



A MINDFUL MUSICIANS PUBLICATION



ROOTED FAMILY MAGAZINE

JULY 2026
VOL 2 — ISSUE 7

Become What You



Are

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HELLO, FROM CALLIE

J U L Y 2 0 2 6



Above, on the left, is a picture of a little girl with big dreams.

She had no idea where life would take her. She didn't know the heartaches she would experience, the mistakes she would make, the seasons she would question herself, or the moments she would wonder if she was enough. She certainly couldn't have imagined that one day she'd be writing this letter to you.

That little girl is me.

As I look at her now—and then at the woman I've become—I don't feel pride because everything went according to plan. I feel gratitude because somewhere along the way, I kept returning to the quiet voice inside that whispered, *Keep going. Keep becoming.*

That's what this month's featured song, *Become What You Are*, is all about.



The title almost sounds backwards, doesn't it? How do you become something you already are?

I think the answer is that life has a way of covering up who we are. Expectations. Fear. Comparison. Success. Failure. Parenthood. Careers. Relationships. The endless list of voices telling us who we should be can become so loud that we lose touch with the person who has been there all along.

The work isn't becoming someone new.

The work is uncovering the person who has always been underneath it all.

This month also marks a dream that's been on my heart for a very long time: the launch of the Mindful Musicians Kids YouTube Channel.

HELLO, FROM CALLIE, CONT.

J U L Y 2 0 2 6

If I'm honest, pressing "publish" felt both exhilarating and incredibly vulnerable. Sharing something you believe in with the world always carries the possibility that it won't be understood. But I kept coming back to the very message we're teaching our children every day: don't let fear make your decisions.

If we wait until we're certain, until we're perfect, until we know exactly how everything will unfold... many of our greatest dreams will never leave our hearts.

So we choose courage instead.

I hope these videos become more than songs. I hope they become tiny moments of connection between parents and children, teachers and students, grandparents and grandchildren. I hope they remind children that they are loved exactly as they are while also giving them the confidence to grow into who they're meant to become.

And I hope they remind us adults of that, too. Because becoming doesn't stop when childhood ends. In some ways, I think it becomes even more important.

As parents, caregivers, educators, spouses, employees, and friends, we spend so much of our lives caring for others and fulfilling expectations that it's easy to forget to ask ourselves a simple question:

Who am I beneath all of these roles?

That question isn't selfish.

It's essential.

Because the more deeply we know ourselves, the more authentically we can love the people around us. Children don't need adults who have life perfectly figured out. They need adults who are brave enough to keep growing, keep learning, and keep becoming.

Thank you for being here. Thank you for believing that children deserve emotional tools that will serve them for a lifetime. Thank you for walking alongside us as this little dream continues to grow.

This month, I hope you'll sing loudly, dream boldly, and remember that the person you're becoming has been inside you all along.

With gratitude,

Callie Fitzgerald

WHO IS WHO?

The people you see in the left column help make Mindful Musicians possible for children around the world! Whether they're editing videos, composing music, performing, or creating artwork, each of them was once a kid just like you.

Can you match each person in the left column with their childhood photo in the right column?

A



SCOTT

B



CARRAH

C



JIMMY

D



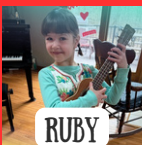
CALLIE

E



ANA MARIA

F



RUBY

G



ANASTASIA

H

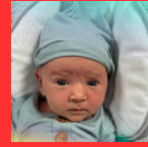


KYLE

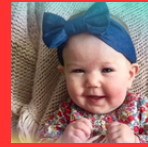
I



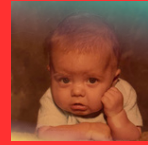
SELAH



1



2



3



4



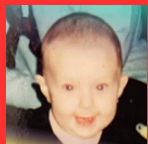
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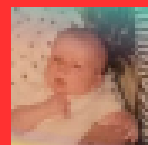
6



7



8



9

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: OCEAN, 3 pearls, 3 seahorses, a dolphin, and 5 seashells

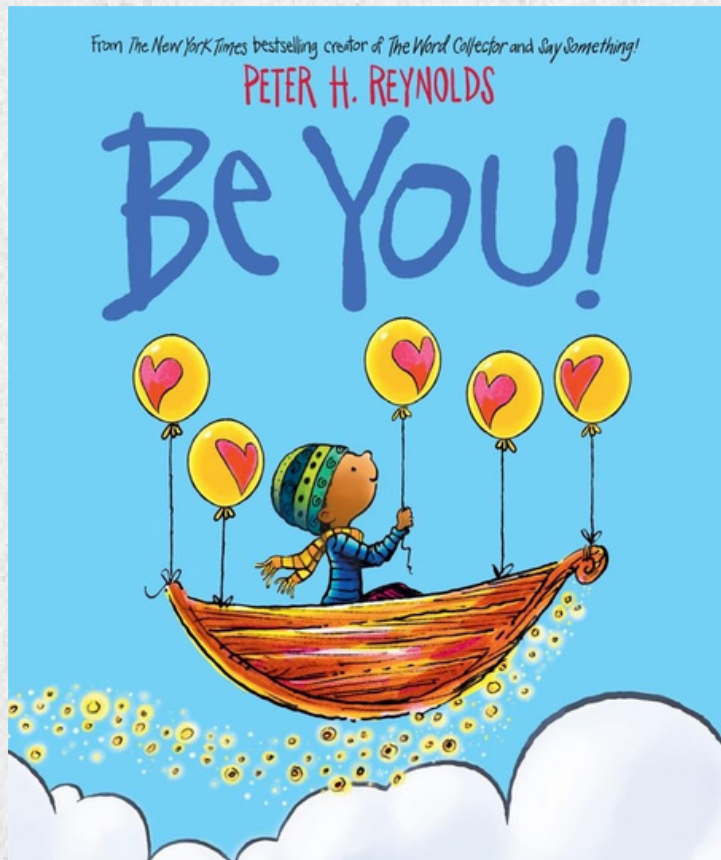


FROM PAGES



TO PRACTICE

Self awareness



Bravery



Self love



Reflection Questions to use with this books & our song "Become What You Are"

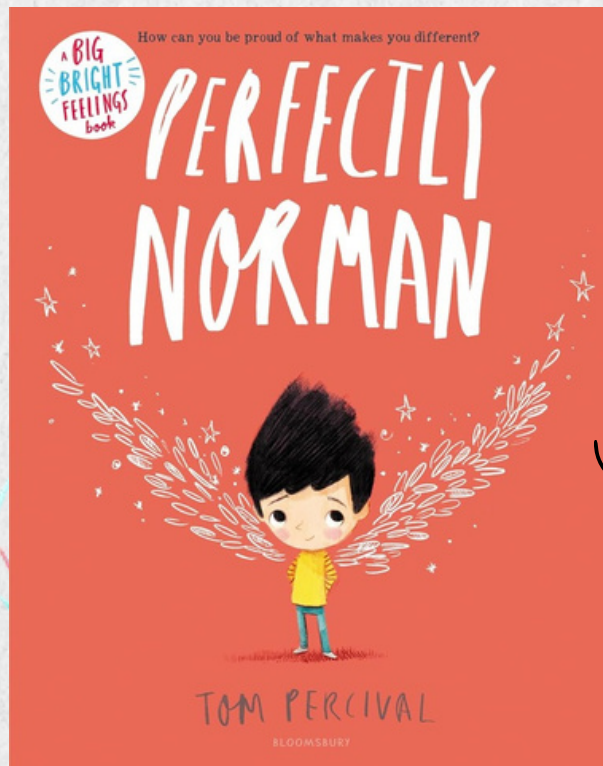
1. What are some things that you love about yourself?
2. What makes you different from others?
3. What makes you special?
4. How does it feel to be around people that love you?
5. How can you help people feel like they can be themselves around you?

FROM PAGES



TO PRACTICE

Self love



Acceptance



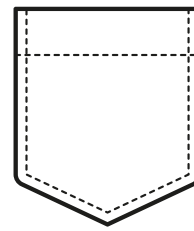
Growing Up



Reflection Questions to use with this books & our song "Become What You Are"

1. How did Norman feel when he was trying to hide part of himself?
2. How did Norman feel once he was able to be himself?
3. Why did the other kids decide to stop hiding?
4. How can we make sure that our friends can be themselves with us?
5. Who is someone who loves you no matter what?
6. How do they show you that love?

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

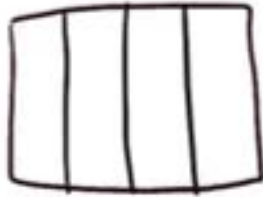
1. Print it out: Ask an adult to help you print the Pocket Pause page.
2. Fold it up: Follow the folding steps in the pictures carefully to make it into a book.
3. Cut the spot: Use scissors to cut along the line shown in the picture (ask for help if needed!).
4. Take it anywhere: Slip it into your pocket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

This month's Pocket Pause was created with the assistance of artist Anastasia Sophia Locke Mulvahill, age 7!

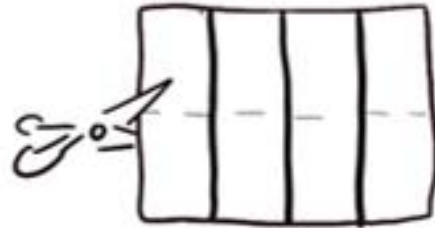


Fold your Pocket Pause

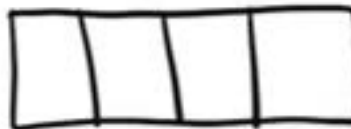
① Print



② Cut in half



③ Pocket Pause 1



Pocket Pause 2

④ Fold accordion style



⑤ **DONE!**

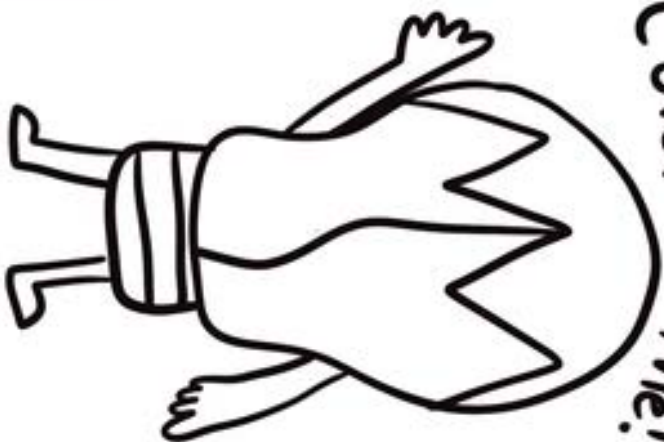
Add Some flowers!



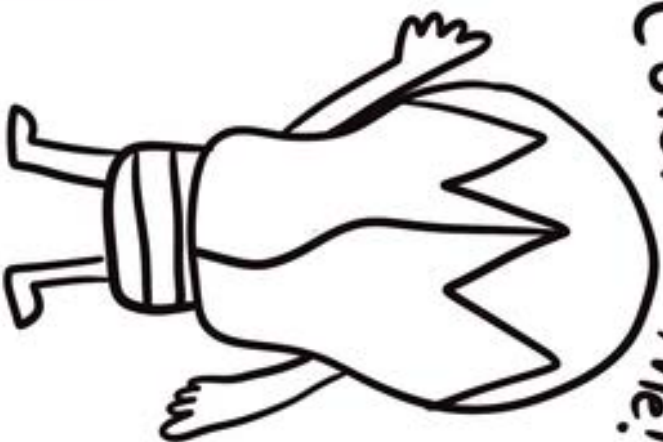
Add Some flowers!



Color Mei



Color Mei



Fill the Sun and sea



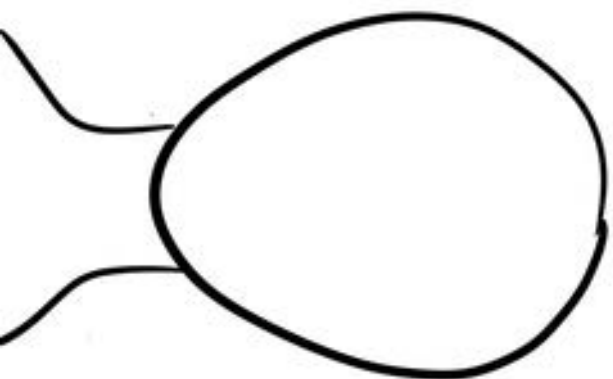
Fill the Sun and sea





- ☐ Something blue
- ☐ Something cold
- ☐ A book
- ☐ Water
- ☐ A bird
- ☐ A cloud

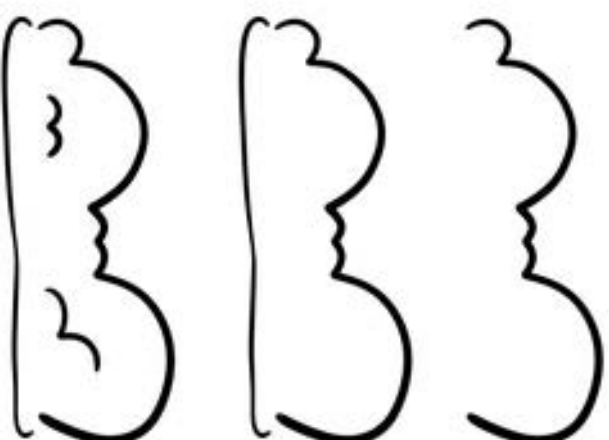
Draw yourself as a grownup



Can you find these words:
Flowers Joy Happy Music Summer Sun

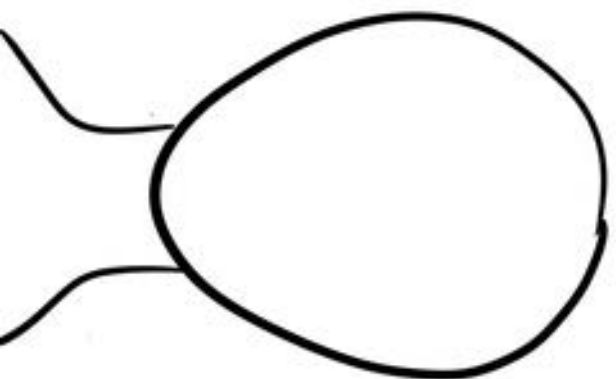
F K Y J D B C H
I L T O A E P A
G P O A E P A
S O Y W H P R
C W R T E Y C
S U M M E R C
A M U S I C
S U N C I M

How to draw a cloud



- ☐ Something blue
- ☐ Something cold
- ☐ A book
- ☐ Water
- ☐ A bird
- ☐ A cloud

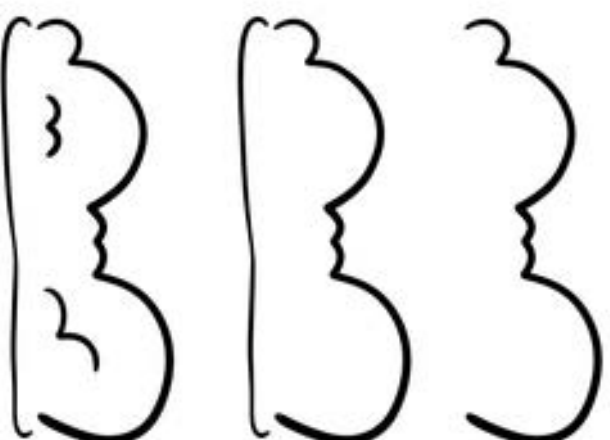
Draw yourself as a grownup



Can you find these words:
Flowers Joy Happy Music Summer Sun

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

How to draw a cloud



MEALTIME MOMENTS

QUESTIONS

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

What kind of grown-up do you think you will be?

What breakfast could you eat every single day?

Who are you excited to see at school everyday?

If you could make up a school rule, what would it be?

What is something kind you did recently for someone else?

What is a book that you have really liked lately?

What is your "High, Low, Buffalo?" (Something great that happened, something tough that happened, and something silly or exciting that happened)

What is your least favorite chore?

What is something cool that you can do?



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: Why did you decide to launch a YouTube channel?

The dream has always been bigger than our in-person classes. Every child deserves access to songs and tools that help them build confidence, emotional regulation, kindness, and resilience—even if they don't live near a Mindful Musicians class. YouTube allows us to meet families wherever they are. Whether you're in Iowa, California, Australia, or watching in your pajamas before bedtime, our hope is that these songs become part of your family's everyday life.

Q2: The videos look so polished! Who helped bring this dream to life?

This project truly became a community effort, and that's one of the things I'm most proud of. Every song, every animation, every video, every webpage, every social media post, and every encouraging conversation represents someone choosing to believe in this mission. Ana Maria is responsible for our "stinger" video while C'arrah is responsible for editing and publishing to our YouTube page.

Q3: What was the hardest part about launching the channel?

Honestly? Pressing "publish."

Creating something that comes from your heart is exciting, but it's also incredibly vulnerable. You never know how people will respond. But one of the messages we teach children is to keep trying even when something feels scary. I realized I needed to practice what we sing. Courage isn't the absence of fear—it's deciding that your purpose is more important than your fear.

Q4: When do you find time to film all of these videos?

One of my favorite behind-the-scenes secrets is that most of our videos are filmed at 5:30 in the morning before our girls wake up. My husband, Kyle, is behind the camera, so we're usually dragging each other out of bed, making coffee, setting up lights, and squeezing in as much filming as we can before little feet come running down the hallway.

It may not be glamorous, but it's a beautiful reminder that big dreams are often built in small, ordinary moments—and I'm grateful we get to build this one together.

Q5: How can families help the YouTube channel grow?

The wonderful thing about YouTube is that every subscription, like, comment, and share helps more families discover the channel. If these songs have encouraged your family, the biggest gift you can give us is simply telling someone else. Share a favorite video with a friend, a teacher, a grandparent, or another family you love. Together, we can help more children grow up knowing they are loved, capable, resilient, and enough—just as they are.



BECOME WHAT YOU ARE



"Become What You Are," is a song that teaches us that we can be who we are and we don't need to change ourselves for others.

As an adult, when I look back at my childhood, if there was one thing that I wish that I could change, it would be to tell my younger self that by trying to be like other people I was taking away from my own happiness. How many times had I not done things that I would have loved because I didn't want other to make fun of me or think less of me?

As I got older, I started looking for people that I could be myself with. I blossomed almost overnight. It was hard at first, but slowly I went back to those things that I loved. I was able to walk a path that is true to me & to my heart. I was sillier, I wore what I wanted, I stood up for others, and I stopped being afraid to take up space.

Not every kid is going to be a professional musician, an NFL football player, a comedian, a doctor...what they all can be is happy. Teaching children at a very young age that they can be themselves is going to change their future. Making time to talk about how to treat others shows your commitment to ensuring that all children have a safe space to grow, learn, make mistakes, and learn who they are without fear of judgement.

We don't grow a rose and an oak tree the same, but we love them both. Children are all different and opening up space for them to be themselves means they need different tools to succeed and our job is to do this without dimming their light. So remember what you were like as a child and ask yourself: "What do they need to thrive (not just survive) so they can grow up as their best selves?"



SCAN HERE
[Or Click Here](#)

BECOME WHAT YOU ARE

C G am F

Make mistakes in this life
Become what you are
Is it real or is a dream when
When caught between the questioning
Become what you are
Hopes and promises never put to words
Fly away like birds
Ooooooh, ooooooh

Should I do it I can't tell
I've got the choice so might as well
Become what you are
Is it wrong or is it right
You've grown your wings
So now take flight become what you are
ooooooh, ooooooh

I'm dancing in the rain
to shake off all my fears
I know there will be pain
It comes and goes through the years
Become what you are

From the heart of your soul on the whims of your
mind,
let love be thy goal it's not hard to find
from the soil of the ground to the wind in the trees
The one with closed eyes is often who sees
so wake from your sleep, and breathe in the air
To give is a gift, so show that you care
Come together as one its never too far
Feel with your heart
Become what you are

When I Grow Up

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!

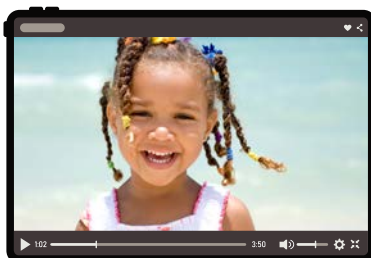
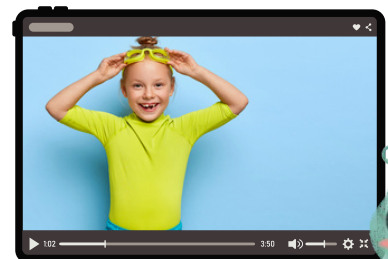
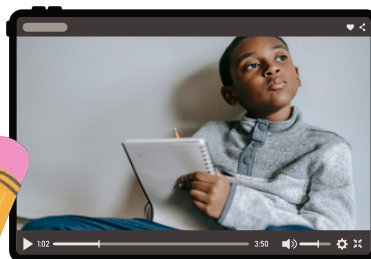
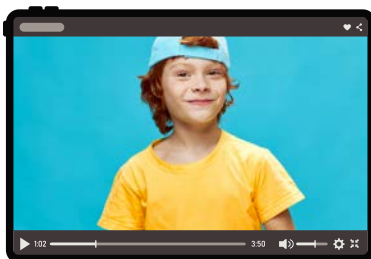
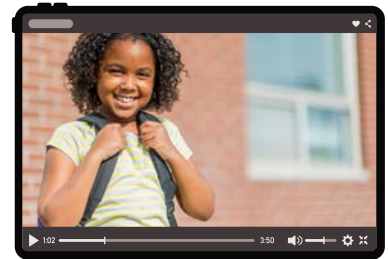
Materials:

Phone and Questions

Instructions:

Record your kiddo(s) before their first day of school answering the questions on the following page. Then, each year around the same time, ask them the same questions again.

Be sure to let them watch their previous videos after recording their new one! Sometimes we don't realize just how much our children have grown until we pause and look back. Taking time to reflect on each year is a beautiful way to celebrate who they are today while capturing the incredible journey of who they are becoming.



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.

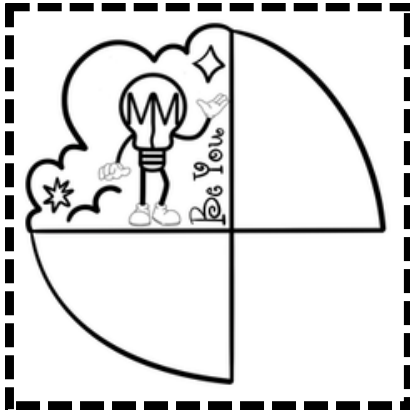
Activity:

This month's bookmark features Lumi the Lightbulb and ties into our theme, "Become What You Are." Every child is unique, and this month's activities encourage students to embrace who they are, build self-confidence, and celebrate the qualities that make them special. Students can use their completed bookmark to mark their favorite books and as a daily reminder to believe in themselves.

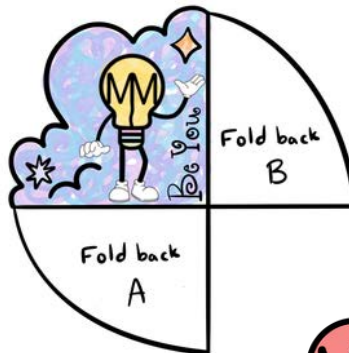
Instructions:

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.

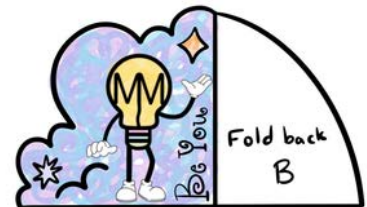
1) PRINT AND DISTRIBUTE



2) COLOR AND CUT



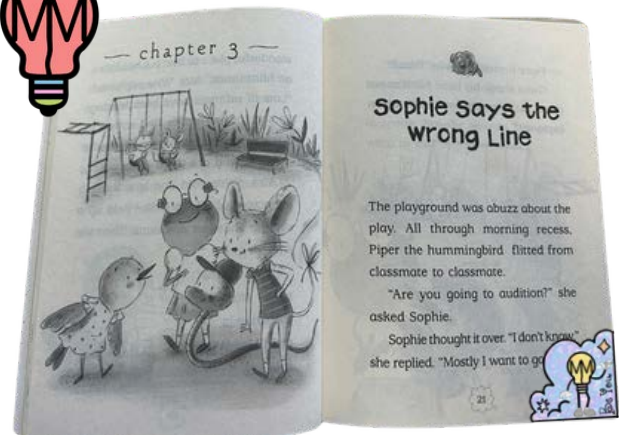
3) FOLD A & ADD GLUE



4) FOLD B BACK

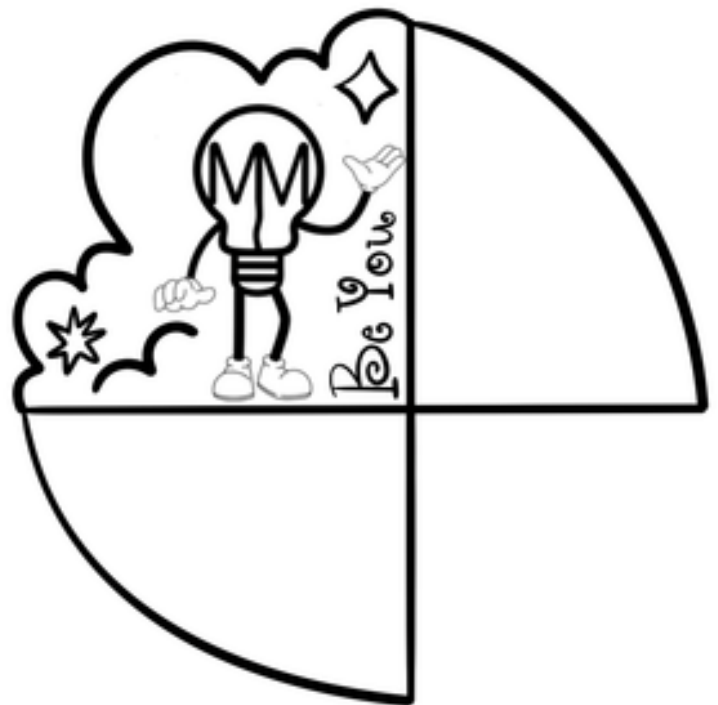
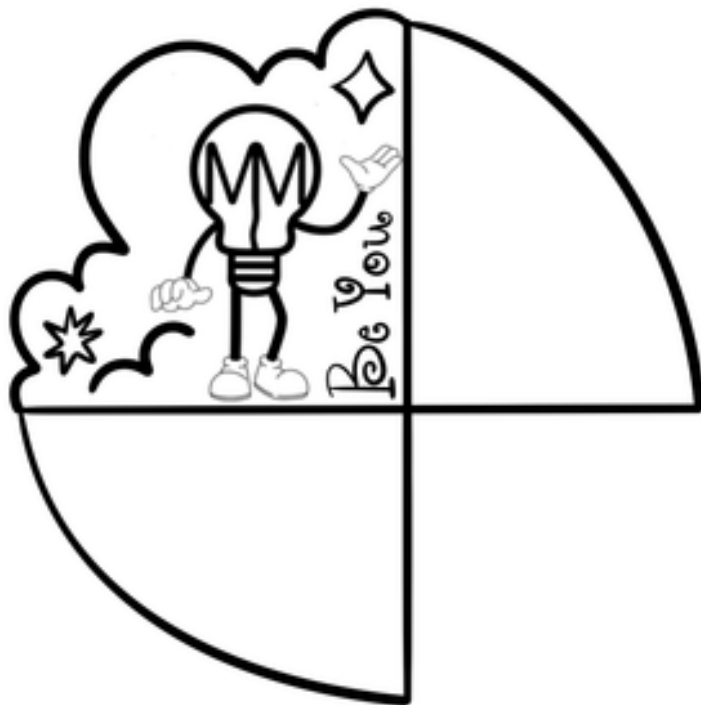
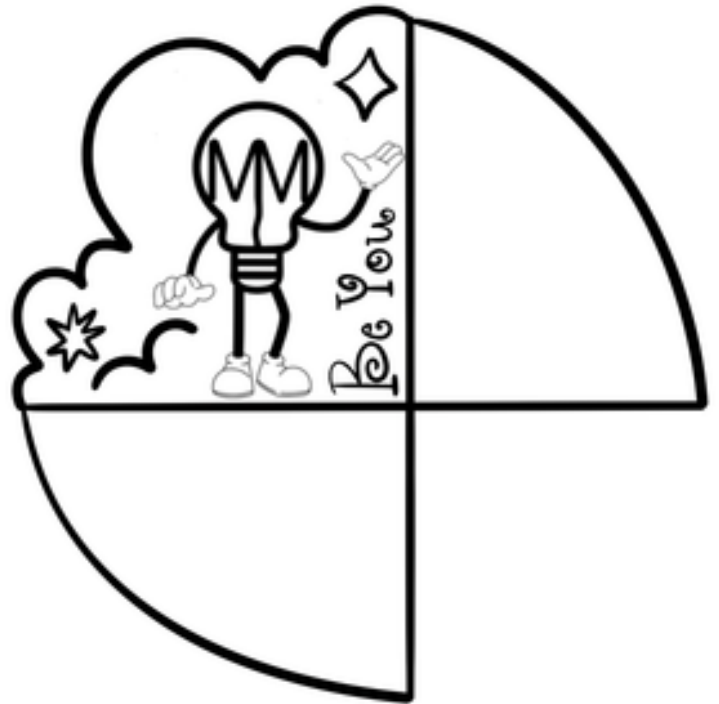
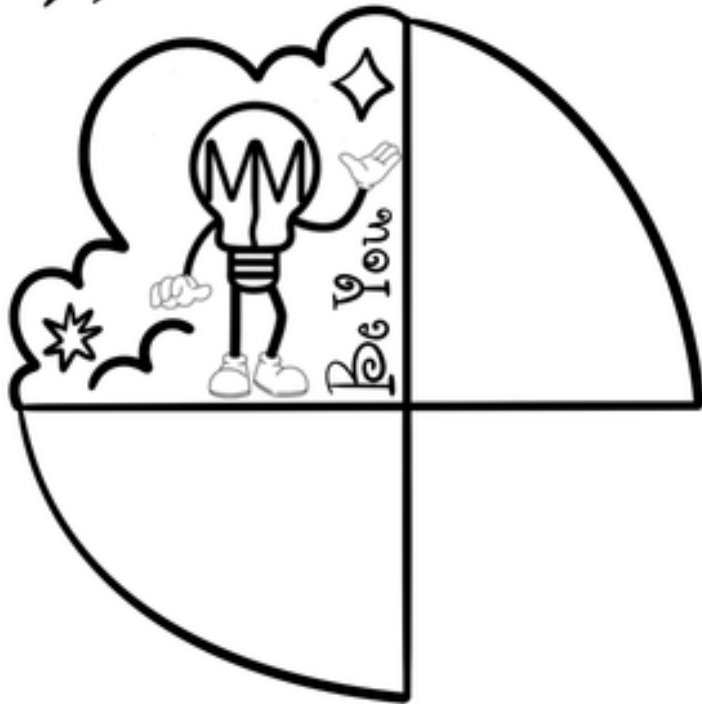


5) READ A GOOD BOOK!



Lumi

Bookmarks



MINDFUL MOMENTS

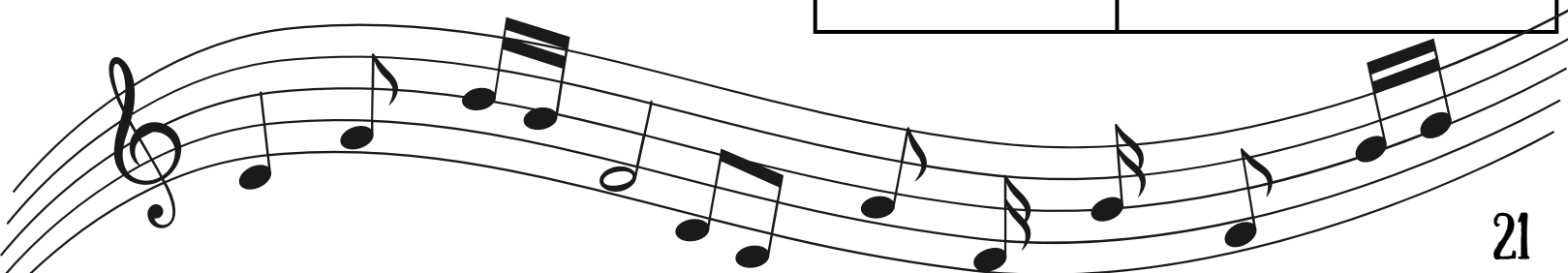
Use these four Mindful Moments to create community through conversation, music, play, and art to teach life skills to your students. We recommend doing this after lunch or snack time as a reset.

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

Quote of the Month: (Repeat this often)
“Let’s take a breath and remember to practice being the person we want to be.”

	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)	Become What You Are
Meal Time Moments (page 12)	What kind of grown-up do you think you will be?
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>Square</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)	Become What You Are
Meal Time Moments (page 12)	What breakfast could you eat every single day?
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>Square</i>
Fist-to-Five	



MINDFUL MOMENTS

Quote of the Month: (Repeat this often)

“Let’s take a breath and remember to practice being the person we want to be.”

	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)	Become What You Are (tapping or dancing along)
Meal Time Moments (page 12)	If you could make up a school rule, 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)	Sing-Along video Song: <i>Square</i>
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)	Become What You Are (tapping or dancing along)
Meal Time Moments (page 12)	What is something kind you did recently for someone else?
Activity	Pocket Pause (pages 10-11)
Closing Song (Reset for class to start)	“Let's practice using our palm to draw a square and breath with out song” Song: <i>Square</i>
Fist-to-Five	



MINDFUL MOMENTS

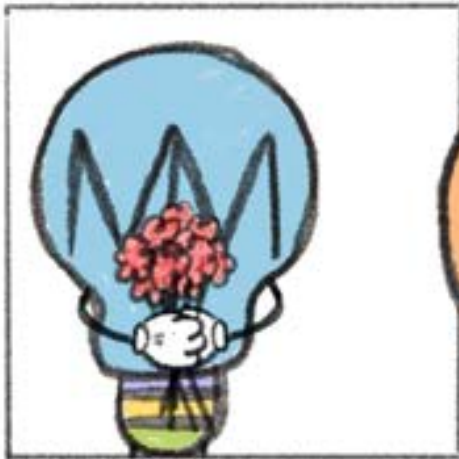
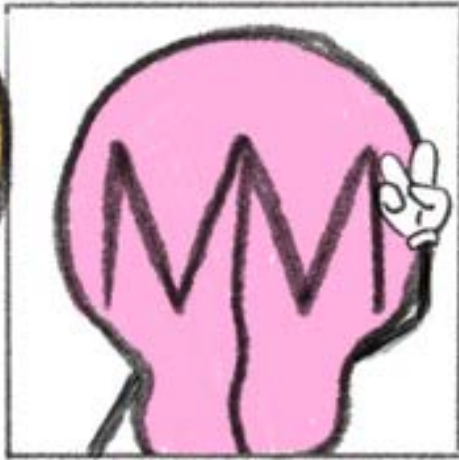
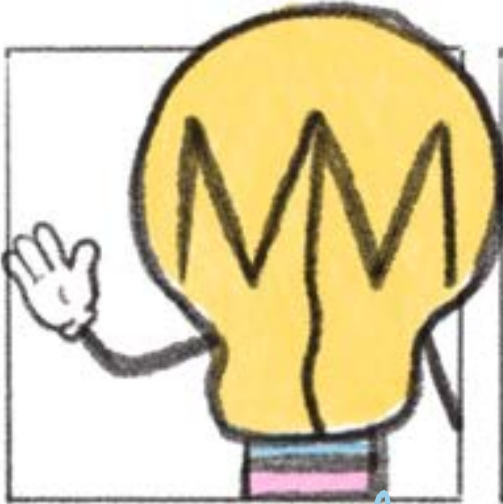
Quote of the Month: (Repeat this often)

“Let’s take a breath and remember to practice being the person we want to be.”

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

Become What You



Are

Become What You



Are



YOUTUBE

@MINDFULMUSICIANSKIDS

NEW VIDEOS

NEW VIDEOS

NEW VIDEOS

NEW VIDEOS

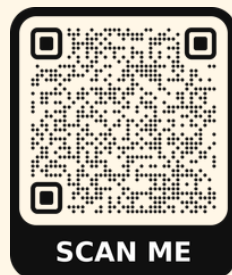
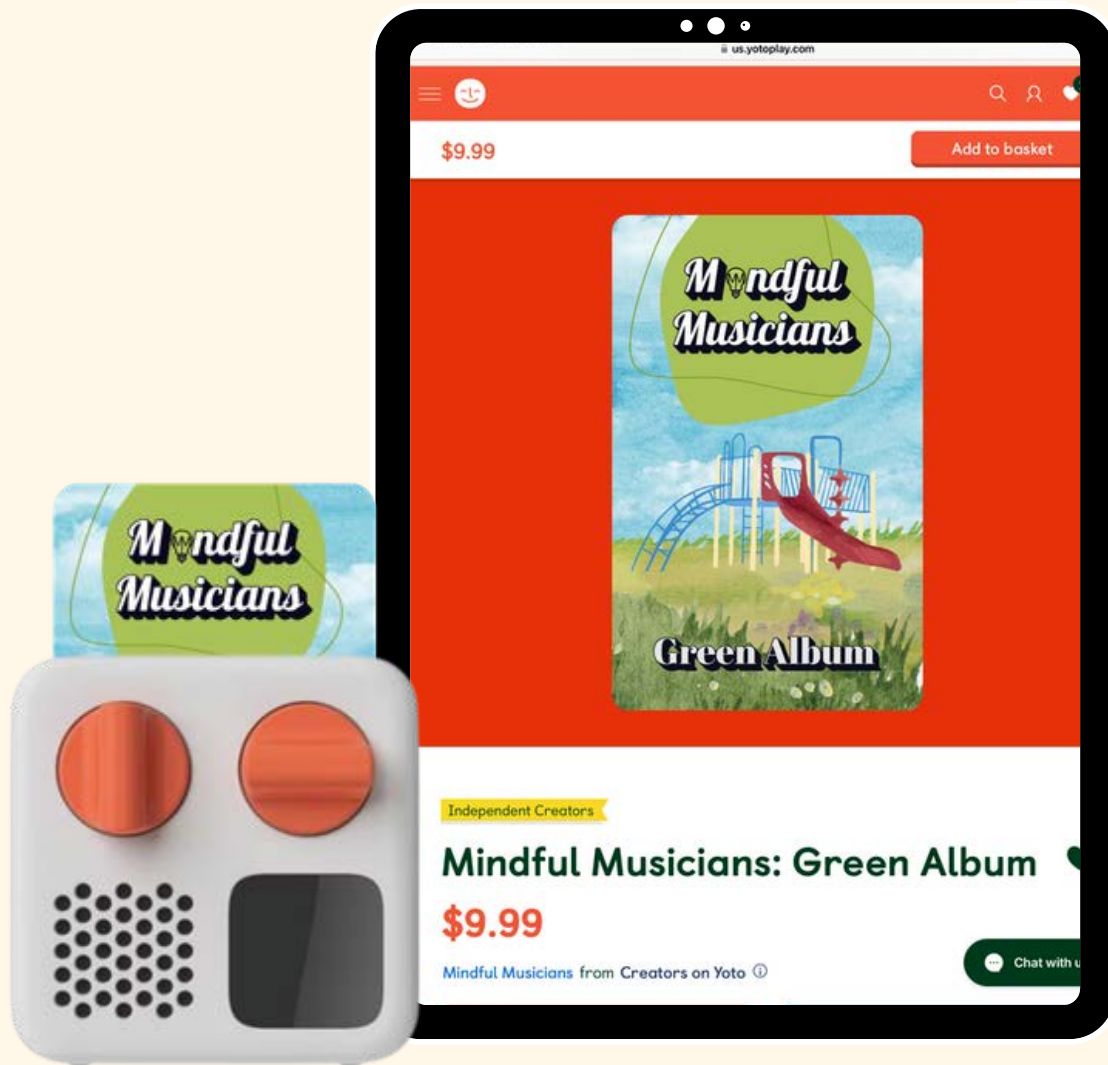
NEW VIDEOS



VIDEO COUNTER: 5

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>