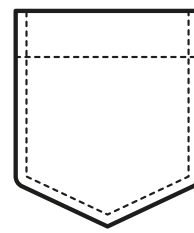
Growing Up



Reflection Questions to use with this books & our song "Kindness Bus"

1. Why do you think Ruby was copying Angela?
2. What happens when we try to become another person?
3. How does it feel to find something in common with someone else?
4. How do you think it feels to have someone you admire use sandpaper words like, "I hate you"?
5. When someone likes something different than you, how can you make sure they get to shine?

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

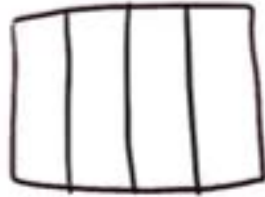
1. Print it out: Ask an adult to help you print the Pocket Pause page.
2. Fold it up: Follow the folding steps in the pictures carefully to make it into a book.
3. Cut the spot: Use scissors to cut along the line shown in the picture (ask for help if needed!).
4. Take it anywhere: Slip it into your pocket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

Our newest artist, Anastasia Sophia Locke Mulvahill, age 7, contributed to this month's Pocket Pause! Enjoy learning how to draw an alicorn!

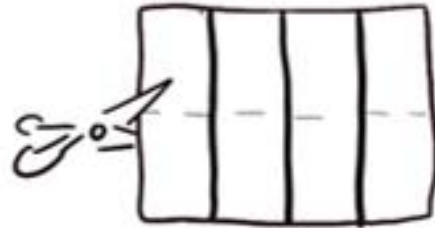


Fold your Pocket Pause

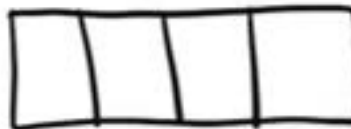
① Print



② Cut in half



③ Pocket Pause 1

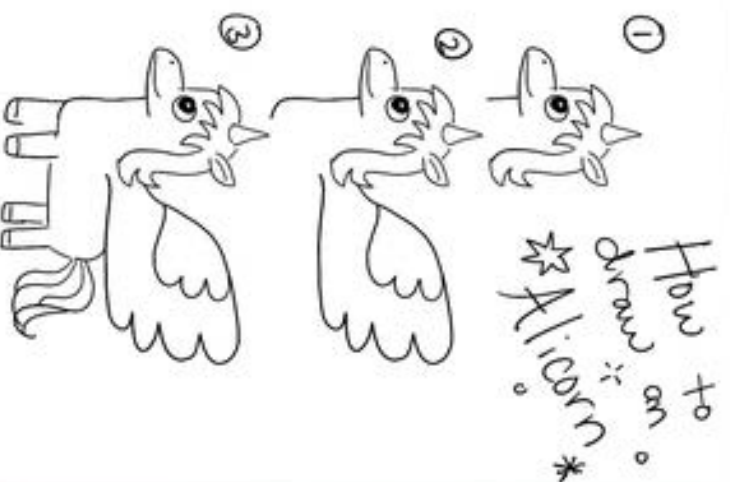


Pocket Pause 2

④ Fold accordion style

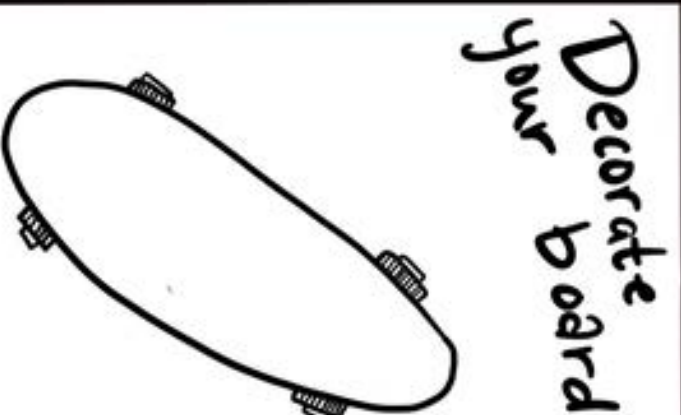


⑤ **DONE!**

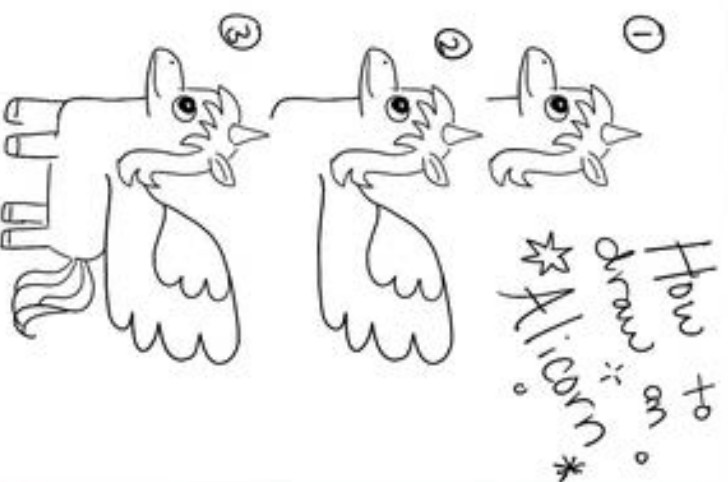


Word Search
Friends Breathe Snack
Smile Kind Laugh

F	R	E	N	D	S
X	Z	T	V	L	B
R	N	W	H	I	K
E	M	S	N	T	A
H	I	K	E	T	G
A	C	L	W	H	A
S	N	A	C	K	A

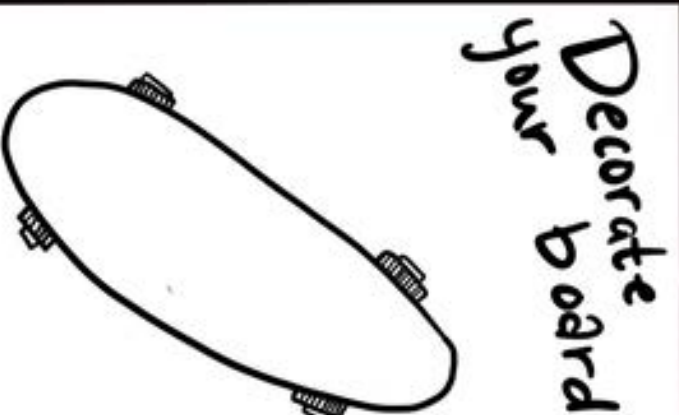


- Can you find...
- ⑤ five things you can
 - ④ four blue things
 - ③ three things you can
 - ② two shiny things
 - ① one drink of water



Word Search
Friends Breathe Snack
Smile Kind Laugh

F	R	E	N	D	S
X	Z	T	V	L	B
R	N	W	H	I	K
E	M	S	N	T	A
H	I	K	E	T	G
A	C	L	W	H	A
S	N	A	C	K	A



- Can you find...
- ⑤ five things you can
 - ④ four blue things
 - ③ three things you can
 - ② two shiny things
 - ① one drink of water

MEALTIME MOMENTS



QUESTIONS

Meals are for connecting! Choose a question to spark meaningful conversations with kiddos.

What new friends have you made this week?

What made you laugh today?

Did anything surprise you today?

If you could do one thing again today, what would it be?

Was there a moment today when you felt really proud of yourself?

Who did you enjoy spending time with today, and why?

If you could change one thing about today, what would you change?

What is something you're looking forward to tomorrow?

If today were a color, what color would it be?

What is one thing you want me to know about your day?





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: What does it take to become a Mindful Musicians teacher?

More than being able to sing! Our teachers learn the why behind what we're doing—not just the songs. Training includes child development, brain health, emotional regulation, class flow, how to respond when a room gets chaotic, and how to use music intentionally rather than simply entertain. We also spend a lot of time actually singing, moving, practicing, and getting a little ridiculous together. I want teachers to understand the curriculum while still feeling empowered to bring their own personalities into it.

Q: When a school purchases Mindful Musicians, do teachers have to be musicians?

Nope! This is one of my favorite misconceptions to clear up. Mindful Musicians was intentionally designed so classroom teachers, counselors, early childhood educators, and other trusted adults can use the tools. You don't need a beautiful singing voice or musical training. The goal isn't performance—it's connection. We provide songs, lesson ideas, visuals, activities, and practical tools teachers can pull into the moments they're already navigating with kids.

Q: How do you train an entire school to use music for brain health?

I start with the brain before I ever get to the music. Teachers learn what's happening neurologically when a child is dysregulated and why rhythm, repetition, movement, and melody can be so effective. Then we experience the tools together. I want teachers leaving training thinking, Oh—I can actually use this tomorrow, not carrying another giant binder of ideas they'll never have time to implement.

Q: What actually goes into making a Mindful Musicians YouTube episode?

SO much more than I anticipated! An idea becomes a script, music, activities, props, filming, editing, graphics, thumbnails, descriptions, uploads, and all the tiny decisions you never think about when you're simply watching a five-minute video. It takes a team of talented humans behind the scenes. I've gained an entirely new appreciation for children's content creators—and also learned why listening to my own capacity matters.

Q: What's the bigger dream for Mindful Musicians?

I want these tools to become part of the everyday language of childhood. I want a teacher to start singing a familiar phrase when a classroom gets overwhelmed. I want a parent to use rhythm instead of yelling. I want a child to recognize, My body is telling me something, and I know what I can do. Whether that happens through a classroom, a Mindful Musicians teacher, a YouTube video, or a family singing in the car doesn't really matter to me. The delivery method can change. The mission doesn't.



KINDNESS BUS



SCAN HERE

[Or Click Here](#)

When we wrote “Kindness Bus,” we were intentional about including all different kinds of humans—not because we’re all the same, but because we’re not.

We come in different shapes and sizes. Our skin looks different. Our bodies work differently. We speak different languages and experience the world in different ways. Every human truly is different—and meant to be.

Children naturally notice those differences. They’ll notice someone’s wheelchair, skin color, accent, body, or way of communicating. Kindness Bus isn’t teaching children not to notice differences—it’s teaching them how to notice without assigning less value to someone because of them.

Difference doesn’t have to mean strange, scary, better, or worse. It can simply mean different—another beautiful way of being human.

That’s why the lyric “If you’ve got an open mind, you might be surprised to find...” matters so much. An open mind allows curiosity to come before judgment. It creates space for a child to wonder, ask questions, learn, and discover connection with someone whose life may look very different from their own.

And each verse returns to the same simple truth:

“We can change the world by choosing to be kind.”

For children, changing the world happens in small moments. Invite someone to play. Sit beside someone new. Learn how to pronounce their name. Ask instead of assuming. Recognize that another person’s body or brain might need something different from yours.

Those are the moments where empathy is built.

And perhaps the most important words in the entire song are also the simplest:

“You can join all of us.”

All of us.

We don’t have to erase our differences in order to belong. The goal isn’t to raise children who don’t see differences. It’s to raise children who see them, value the human in front of them, and instinctively know:

There’s room for you here.

KINDNESS BUS

tempo: 108

A D A E

A D A E A

Chorus:

Welcome to the kindness bus
You can join all of us
We make stops all over the town
If you've got an open mind
You might be surprised to find
there's friends of every shape and size

D A D A D A E

Verse: Short ones and skinny ones
Tall ones and round
We can change the world
By choosing to be kind...

Chorus

Welcome to the kindness bus
You can join all of us
We make stops all over the town
If you've got an open mind
You might be surprised to find
there's friends whose skin looks different
from yours

Verse 2:

It could be darker or lighter
freckly or clear
We can change the world
by choosing to be kind...

Chorus:

Welcome to the kindness bus
You can join all of us
We make stops all over the town
If you've got an open mind
You might be surprised to find
there's friends of all ability

D A D A D A E

Verse: Blind, Deaf, or Wheelchair Bound,
or someone with a cast
We can change the world
By choosing to be kind...

Chorus:

Welcome to the kindness bus
You can join all of us
We make stops all over the town
If you've got an open mind
You might be surprised to find
there's friends whose words sound different
from yours

D A D A D A E

Verse: Hola, Konnichiwa, Hello, Bonjour
We can change the world
by choosing to be kind...

Welcome to the kindness bus
You can join all of us
We make stops all over the town
If you've got an open mind
You might be surprised to find
there's friends everywhere you go

Warm Fuzzies

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!

Description:

Inspired by *El Deafo* by Cece Bell, this craft is a fun way to spread kindness and make connections with new friends. It pairs with our song “Kindness Bus” and reminds us that even small acts of kindness can build bridges.

Materials:

- Pom-poms
- Googly eyes
- Glue
- Felt
- Wing template
- Contrasting marker
- Scissors
- Brown paper bags labeled with each student's name



Instructions:

1. Glue googly eyes onto a pom-pom.
2. Optional: Trace the wings onto felt with a contrasting marker and cut them out.
3. Glue the wings onto your Warm Fuzzy.
4. Let it dry, then place it in the brown paper bag with your name on it.
5. Choose a friend (or someone new) and place your Warm Fuzzy in their bag as a surprise!

Kindness Challenge:

Who could use a little kindness today? A Warm Fuzzy might be the beginning of a new friendship!



THE TEACHER ZONE

Back to School Bookmark

A simple way for kids of all ages to slow down and create art. Each of our bookmarks carry a simple message of encouragement and positivity!

Materials:

Print the bookmark template, crayons or color pencils, scissors, and glue.

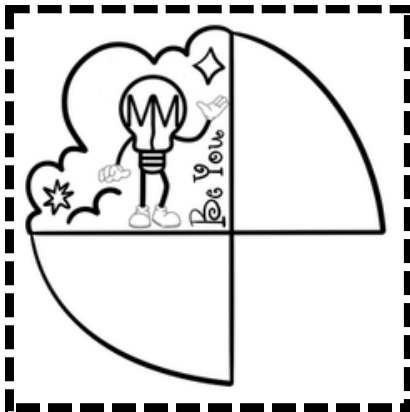
Activity:

This month's bookmark features Lumi the Lightbulb and ties into our theme, "Kindess Bus." As the new school year begins, this month's bookmark encourages kids to make new friends, notice when someone is being left out, and help create a welcoming place where everyone feels included.

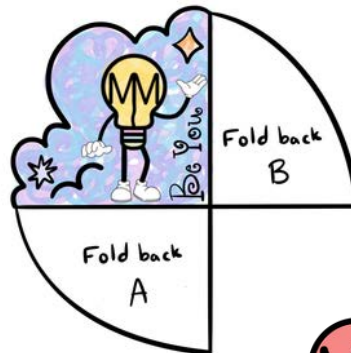
Instructions:

There are four bookmarks per page. Print as many pages as you need. Cut on the dotted line and pass out the bookmarks to be colored. After coloring, have the students cut out the bookmark on the outer lines as seen below. The white flaps should be folded back. Fold side A, add the glue, then fold flap B on to adhere the flaps to one another.

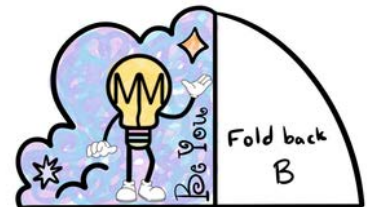
1) PRINT AND DISTRIBUTE



2) COLOR AND CUT



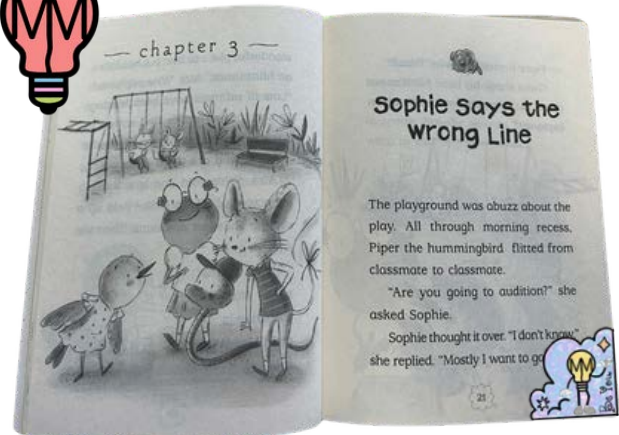
3) FOLD A & ADD GLUE



4) FOLD B BACK

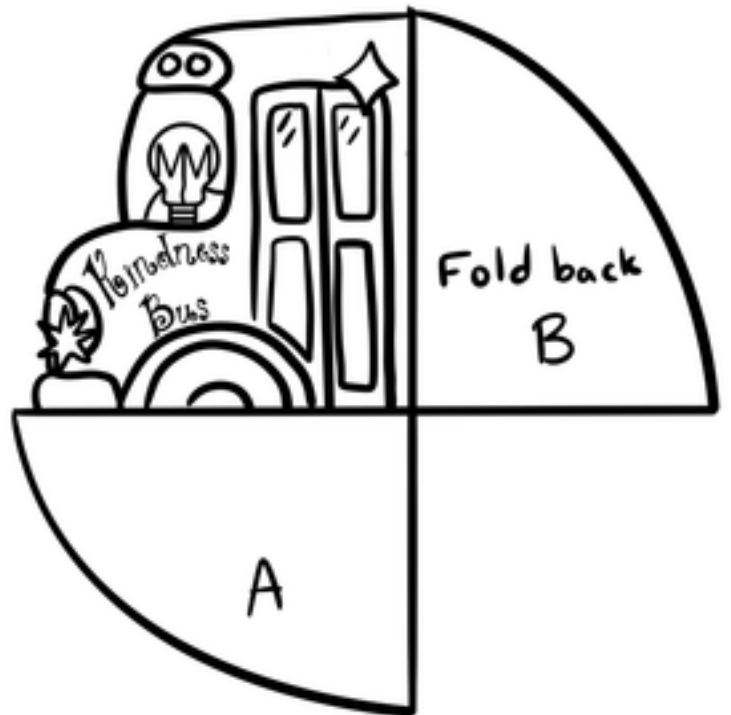
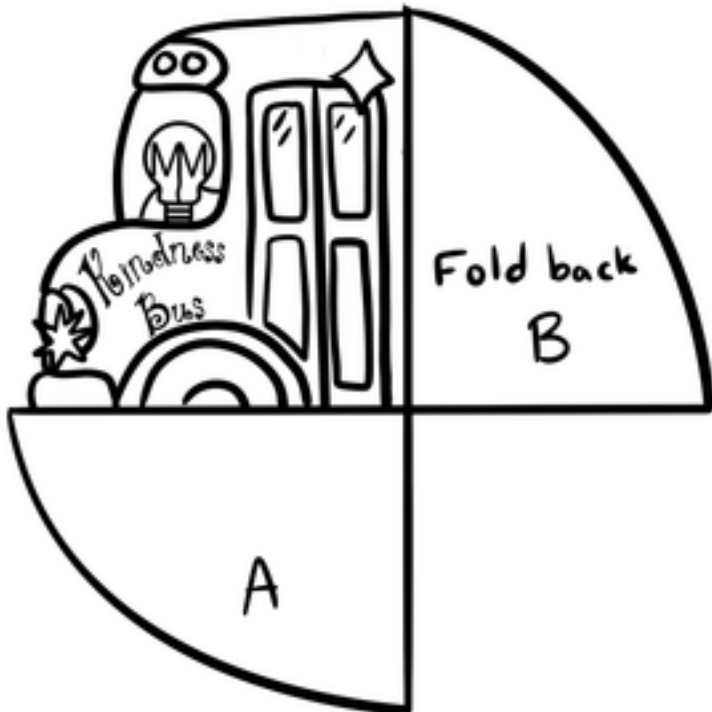
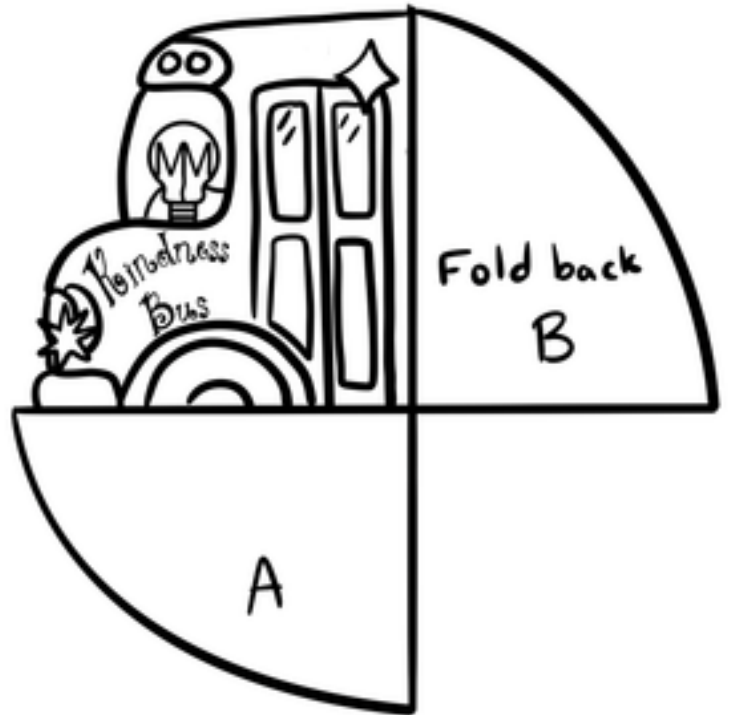
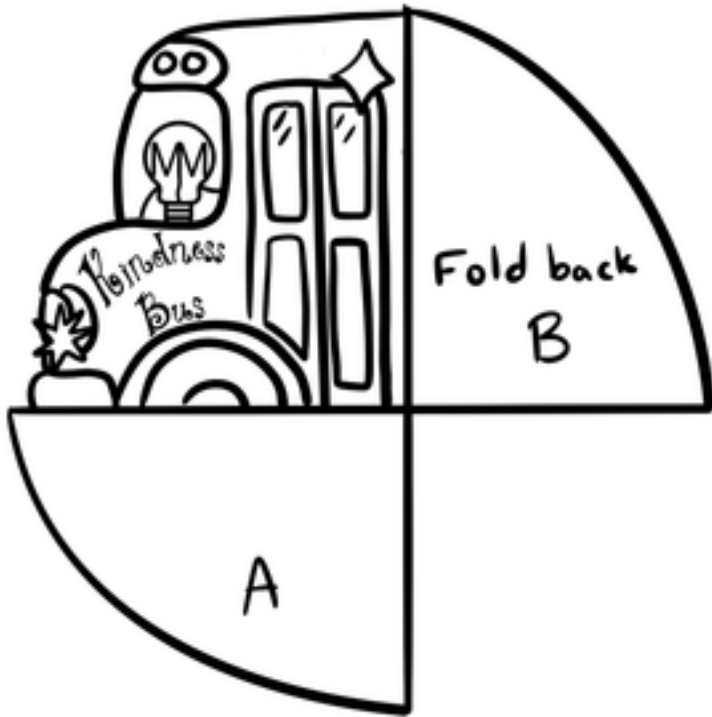


5) READ A GOOD BOOK!



Lumi

Bookmarks



MINDFUL MOMENTS

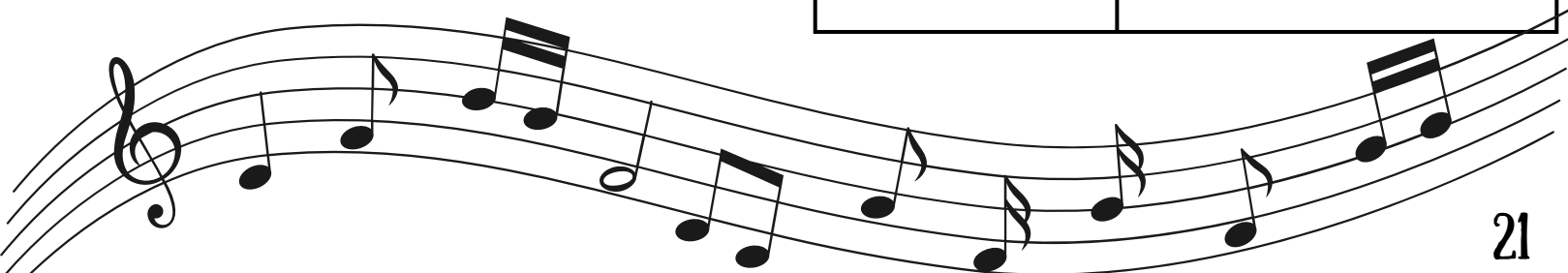
Use these four Mindful Moments to create community through conversation, music, play, and art to teach life skills to your students. We recommend doing this after lunch or snack time as a reset.

The fifth Mindful Moment is left blank for you to create your own!

Quote of the Month: (Repeat this often)
“We can change the world by choosing to be kind.”

	Activities
Fist-to-Five	Students show fingers 0-5 (scale from 0=worst to 5=best) on how they are feeling. They can do it in the air or in front of their chest for more privacy.
Topic Song (sing-along)	Kindness Bus
Meal Time Moments (page 12)	What new friends have you made this week?
Activity	Create their bookmarks (pages 19-20)
Closing Song (Reset for class to start)	“When you hear this song playing you need to have your space tidied and ready to start class” Song: <i>I Belong</i>
Fist-to-Five	

	Activities
Fist-to-Five	Students show fingers 0-5 (scale from 0=worst to 5=best) on how they are feeling. They can do it in the air or in front of their chest for more privacy.
Topic Song (sing-along)	Kindness Bus
Meal Time Moments (page 12)	What made you laugh today?
Activity	Quiet Reading (Turn on Nature Sounds) Having a moment without pressure and enjoy the space to just exist together.
Closing Song (Reset for class to start)	“Let’s stretch and when this song stops playing we will be ready to start class” Song: <i>I Belong</i>
Fist-to-Five	



MINDFUL MOMENTS

Quote of the Month: (Repeat this often)
“We can change the world by choosing to be kind.”

	Activities
Fist-to-Five	Students show fingers 0-5 on how they are feeling. They can do it in the air or in front of their chest for more privacy.
Topic Song (audio only)	Kindness Bus
Meal Time Moments (page 12)	If you could do one thing again today, what would it be?
Activity	Choose one of our books on pages 6-7. Don't have the book? No problem! Find your favorite version of the story on YouTube.
Closing Song (Reset for class to start)	Song: I Belong
Fist-to-Five	

	Activities
Fist-to-Five	Students show fingers 0-5 on how they are feeling. They can do it in the air or in front of their chest for more privacy.
Topic Song (audio)	Kindness Bus (Pass a ball around the room w/ the music)
Meal Time Moments (page 12)	Was there a moment today when you felt really proud of yourself?
Activity	Pocket Pause (pages 10-11)
Closing Song (Reset for class to start)	Song: I Belong
Fist-to-Five	



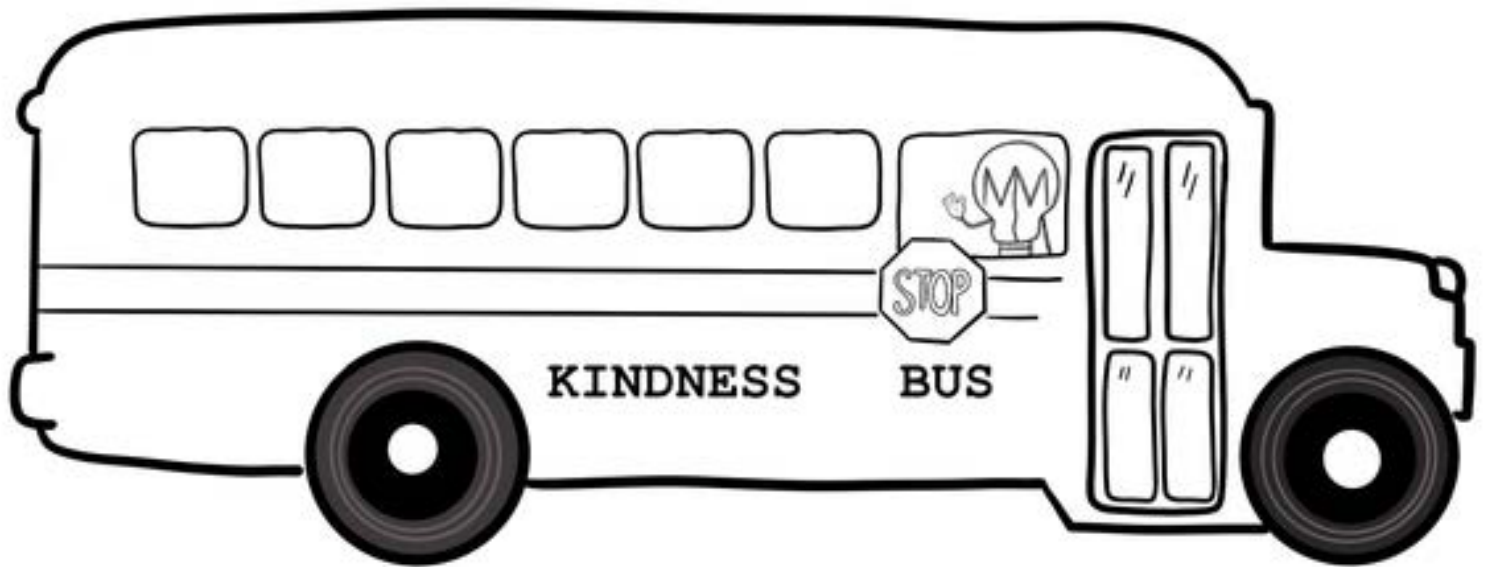
MINDFUL MOMENTS

Quote of the Month: (Repeat this often)
“We can change the world by choosing to be kind.”

Choose your Songs	Song Names
Fist-to-Five	
Song	
Question	
Activity	
Closing Song	
Fist-to-Five	

Optional Activities
Sing-Along Video
Craft
Book (With Questions)
Pocket Pause
Seek and Find
Coloring
Quiet Reading

We can change
the world



by choosing to
be kind!

**We can change
the world**



**by choosing to
be kind!**



YOUTUBE

@MINDFULMUSICIANSKIDS

NEW VIDEOS

NEW VIDEOS

NEW VIDEOS

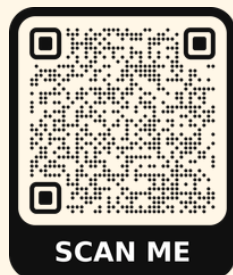
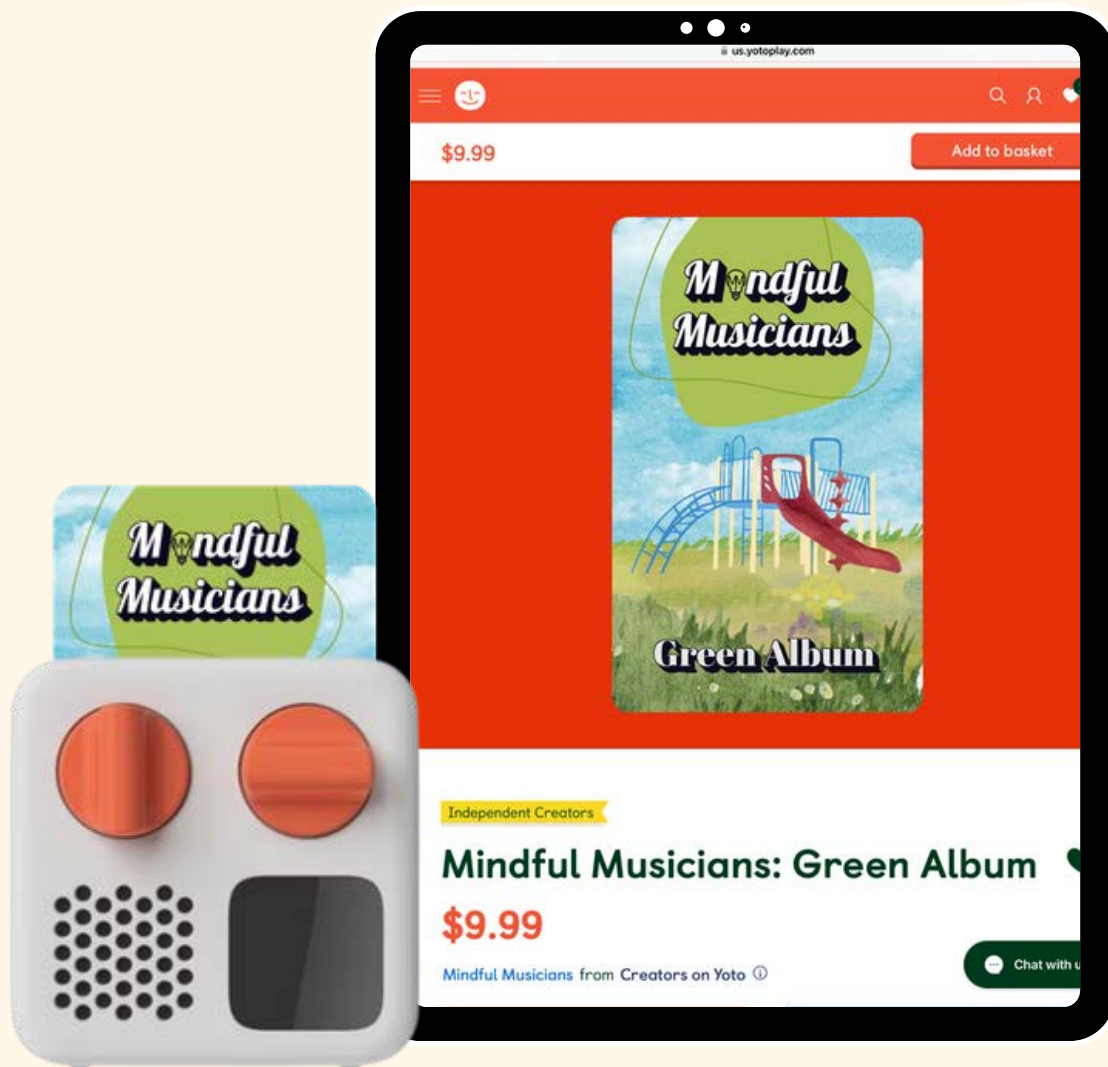
NEW VIDEOS

NEW VIDEOS



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>