



A MINDFUL MUSICIANS PUBLICATION



ROOTED FAMILY MAGAZINE

SEPTEMBER 2026
VOL 2 — ISSUE 9



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HELLO, FROM CALLIE

S E P T E M B E R 2 0 2 6

Dear Mindful Musicians Community,

As I write this, I'm looking out my window and noticing that the leaves are beginning to turn yellow and orange. Just as they always do, the seasons are promising to change again.

There's something both comforting and heartbreaking about that.

For all the things in life we try to predict, plan, control, or hold onto, change is one of the few things we can count on. Nothing stays exactly as it is.

Depending on the season you're in, that realization can feel like hope. When life is hard—when you're grieving, struggling, exhausted, or simply trying to make it through something you never asked for—there's comfort in remembering: this will change, too.

And then there are the beautiful seasons. Those are the ones where change feels a little more painful.

My girls are growing up. Their faces change. Their independence grows. Things they once needed me for suddenly become things they can do themselves. And while that's exactly what is supposed to happen, sometimes I want to grab time by the shoulders and say, "Could you just chill for a second?"

Because life moves so fast.

I've been thinking about how much space I naturally give to stress. Stress gets my attention. Problems get my attention.



The email gets answered. The appointment gets scheduled. The next thing gets added to the list.

But joy?

Joy is quieter.

Joy often requires me to notice it.

And now, I'm calling in something different: I want to let my joy take up as much space as my stress does.

I want to breathe when something is beautiful instead of immediately moving on. Laugh harder. Play more. Notice the way my children's faces look right now. Let something be wonderful without simultaneously thinking about what I need to do next.



HELLO, FROM CALLIE, CONT.

S E P T E M B E R 2 0 2 6

I'm honestly a little perplexed by when exactly we transform into adults who spend our days running around with things to do instead of running around with playfulness.

Kids seem to understand something we've forgotten. They dance because a song comes on. They stop because there's a cool bug on the sidewalk. They laugh until their bodies can't contain it. They don't need joy to accomplish anything.

Somewhere along the way, many of us learned that productivity deserves space and play gets whatever is left over.

That's why this month's song, "Selah," feels so fitting.

"Make a good choice.

Do what is right.

Pause and listen
to feel your might."

Selah is an invitation to pause and listen. We teach it to children as a tool for creating space between what they feel and what they do. But I'm realizing how much we adults need that space, too.

Pause long enough to notice.

Listen to what your body is telling you.

Notice the season you're actually in instead of racing toward the next one.

I'm also aware that having the capacity to think about slowing down is itself a privilege. But slowing down doesn't necessarily require a vacation, more money, or a dramatically different life. Sometimes it simply means being fully inside the life we're already living.

Maybe slowing down isn't about doing less. Maybe it's about being present enough to experience more.

The leaves outside my window will keep changing whether I notice them or not. My children will keep growing. Hard seasons will eventually become different seasons. Beautiful seasons will change, too.

I can't stop any of it.

But I can be here for it.

So that's the practice I'm taking into this next season: pause. Listen. Notice.

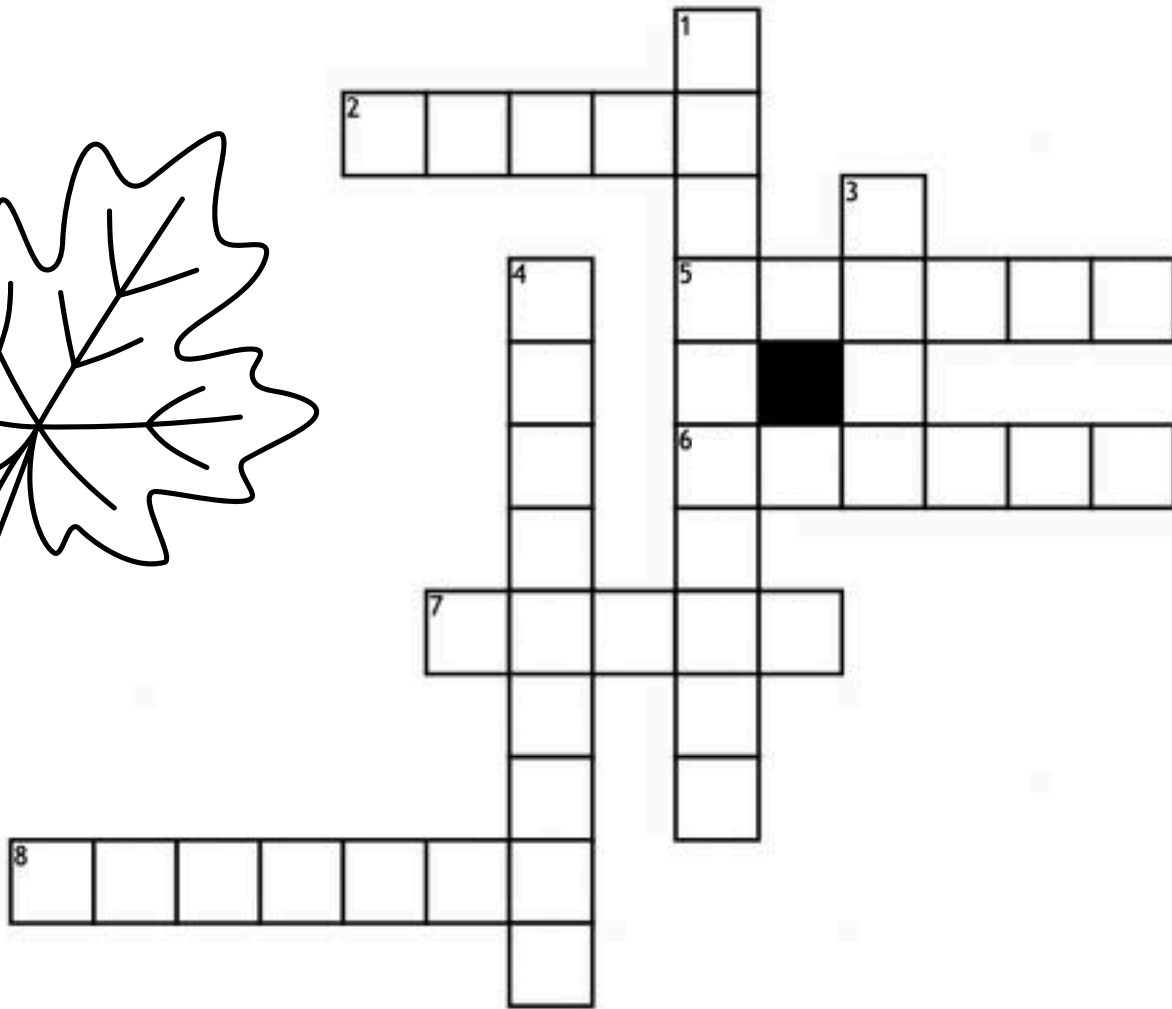
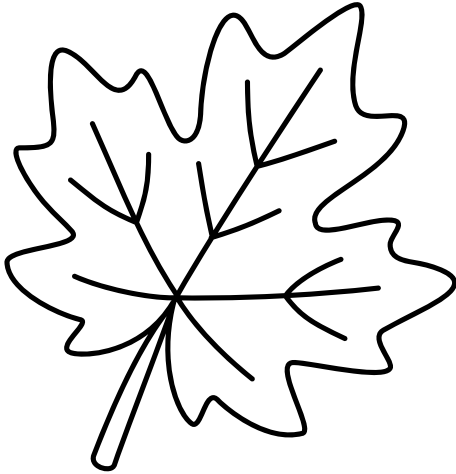
And when joy shows up, give it some room.

Maybe even as much room as everything else.

With gratitude,



Autumn Vibes



Across

2. If you are feeling upset during autumn, you can _____ leaves to get out your anger?
5. What can you pile up high and jump into during autumn?
6. The weather is getting _____ during autumn.
7. What do kids get when they go trick-or-treating?

8. What gourd do people often carve in autumn?

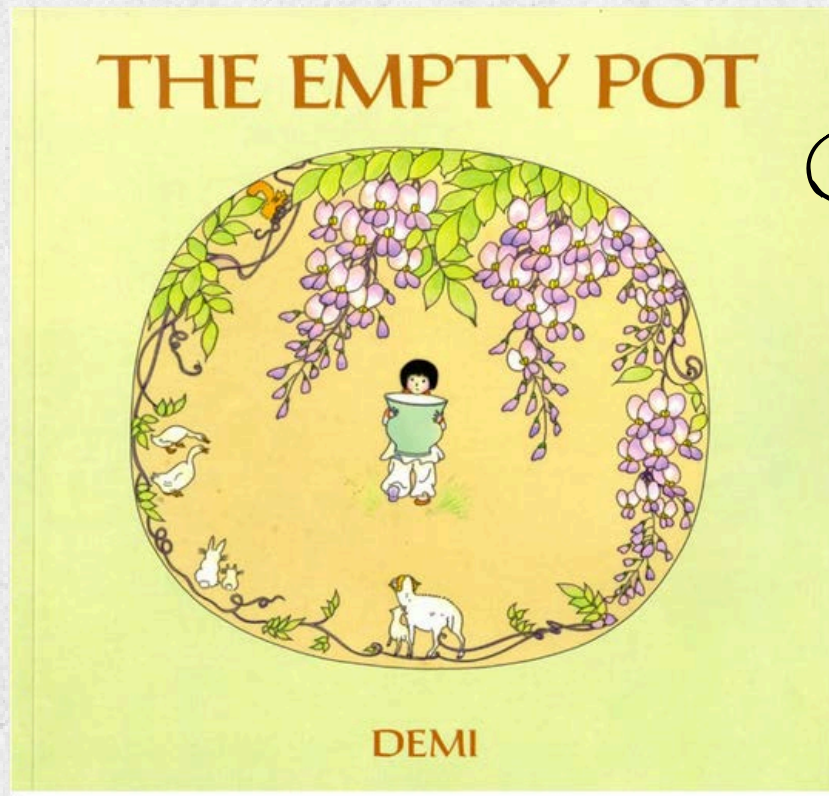
Down

1. What is a fun drink you might have in autumn? (Hint: apples)
3. What is another word for autumn?
4. What are the birds doing during autumn?

FROM PAGES



TO PRACTICE



Failure

Integrity

Nature

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

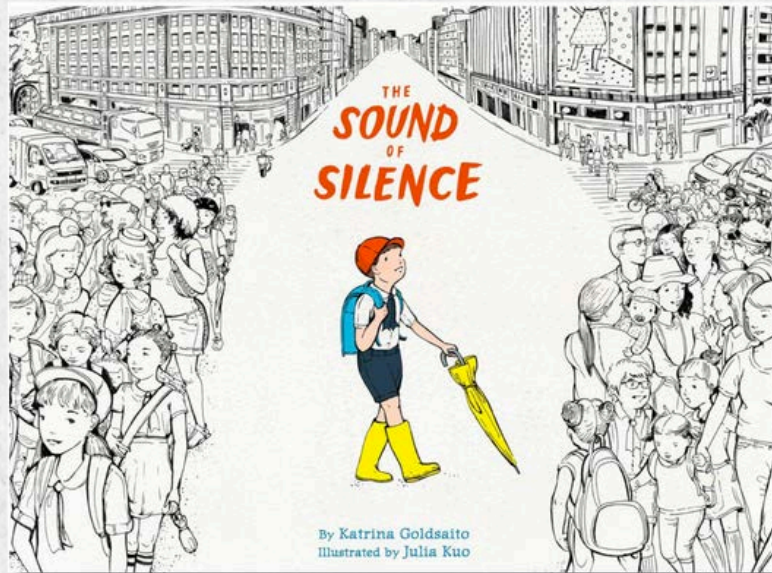
1. How do you feel when you aren't good at something right away?
2. How do you think Ping felt when the other kids chose to try and embarrass him?
3. What would have happenend if Ping had pretended to have grown a plant?
4. Why should a leader be an honest person?

FROM PAGES



TO PRACTICE

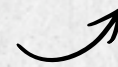
Calming



Sound Exploration



Mindfulness

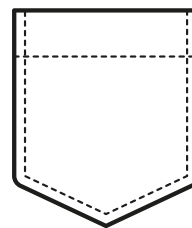


Reflection Questions to use with this books & our song “Become What You Are”

Listening to sounds can give you a moment to focus on something else and even be used to calm a tough feeling:

1. What sounds gentle sounds do you hear in the classroom?
2. What high pitch sounds do you hear on the playground?
3. What instruments you think make a bouncy sound?
4. What is your favorite sound?

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.

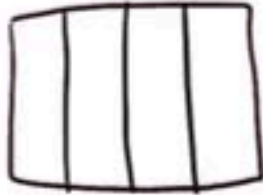
Easy to make and carry, the Pocket Pause empowers kids to practice self-regulation anytime, anywhere.

INSTRUCTIONS

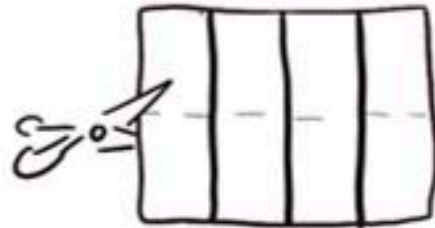
1. Print it out: Ask an adult to help you print the Pocket Pause page.
2. Fold it up: Follow the folding steps in the pictures carefully to make it into a book.
3. Cut the spot: Use scissors to cut along the line shown in the picture (ask for help if needed!).
4. Take it anywhere: Slip it into your pocket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

Fold your Pocket Pause

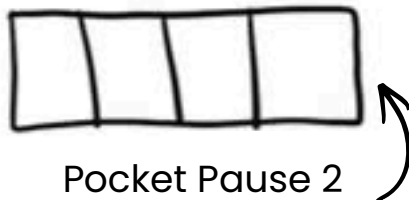
① Print



② Cut in half

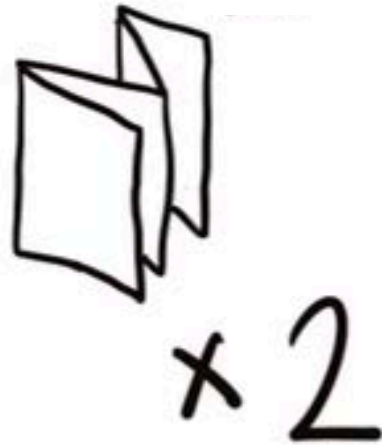


③ Pocket Pause 1



Pocket Pause 2

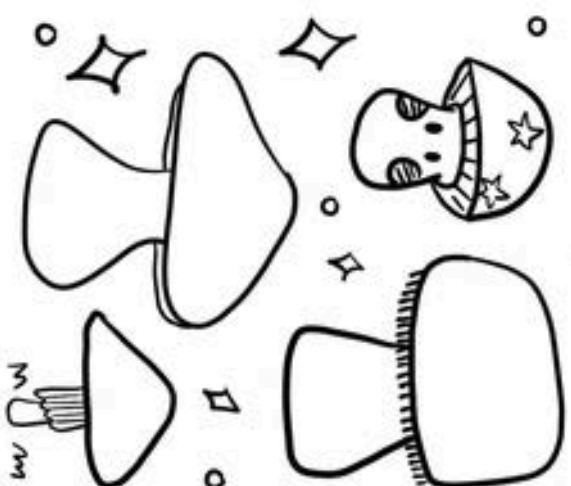
④ Fold accordion style



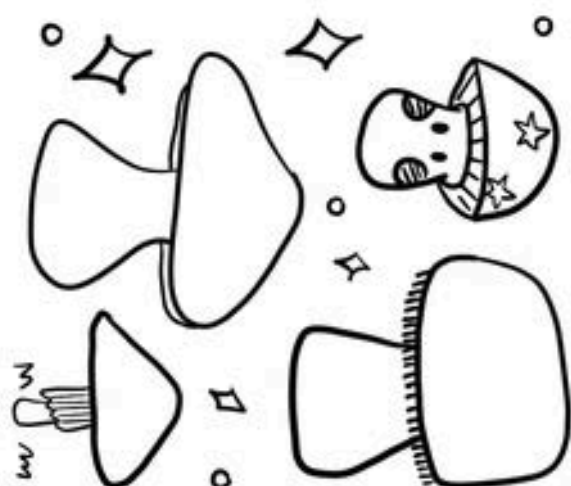
⑤

DONE!

Create Whimsical
Mushrooms



Create Whimsical
Mushrooms



I Spy

- ★ Something RED
- ★ Something ORANGE
- ★ Something YELLOW
- ★ Something COZY
- ★ Something CRUNCHY
- ★ 3 deep BREATHS

I Spy

- ★ Something RED
- ★ Something ORANGE
- ★ Something YELLOW
- ★ Something COZY
- ★ Something CRUNCHY
- ★ 3 deep BREATHS

Can you find: crunch love leaf
pause apple friend kind tea

C R L O V E T
R N T L L K D
U F E E R P N
N S A O A S A
C F V U P B K
H V S L P C I
T S A P L O N D
U F R I E N D

Can you find: crunch love leaf
pause apple friend kind tea

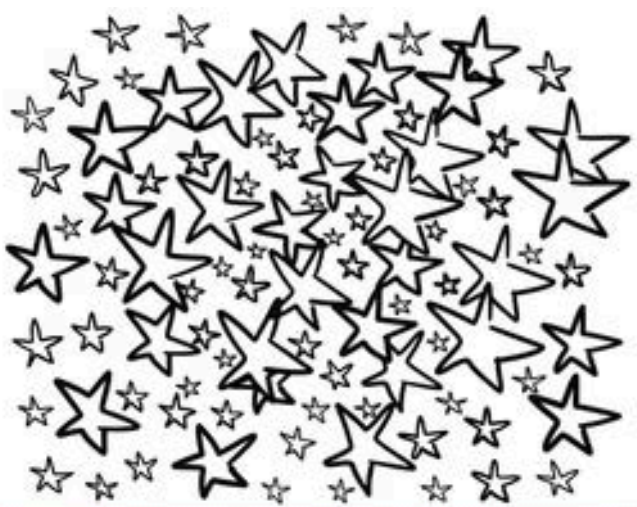
C R L O V E T
R N T L L K D
U F E E R P N
N S A O A S A
C F V U P B K
H V S L P C I
T S A P L O N D
U F R I E N D



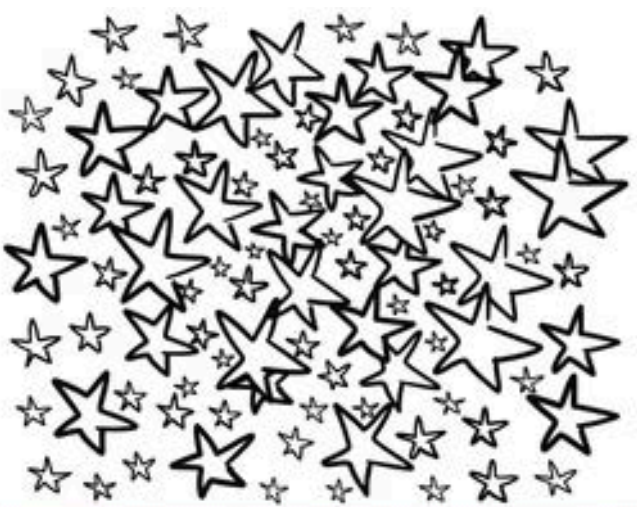
@ Pocket
Pause



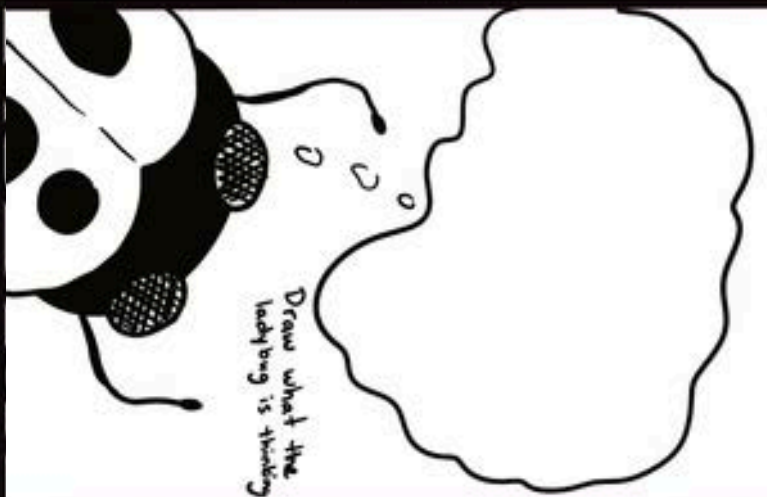
Slow down and color all
of the stars



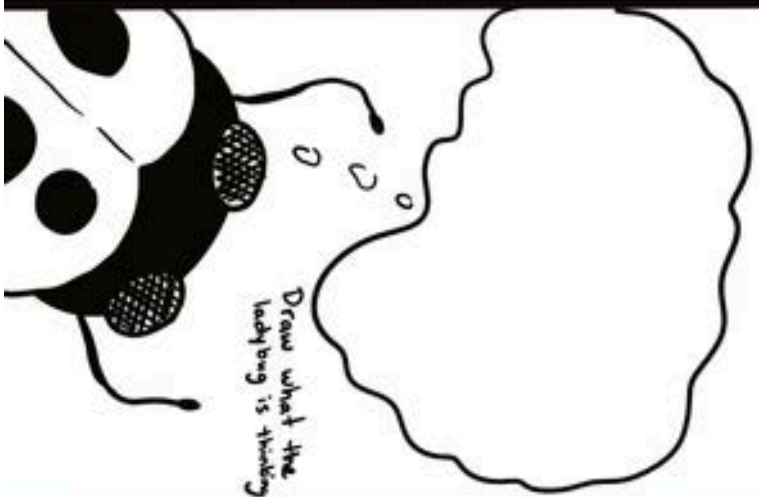
Slow down and color all
of the stars



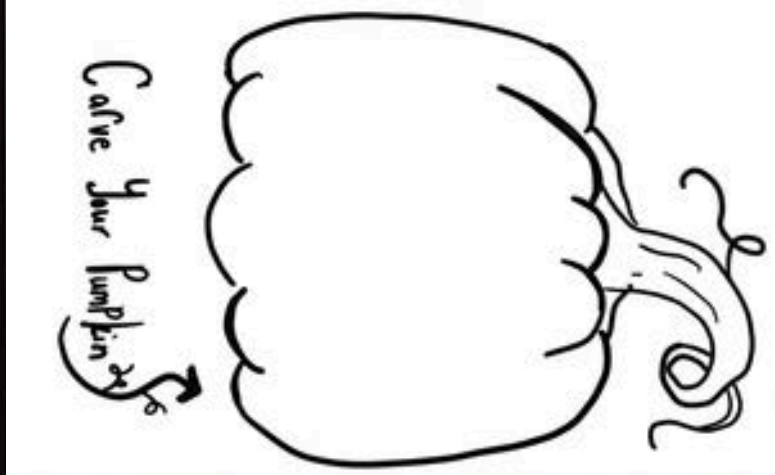
Draw what the
ladybug is thinking



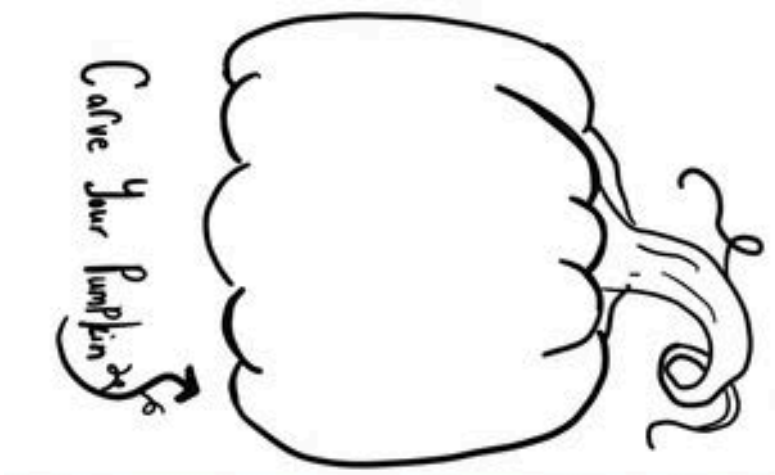
Draw what the
ladybug is thinking



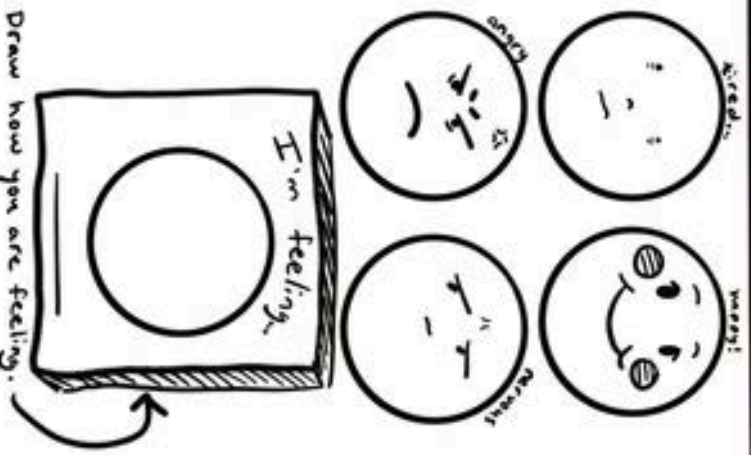
Carve your Pumpkin



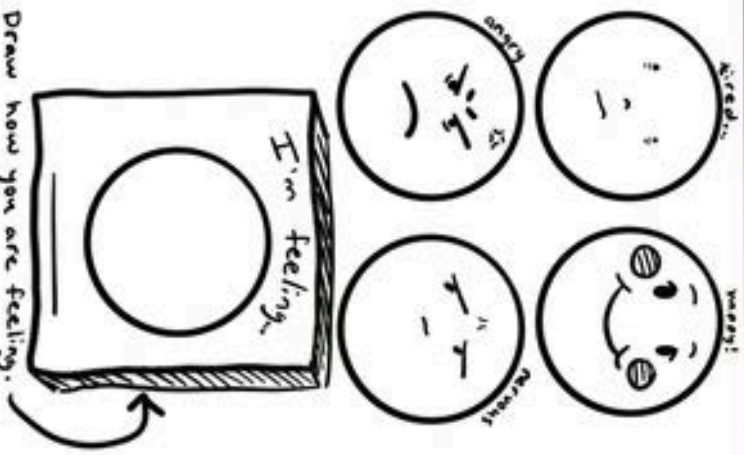
Carve your Pumpkin



Draw how you are feeling.



Draw how you are feeling.



MEALTIME MOMENTS

QUESTIONS

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

If you could turn into the costume that you chose for Halloween, what costume would you choose?

What book that you have read do you wish was also a movie?

What is your favorite dessert?

What is something hard that you have figured out recently?

What nocturnal animal would you like to be for one night?

What is your favorite autumn food?

Would you rather fly like a bat or have the night vision of an owl?

What is the hardest part of your day?

What do you think the number 7 would sound like if it spoke?

What is your favorite song today?



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: Why does rhythm seem to help when a child is dysregulated?

Our brains love predictability. A steady rhythm gives the brain something organized to follow when everything else feels chaotic. In music therapy, rhythm, repetition, tempo, and movement can support attention, motor planning, communication, and regulation. Sometimes the body needs an experience before the thinking brain is ready for words.

Q: What does "listening to your nervous system" actually mean?

For me, it means getting curious about what my body is communicating before overriding it. Am I holding my breath? Clenching my jaw? Restless? Heavy? Somatic work has taught me that our bodies are constantly giving us information. Listening doesn't mean every feeling makes our decisions—it means we notice, create space, and then choose what we need.

Q: How do you stay present with your kids when your brain has a million other things going on?

Imperfectly! I'm learning that presence doesn't require my undivided attention every second. Sometimes it's ten intentional minutes, looking up when they want to show me something, singing in the car, or laughing together. I'm worrying less about being constantly available and more about making sure my kids regularly feel, "Mom sees me."

Q: What are you learning in therapy right now that has surprised you?

That growth doesn't always look like doing more. Sometimes it looks like noticing sooner—when I'm activated, when my brain creates a story, or when I'm trying to control an outcome. Then I can create enough space to choose what I actually want to do next. Sometimes the pause is where the change happens.

Q: So...when is Mindful Musicians coming back to YouTube?

Soon, I think! I needed to actually practice what I preach: listen to my nervous system, settle my body, and make room for what life was asking of me. I'm starting to feel that creative energy return, and I'm hopeful I'll begin recording again toward the end of the month. I'm calling that a hope, not a promise. The pause hasn't changed how much I believe in Mindful Musicians—I'm just learning to build it in a way I can keep loving.



“Make a good choice. Do what is right. Pause and listen to feel your might.”

Four short lines. Repeated over and over. And that simplicity is intentional.

The word “Selah” is often understood as an invitation to pause and reflect—and it also happens to be the name of my youngest daughter, chosen in part because I loved that reminder so much. Pause. Listen. Notice what is happening before deciding what comes next.

That is exactly what we're asking children to practice in this chant.

When emotions are big, making a “good choice” isn't always as simple as knowing right from wrong. Children need practice creating space between what they feel and what they do. The words “pause and listen” invite them to notice their bodies, emotions, surroundings, and inner voice before reacting.

We use Selah as a rhythmic chant for another reason, too. Steady rhythm, repetition, language, listening, and coordinated movement can engage multiple brain systems at once. A predictable chant gives the brain something organized to follow while the words reinforce the skill we're trying to build.

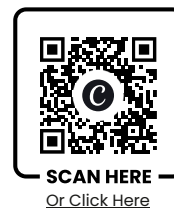
And then there's my favorite line: “to feel your might.”

The power isn't coming from an adult controlling the child's choice. We're reminding children that they already have power within themselves—the power to pause, notice, and choose what happens next.

That is a skill they'll use for far longer than they'll sing this song.

Pause. Listen. Choose.

Sometimes four little lines are enough.



SELAH

Make a good choice
Do what is right
Pause and listen
to feel your might

Follow the Coin!

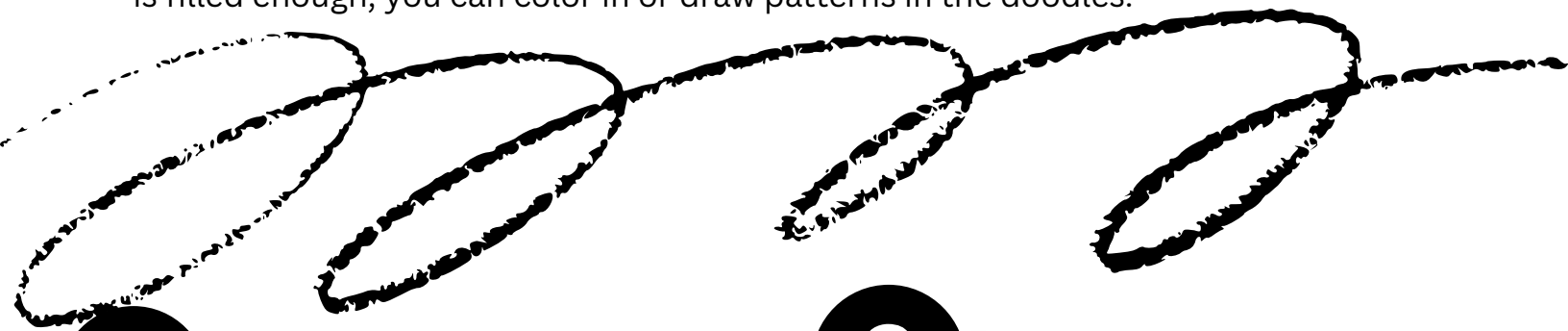
Practice impulse control and calming your brain and body through art!

Materials:

Coin, pencil, color pencils, and/or pens

Instructions:

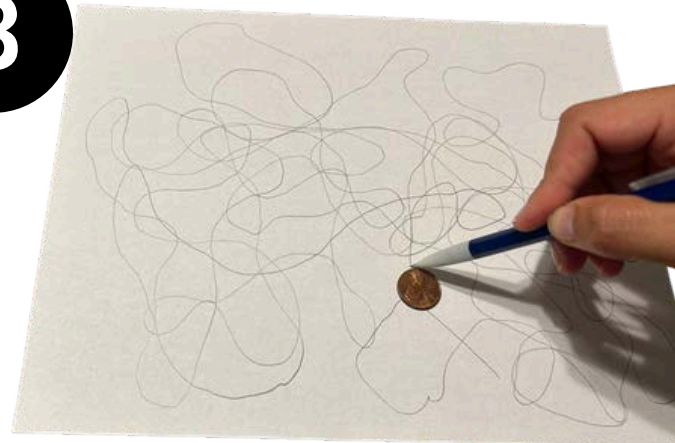
Place a coin on a blank sheet of paper. Use a pencil or pen to move the coin around on your paper. If the coin goes off the page, you can put it back on the page. As you follow the coin with your pencil, take slow and steady breaths. When you feel like your page is filled enough, you can color in or draw patterns in the doodles.



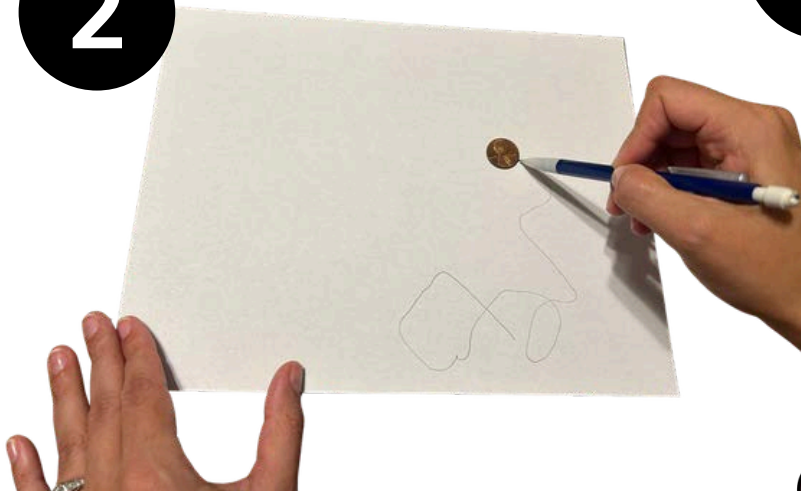
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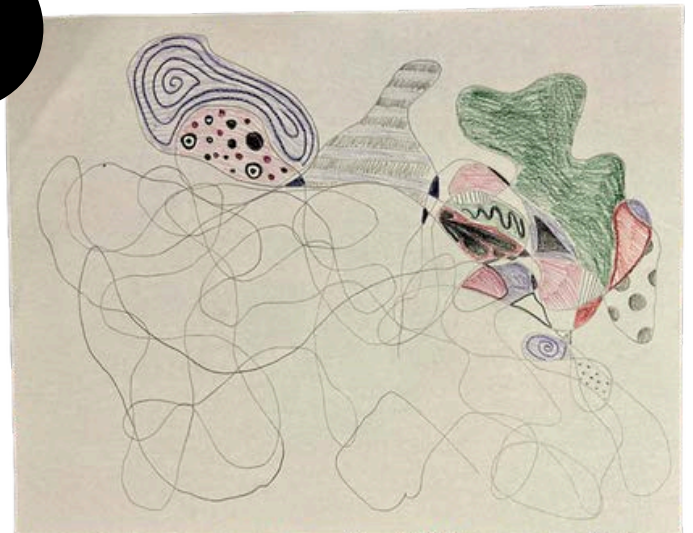
3



2



4



The background is a light cream color, decorated with a repeating pattern of orange pumpkins with green stems, yellow pencils with pink erasers and blue bands, and small orange dots. The pumpkins and pencils are scattered across the page, some pointing towards the center and others towards the edges. The text "THE TEACHER ZONE" is centered in a dark blue, hand-drawn font.

THE TEACHER ZONE

September 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.

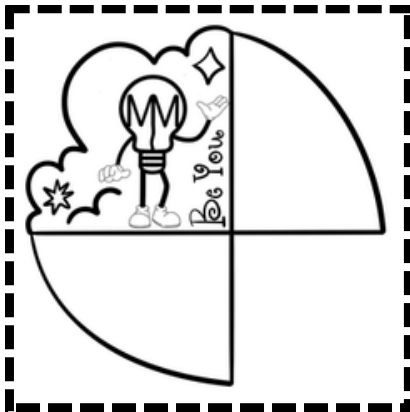
Activity:

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.

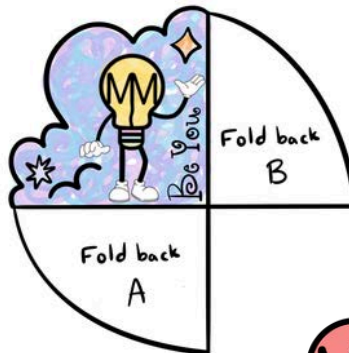
Instructions:

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.

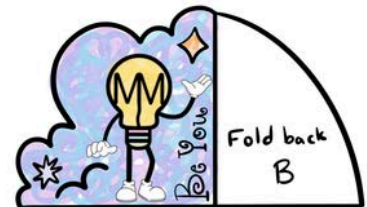
1) PRINT AND DISTRIBUTE



2) COLOR AND CUT



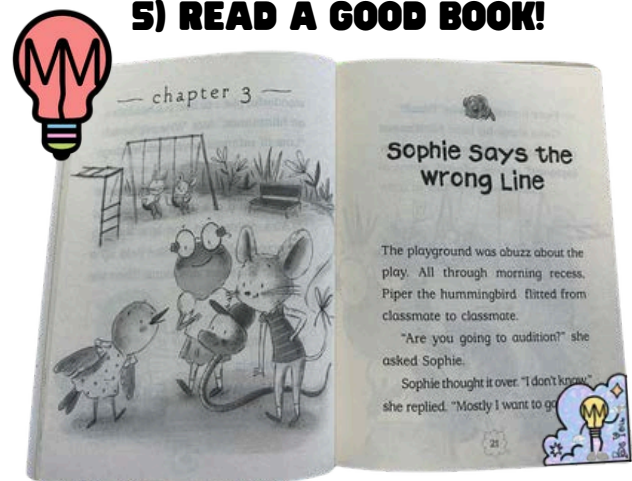
3) FOLD A & ADD GLUE



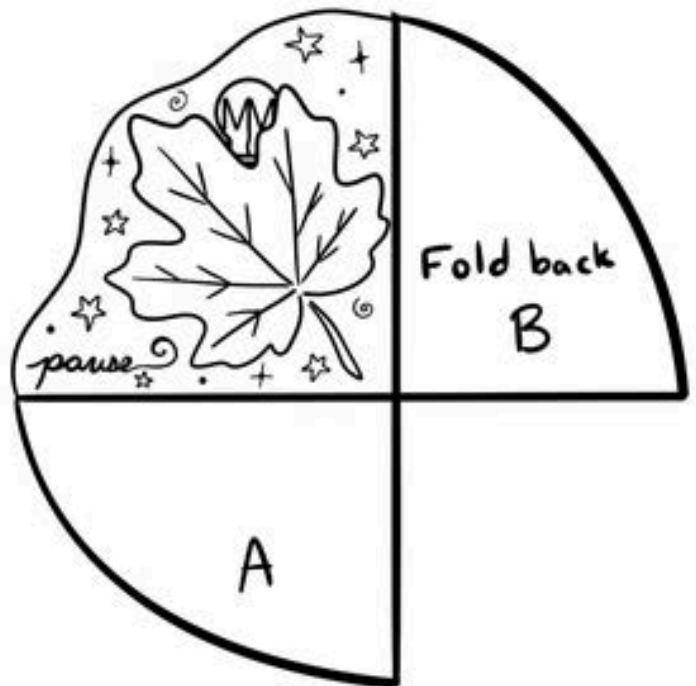
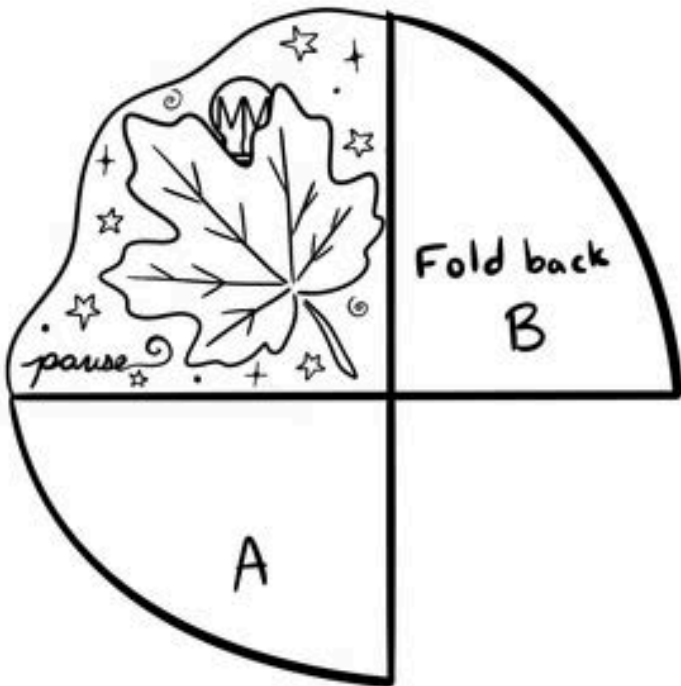
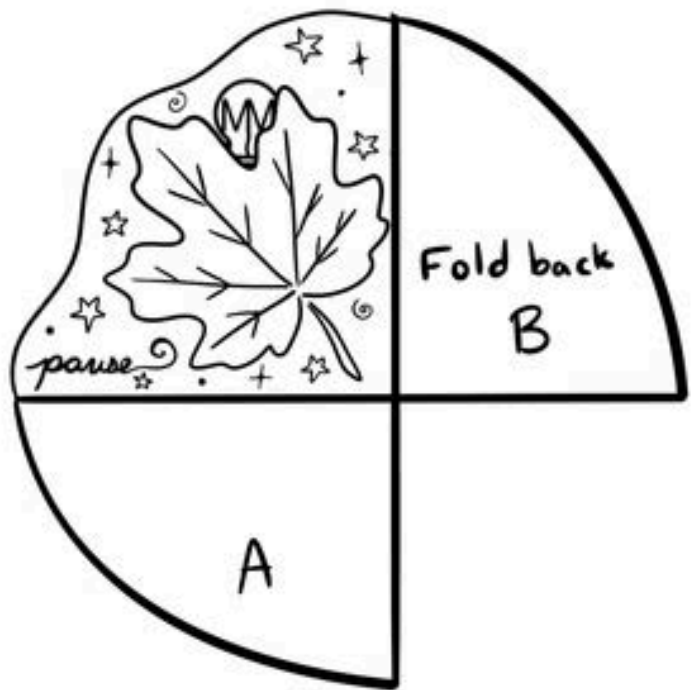
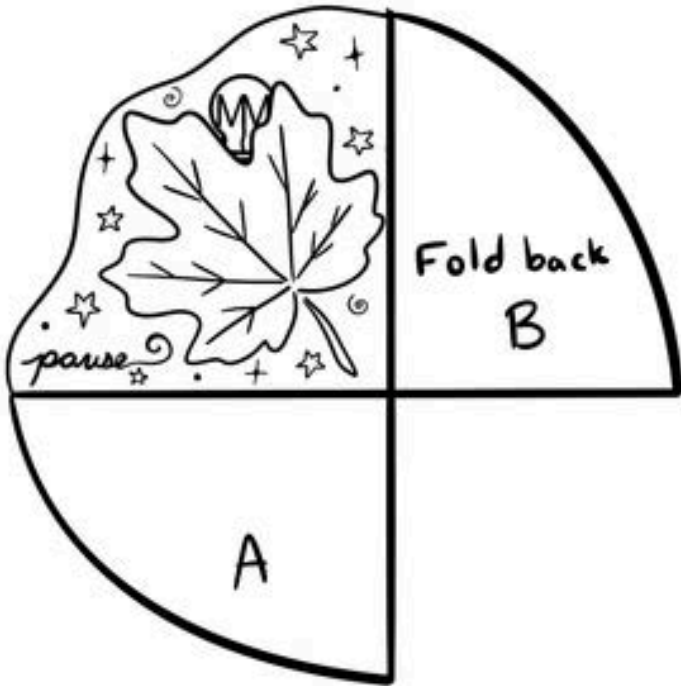
4) FOLD B BACK



5) READ A GOOD BOOK!



Iwumi Bookmarks



MINDFUL MOMENTS

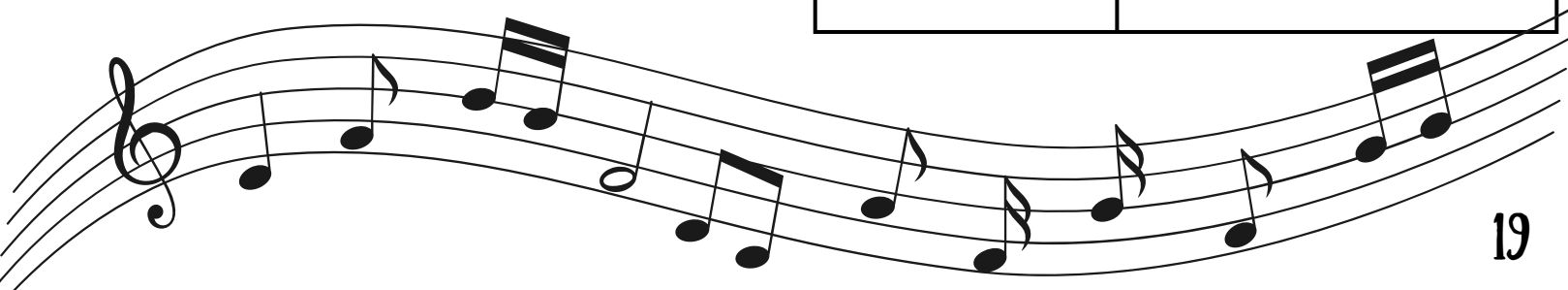
Use these four Mindful Moments to create community through conversation, music, play, and art to teach life skills to your students. We recommend doing this after lunch or snack time as a reset.

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

Quote of the Month: (Repeat this often)
"Pause and listen to hear your might."

	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)	Selah
Meal Time Moments (page 11)	What nocturnal animal would you like to be for one night?
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)	Selah (Keep the beat on your head, lap, snap. clap)
Meal Time Moments (page 11)	What is your favorite song 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>Square</i>
Fist-to-Five	



MINDFUL MOMENTS

Quote of the Month: (Repeat this often)
 "Pause and listen to hear your might."

	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)	Selah (Have a student come up with a musical pattern and it gets passed around the room)
Meal Time Moments (page 11)	What do you think the number 7 would sound like if it spoke?
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)	Selah (Freeze game. Play music, they move; Stop, they freeze)
Meal Time Moments (page 11)	What is the hardest part of your day?
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 our song" Song: <i>Square</i>
Fist-to-Five	



MINDFUL MOMENTS

Quote of the Month: (Repeat this often)
 "Pause and listen to hear your might."

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
Crossword Puzzle
Coloring
Quiet Reading







YOUTUBE

@MINDFULMUSICIANSKIDS

NEW VIDEOS

NEW VIDEOS

NEW VIDEOS

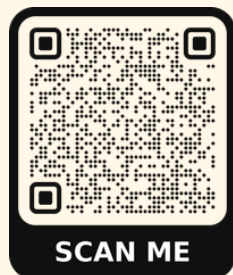
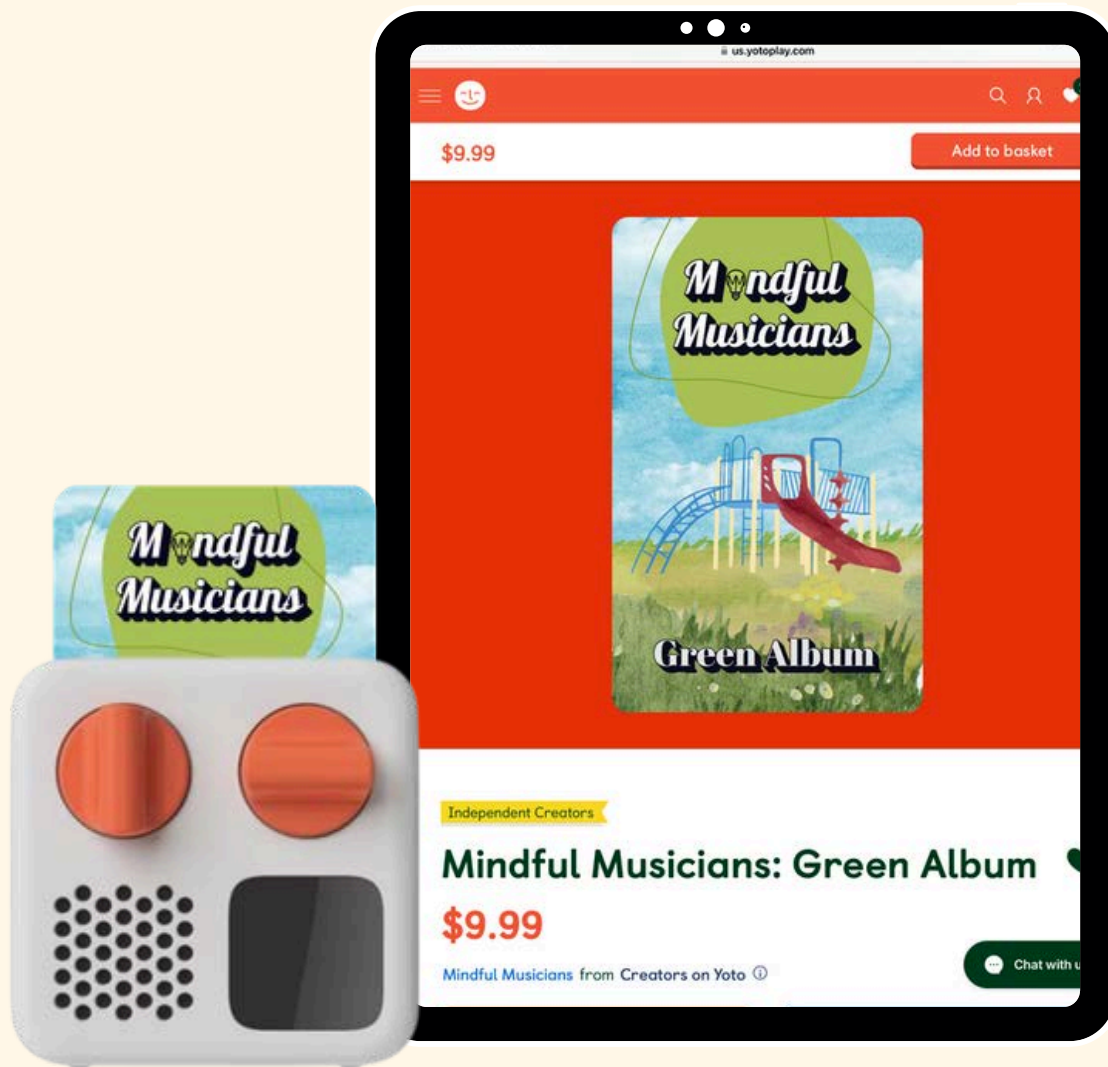
NEW VIDEOS

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>