A MINDFUL MUSICIANS PUBLICATION

ROOTED FAMILY MAGAZINE

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HELLO, FROM CALLIE

OCTOBER 2026



Dear Mindful Musicians Community,

As November approaches, I find myself craving something I seem to crave every year around this time: the opportunity to turn inward. To slow down, hunker in, and appreciate the warmth of home and the people who fill it.

It feels like just a moment ago that I was writing about this same longing last year. But life doesn't always cooperate with our plans, does it?

Shortly after that letter, our family experienced a house fire, and our hopes of a cozy season at home went right out the window. Instead, we found ourselves navigating displacement, uncertainty, and the exhausting process of rebuilding. And yet, here we are a year later, surrounded by a beautiful renovation we never would have imagined without that fire. A rather extraordinary example of making lemonade out of lemons.

It has me thinking about something I've written about before, but perhaps will spend my entire life trying to understand: the art of loving and letting go.

This time of year, we need only look out the window to be reminded of what I believe is one of life's greatest challenges. The trees spend months growing and nurturing their beautiful leaves, only to release them when the season changes.

My sweet daughter actually gets teary-eyed when we personify the tree and its leaves, imagining a little leaf saying goodbye to its mama. And while there's something tender and heartbreaking about that image, there's also something profoundly beautiful about it.

Because isn't that what life asks of us, over and over again?

We let go of seasons, belongings, homes, jobs, relationships, roles, pets, and people. Sometimes we choose to let go, and sometimes life makes that choice for us. Eventually, we must even let go of this beautiful life itself.

And perhaps the greatest challenge isn't learning how to let go, but learning how to do so without losing our appreciation for what came before.

Sometimes we release things with gratitude. Sometimes with tremendous pain. Often, with both.
I don't believe grace means we never resist, regret, or resent what life asks us to release. We're human, after all. But I do believe we can practice returning to gratitude, even in the midst of grief, uncertainty, and change. We can honor what something meant to us without needing it to last forever.

HELLO, FROM CALLIE, CONT.

OCTOBER 2026

November is the obvious month to talk about gratitude, but my hope is that it becomes something much greater than a seasonal exercise. That it becomes a way of moving through life. A practice of noticing the beauty while it's here, appreciating the people and experiences we're given, and finding the courage to release them when the time comes.

So as the last leaves fall and we settle into another season, I hope you'll find a little space to turn inward, too.

To appreciate what is. To honor what was. And to welcome whatever comes next.
May we learn to love deeply, let go gently, and remain grateful through it all.



With gratitude,

Callie Fitzgerald

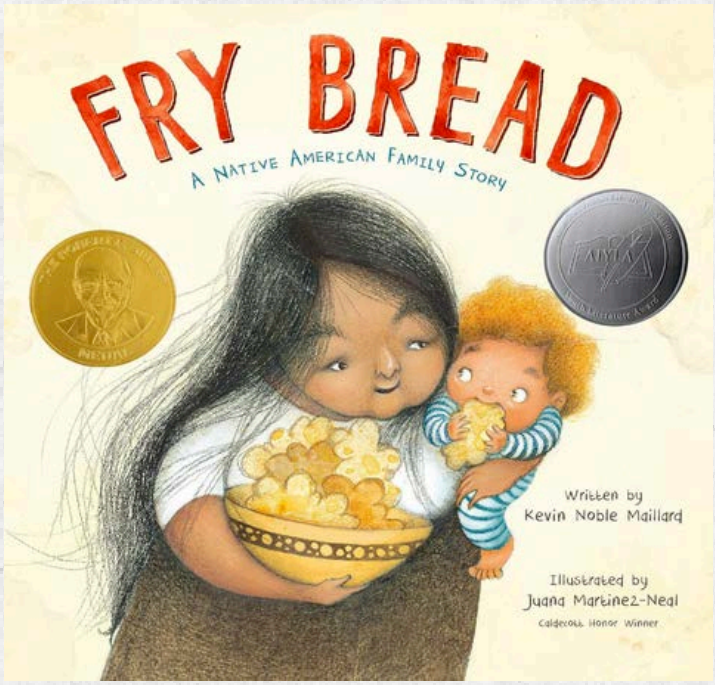
The people I'm most grateful for

Squirrels gather acorns to prepare for winter. What if we could collect happy memories and things we're thankful for?

Color your squirrel, then fill each acorn with something you're grateful for! You can draw a picture or write a word.



FROM PAGES TO PRACTICE



Heritage

Food

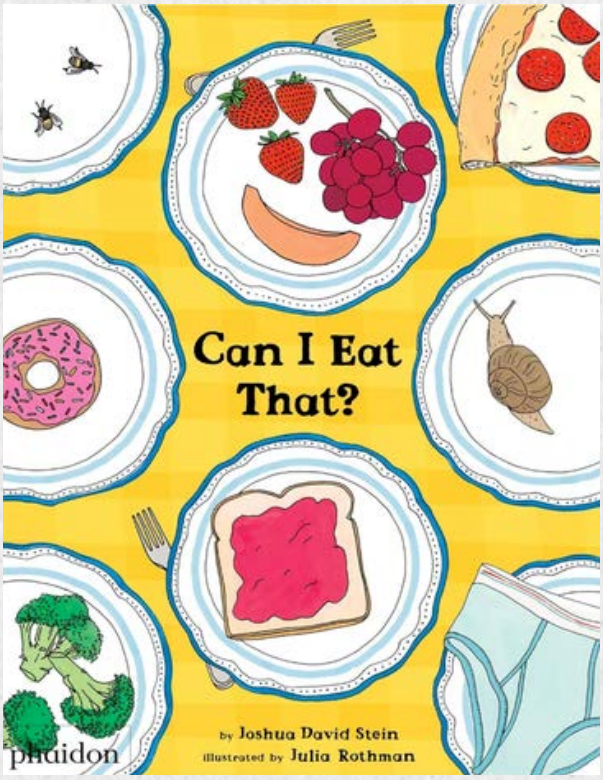
Togetherness

Reflection Questions to use with this month's book:

1. How would you feel if someone said food that you loved looked gross?
2. Can you describe your favorite food without telling us what it is?
3. What is a food that you love to eat?
4. What food does your family love to eat?
5. What are special things your family likes to do together?
6. How can we show respect to our friends and new people when they are sharing unique things about their family?

FROM PAGES TO PRACTICE

Curiosity



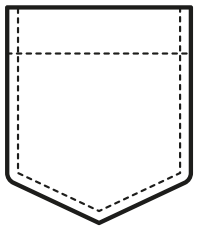
Foods

Silly

Reflection Questions to use with this month's books:

1. What is your favorite food?
2. What surprised you in the book?
3. What is a food that you used to not like?
4. What is a food that you still do not like?
5. How do you think someone might feel if you say "Yuck," about food that they worked hard to cook? What could you say instead?

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.

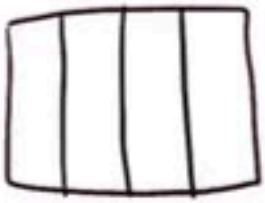
Easy to make and carry, the Pocket Pause empowers kids to practice self-regulation anytime, anywhere.

INSTRUCTIONS

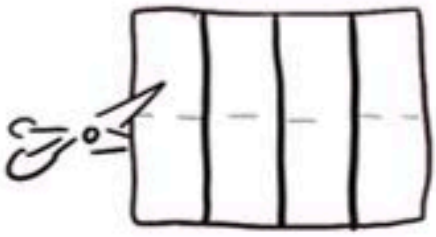
1. Print it out: Ask an adult to help you print the Pocket Pause page.
2. Fold it up: Follow the folding steps in the pictures carefully to make it into a book.
3. Cut the spot: Use scissors to cut along the line shown in the picture (ask for help if needed!).
4. Take it anywhere: Slip it into your pocket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

Fold your Pocket Pause

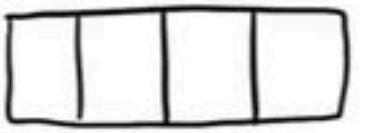
1. Print

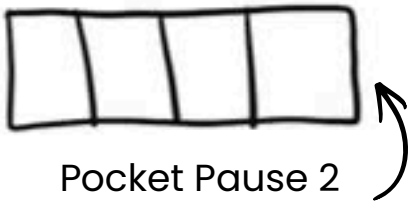


2. Cut in half



3. Pocket Pause 1





Pocket Pause 2

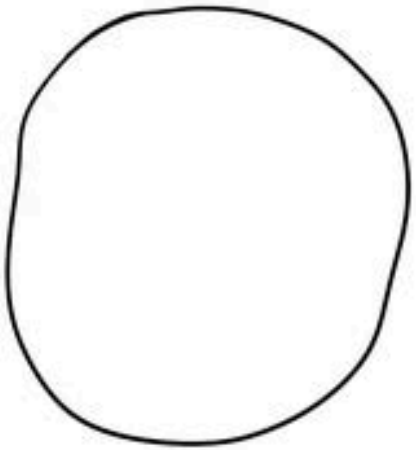
4. Fold accordion style



x 2

5. DONE!

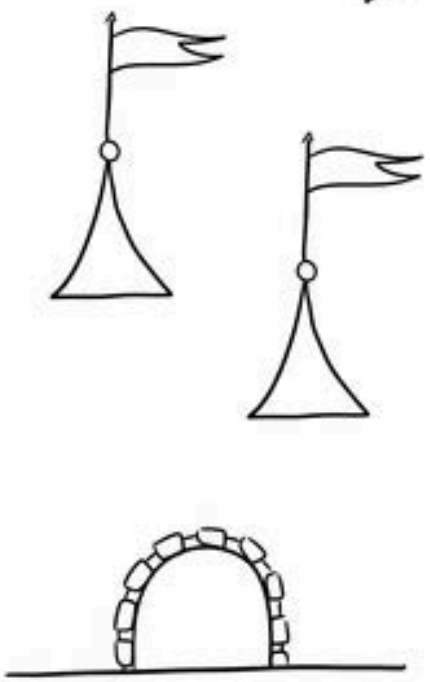
Decorate your own cookie!



Take a pause and Color these stars!



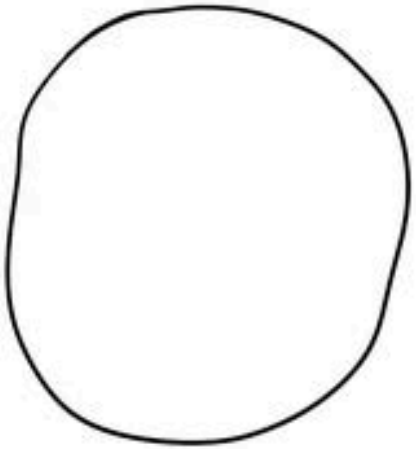
Design a castle.



Pocket Pause



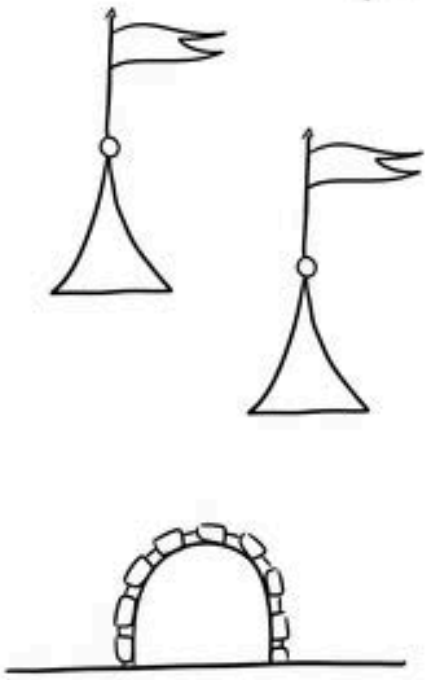
Decorate your own cookie!



Take a pause and Color these stars!



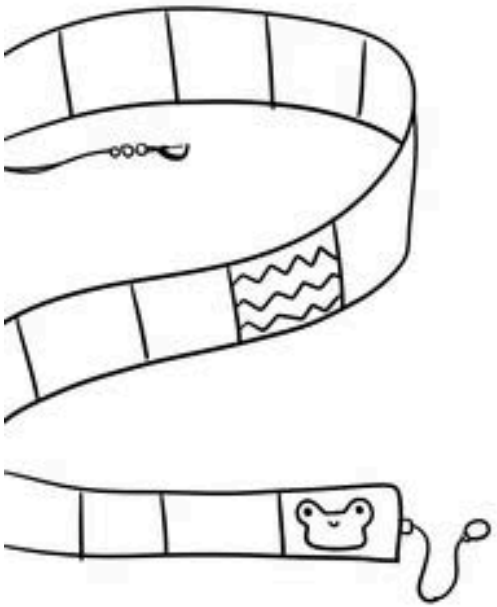
Design a castle.



Pocket Pause



Design a bracelet!



I am

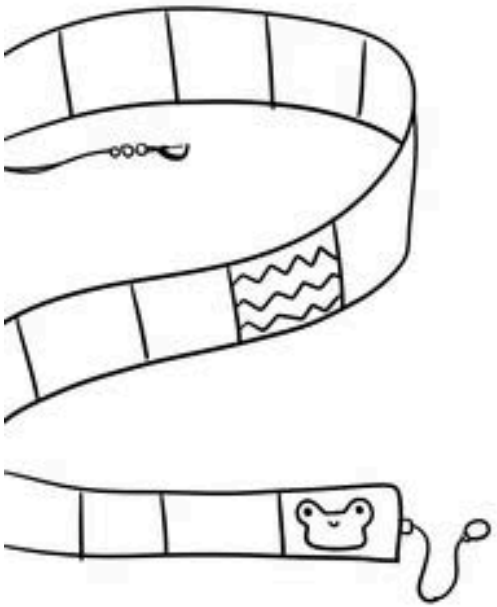
What are 4 amazing things about you?

I Spy

1 Hug
2 Sips of Water
3 Stretches
4 Deep Breaths
5 seconds of quiet

I AM GRATEFUL FOR

Design a bracelet!



I am

What are 4 amazing things about you?

I Spy

1 Hug
2 Sips of Water
3 Stretches
4 Deep Breaths
5 seconds of quiet

I AM GRATEFUL FOR

MEALTIME MOMENTS





QUESTIONS

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

Can you share a special moment from this year?

What is something kind that you have done for someone else recently?

What is your favorite food to eat this time of year?

What is a food you didn't like last year that you do like this year?

Would you rather eat an apple pie, cherry pie, or pumpkin pie?

What is something you are grateful for?

What is something hard that you are still learning how to do?

What is your favorite season, and why?

What is your favorite autumn activity?

What is one thing you hope you get to do before the year ends?





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: How do I teach my child gratitude without constantly reminding them to say "thank you"?

There's a difference between manners and genuine gratitude! Saying thank you is wonderful, but gratitude is really about noticing. Try asking, "What made you smile today?" or pointing out small kindnesses throughout the day. When we model appreciation rather than demand it, we help our children develop a habit of recognizing the good around them.

Q: Why does my child get so upset when something fun comes to an end?

Because endings are hard, especially for little brains still developing emotional regulation! Rather than dismissing their sadness, acknowledge it: "You really loved being here. It's hard to say goodbye." Try creating a little goodbye ritual or remembering your favorite part together. We're teaching them that it's possible to love something, feel sad when it ends, and still move forward.

Q: How do I know if my child's friendships are healthy?

Pay attention to how your child feels within those friendships. Do they feel comfortable being themselves? Celebrated? Respected? Friendships aren't always easy, and disagreements are normal, but children deserve relationships where they feel safe and valued. Ask questions that help them notice how different friendships feel rather than simply telling them who they should spend time with.

Q: Is it okay for my child to see me sad about something I've lost?

Absolutely. Children don't need adults who never experience sadness. They need adults who demonstrate healthy ways of moving through it. It's okay to say, "I'm feeling sad because I miss something that was important to me." When we acknowledge our feelings and show ourselves compassion, we're modeling that sadness is part of loving, not something we need to hide.

Q: What's one simple way to make gratitude part of our family's everyday routine?

Make it small enough that it doesn't feel like another thing on your to-do list! At dinner, bedtime, or even in the car, invite everyone to share one thing they appreciated that day. Some days it might be something big. The goal isn't forced positivity. It's practicing the ability to notice goodness alongside life's challenges.

I BELONG



SCAN HERE

Or Click Here

Belonging, boundaries, and the courage to be yourself

I wrote “I Belong” as an adult during a season of significant self-exploration. I was beginning to question some of the relationships in my life and, quite honestly, feeling guilty for even asking those questions.

Oftentimes, we grow up believing that the people who surround us are automatically our people. Maybe they're family, longtime friends, or people we've simply always known. And while those relationships can be incredibly meaningful, I began to realize that history alone doesn't necessarily determine whether a relationship is healthy for us.

I started asking myself some important questions: Do I feel celebrated? Can I be myself around these people? Do they make me feel small, or do they encourage me to grow?

And perhaps the biggest question of all: Do I believe I deserve relationships that make me feel loved, respected, and valued?

That's where this song came from.
“I belong to those that let me be free to be me.”

This isn't about walking away from everyone who disappoints us. Relationships are complicated, and people are imperfect. Instead, it's about becoming more intentional with our relationships and recognizing that boundaries aren't punishments. They're a way of honoring our needs while making room for healthier connections.

And this lesson begins in childhood. Feeling safe, accepted, and valued supports children's brain health, helping them develop confidence, emotional regulation, and a healthy sense of self. We can nurture this by asking simple questions: Who helps you feel like yourself? Who celebrates you? What does a good friendship feel like?

The most important message of this song is one I hope resonates at every age:

“I belong to me.”

We deserve the same love, respect, and acceptance from ourselves that we seek from others. We have permission to grow, establish boundaries, explore new relationships, and surround ourselves with people who celebrate who we truly are.

Because belonging isn't just about finding your people. It's about remembering that you are already someone worth belonging to.

I BELONG

I belong to those that help know that I am celebrated
I belong to those that feel good to be around
I belong to those that help me feel light
I belong to those that help me laugh

I belong I belong to me
I belong I belong
I belong I belong
I belong I belong to me

I belong to those that help me know that I am enough
I belong to those that remind me that it's all temporary
I belong to those that don't compete and don't make fun of me
I belong to those that let me be free to be me

I belong I belong to me

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Gratitude Galaxy

A little gratitude can brighten your whole universe!

Materials: Construction paper (dark blue or black makes a great night sky!), crayons or markers, scissors, and a glue stick. Optional: stickers.

Your Mission: Create a galaxy filled with the people, places, memories, and little things that make your world brighter!

1. Create your universe! 

Choose a piece of paper for your night sky. Add a big planet in the middle and decorate it to represent YOU!

2. Discover your stars! 

Draw and cut out 5–8 stars. Each one represents something you're thankful for. Need ideas? Think about:

- Someone who makes you smile
- A place where you feel safe
- Something your body helps you do
- A favorite memory
- Something small that made today better
- Something you love about yourself

3. Make your galaxy shine!

Write or draw one thing you're grateful for on each star. Arrange them around your planet and glue them into your galaxy.

4. Keep discovering!

Leave a little room for new stars! Whenever you notice something that makes your day brighter, add another star to your galaxy.

BONUS CHALLENGE: The Gratitude Detective

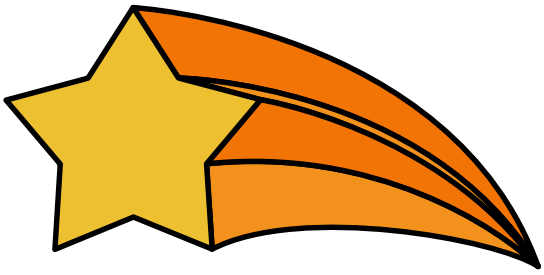
Can you find three tiny things to appreciate today that you've never thought about before? Maybe a cozy blanket, a funny sound, or someone holding the door for you!

Brain Health Connection:

Gratitude helps us practice noticing what's good, even when our day isn't perfect. The more we practice paying attention to little moments of joy, the easier they can become to notice.

Gratitude Galaxy Shapes

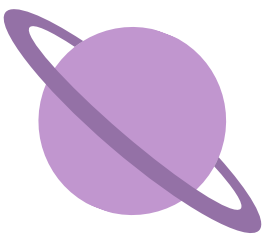












THE TEACHER ZONE

MINDFUL MOMENTS

Quote of the Month: (Repeat this often)
"Let's take a moment to reset."

	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.
Calming Song (audio only)	Meditation (Have a students sit with their eyes closed or their heaads laying on their desks.)
Meal Time Moments (page 11)	Can you share a special moment from this year?
Activity	Choose one of our books on pages 5-6 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: *Square*
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.
Calming Song (audio only)	Meditation (Students listen while coloring the poster of the month)
Meal Time Moments (page 11)	What is something you are grateful for?
Activity	Pocket Pause (pages 10-11)
Closing Song (Reset for class to start)	"Lets see how quiet we can tidy our room today! " Song: *Square*
Fist-to-Five	



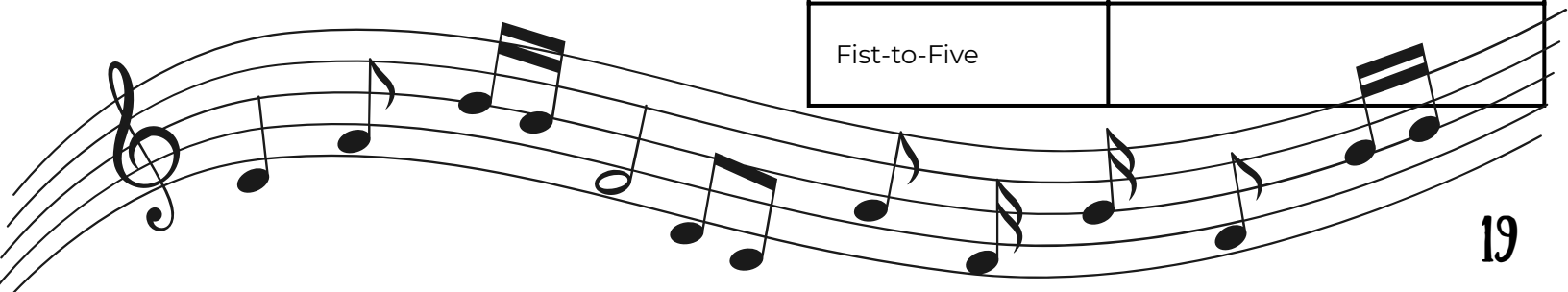
MINDFUL MOMENTS

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 moment to reset."

	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.
Calming Song (audio only)	Meditation (Coloring page)
Meal Time Moments (page 11)	What is one thing you hope you get to do before the year ends?
Activity	Relaxing reading with instrumental music of your choosing.
Closing Song (Reset for class to start)	Do a light stretch together Song: *Square*
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.
Calming Song (audio only)	Meditation and then any instrumental song of your choosing (Craft)
Meal Time Moments (page 11)	What is something hard that you are still learning how to do?
Activity	Have students do free drawing. No rules, just freedom.
Closing Song (Reset for class to start)	Do a light stretch together Song: Square
Fist-to-Five	



MINDFUL MOMENTS

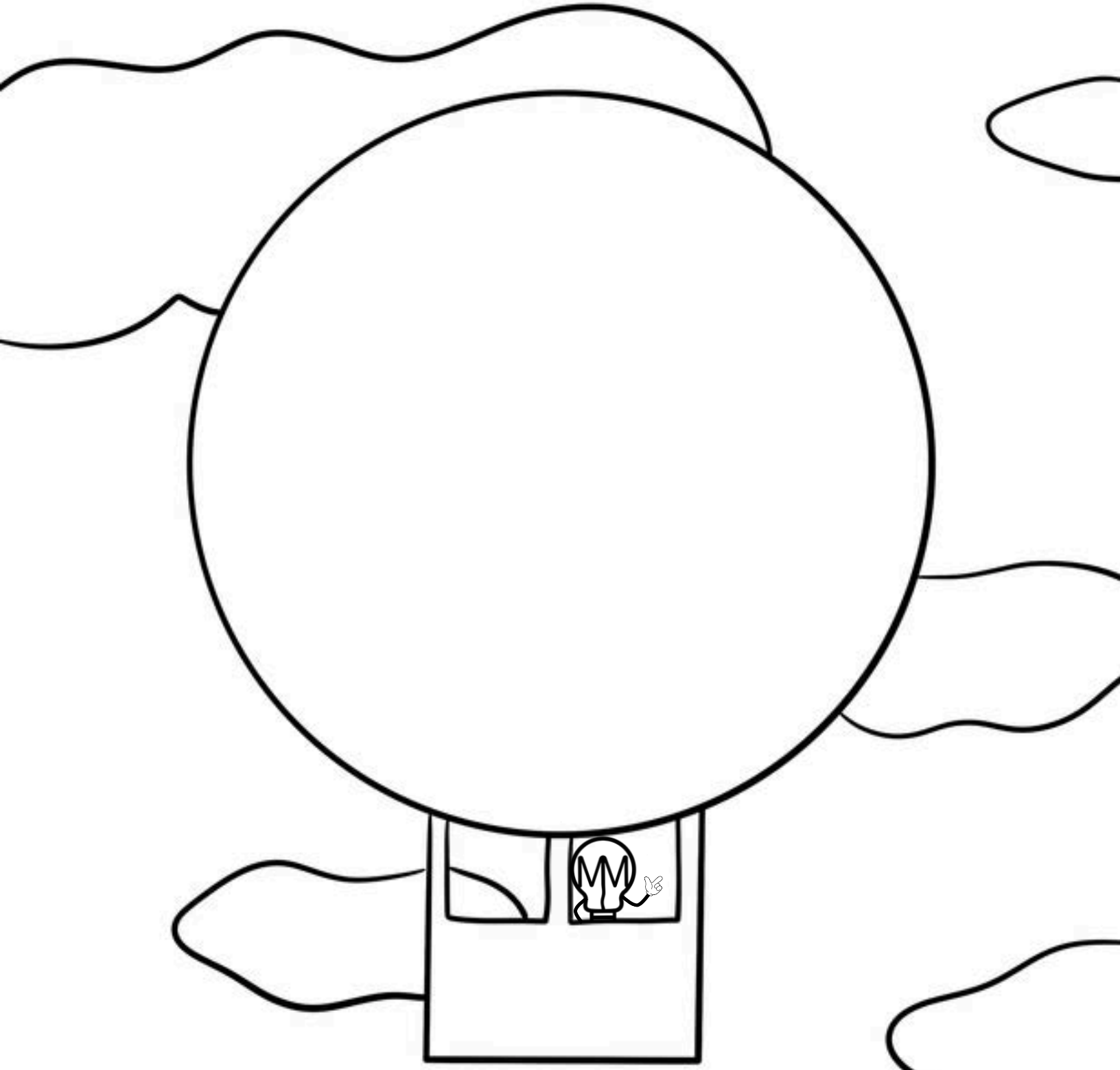
Quote of the Month: (Repeat this often)

"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


Take Some Time



Take Some Time

YOUTUBE

@MINDFULMUSICIANSKIDS

NEW VIDEOS

NEW VIDEOS

NEW VIDEOS

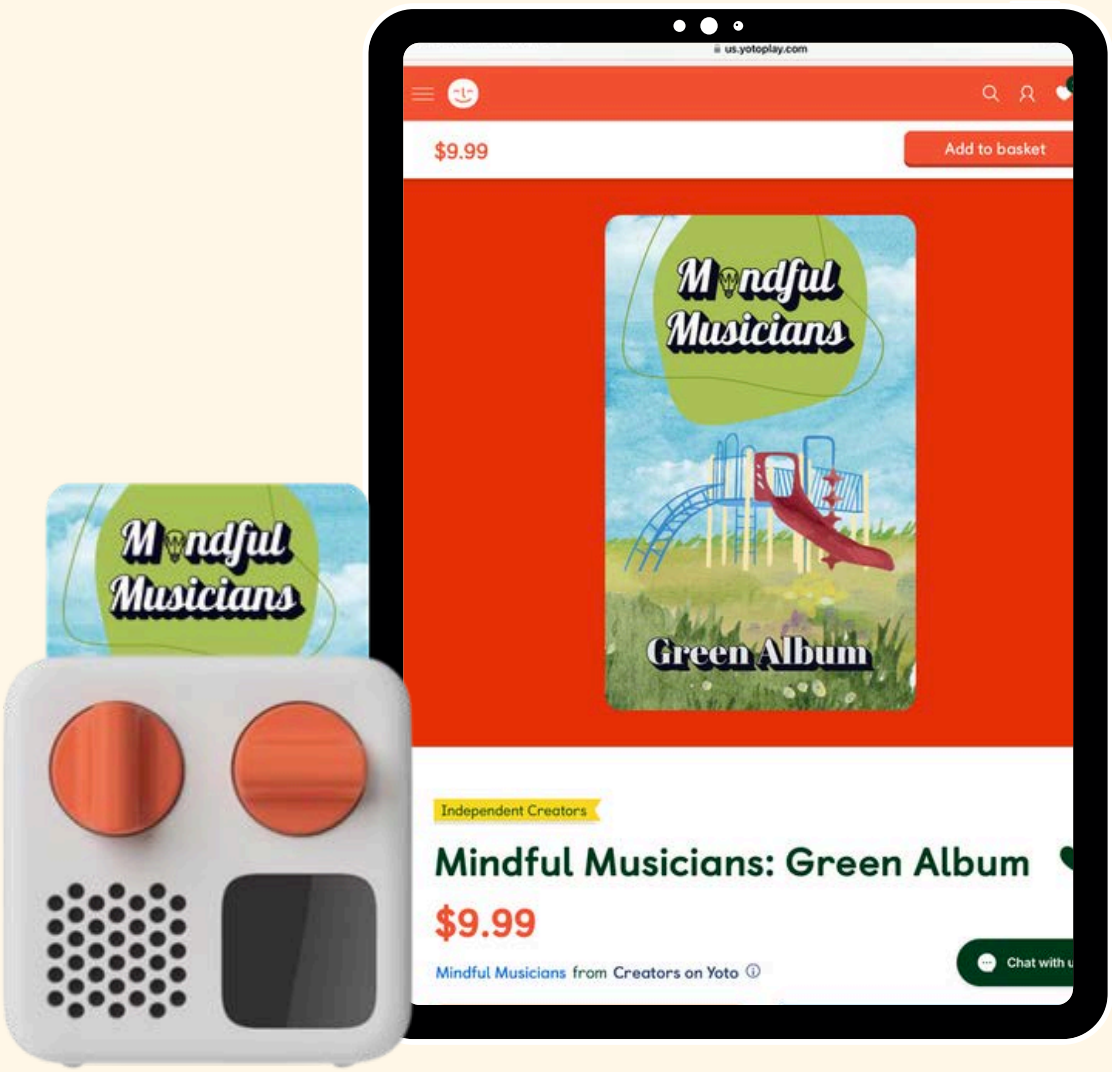
NEW VIDEOS

NEW VIDEOS



FIND US ON YOTO

provide an easy, screen-free way to incorporate music and mindfulness into your children's daily routine.



SCAN ME

UNLOCK MINDFUL MUSIC

https://us.yotoplay.com/products/mindful-musicians-green-album