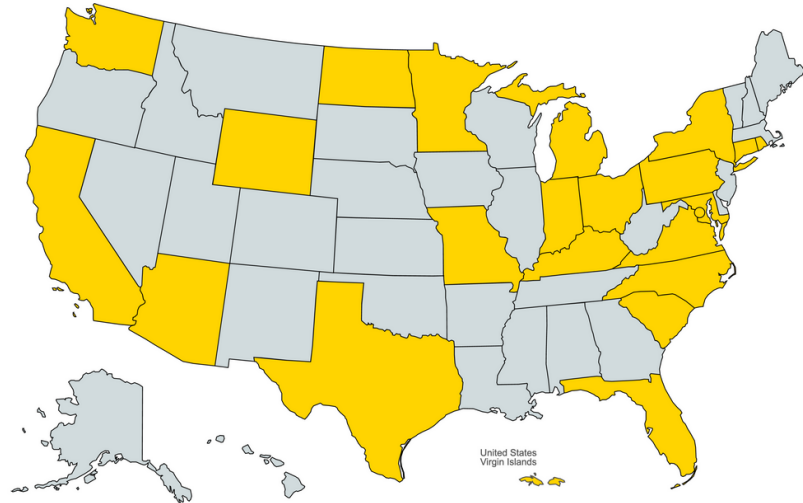


**108,126 Students,
323 Schools,
22 States,
600 Minutes of music
daily in schools!**



HIGHLIGHTS

- MMM became free to all Pittsburgh schools! [Read more.](#)
- Increased music by Latinx and Women composers, including special features during Hispanic Heritage Month and Women's History Month.
- "Neighborhood Songlines" commission with Jenn Howd, inspired by the favorite sounds of local neighborhoods.
- "Sound Intersections" commission with Nate May, Omope Carter Daboiku, and Talon Silverhorn, exploring the intersection of Appalachian, African American, and Native American musical histories. (Premiering Fall 2023)
- MMM was nominated for "Best Initiative Using Music to Improve Health & Wellbeing" at the 2023 Music Cities Awards. [Read more.](#)
- Bryce & Stacy visited 20 schools across the country to engage with both educators and students using MMM.



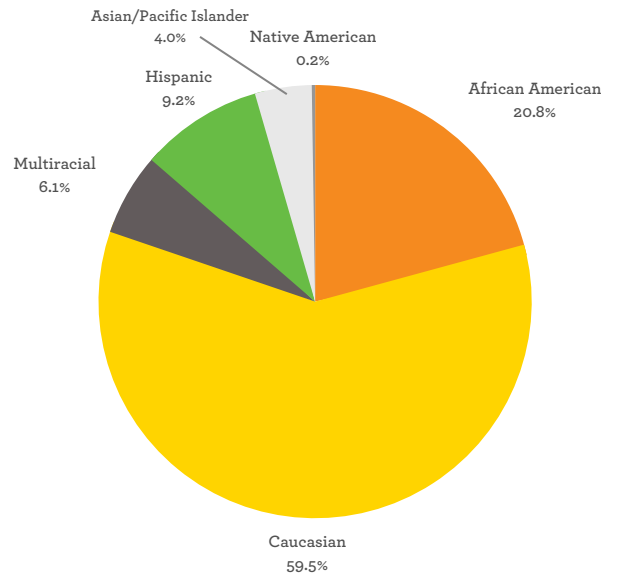
Students in San Diego, California listen to "Luke and Leia Theme" from Star Wars during Mindful Music Moments. March, 2023



Students listened to 8-10 symphonies worth of music this year!



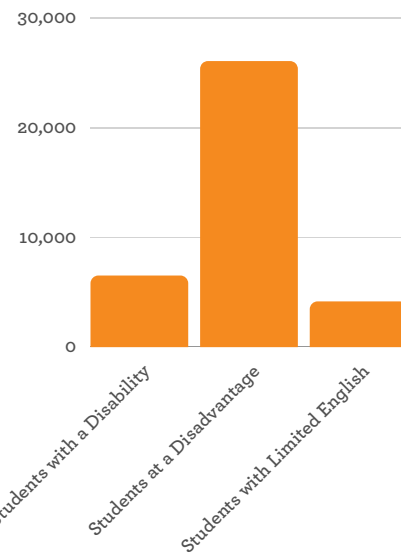
STUDENT DEMOGRAPHICS*



Students in San Francisco, California had a special spring visit with MMM founder Stacy Sims. March, 2023

"The best part about Mindful Music Moments is the exposure to high quality music and encouragement to practice listening skills while paying attention to their own bodies and minds."

PRINCIPAL AT ACADEMY OF WORLD LANGUAGES, CINCINNATI, OH



*Demographics self-reported by 80% of participating schools



Program Manager Bryce Kessler presenting MMM at the global Music Cities Convention in Tulsa, Oklahoma. November, 2022



YEAR IN REVIEW

2022-2023

TESTIMONY



"While I'm listening to Mindful Music, I feel like I am being lifted up on a high cloud, and when the music ends I return to my classroom."

STUDENT AT NORTHSIDE CATHOLIC ASSUMPTION ACADEMY, PITTSBURGH, PA

"I love this program and I think, more than ever, our students need to know it's ok to feel stress and anxiety. [Mindful Music Moments] gives them a way to process their feelings and center themselves."

MUSIC TEACHER AT NEW HAVEN ELEMENTARY, CINCINNATI, OH

"Incorporating [Mindful Music Moments] into our routine gave us the opportunity to MAKE TIME to be mindful. We learned how to be mindful through the music and breathing techniques. I saw children feel the music in their own unique ways- some would close eyes, some would focus out the window, while others would move their bodies calmly to the music in their chairs."

TEACHER AT MONROE PRIMARY SCHOOL, CINCINNATI, OH

"The format for Mindful Music is easy to use, it is prepared well and I have always enjoyed the opportunity to connect with a composer, or member of your organization with questions. Thank you for a job well done."

MUSIC DIRECTOR AT DICKINSON MIDDLE SCHOOL. DICKINSON, ND

[WANT TO READ MORE TESTIMONY? CLICK HERE](#)

NEW FOR 2023-24!

- Daily video content with our new mascot Mel O. Dee!
Inspired by schools looking for new ways to reach their students in an ever-evolving school environment
- 8 weeks of student-requested music including video game and movie soundtracks!
- Increased diversity of composers and performers that match our population of student listeners
- Weekly printable student worksheets
- Improved user experience in the Mindful Music web portal & web app
- Five new partnerships!
 - Canton Symphony Orchestra (Canton, OH)
 - Utah Symphony | Utah Opera (Salt Lake City, UT)
 - The Big Idea Challenge (Las Vegas, NV)
 - Tulsa Youth Symphony (Tulsa, OK)
 - Sunriver Music Festival (Sunriver, OR)

Introducing
Mel O. Dee!



[click to view](#)



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YEAR IN REVIEW

2022-2023

*I love the time we get to just "be"
and listen to great music!*

STUDENT AT DICKINSON MIDDLE SCHOOL, NORTH DAKOTA



Students listening to MMM at
Kelly Elementary in Pittsburgh, Pennsylvania.
September 2022



The Well and composer Jenn Howd visited with
students grades 1-3 at Pleasant Ridge Montessori in
Cincinnati, Ohio for Neighborhood Songlines.
October 2022

*"Music is like food.
And Mindful Music
gives me all of the
flavors!"*

STUDENT AT TURTLE
CREEK ELEMENTARY
STEAM ACADEMY
MARCH 2023



Student from
Mt. Vernon Middle School
enjoying Mindful Music
with a friend!
May 2023



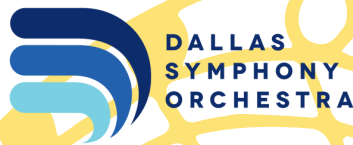
Program Manager Bryce Kessler visiting with
staff and students at Turtle Creek Elementary
STEAM Academy in Pittsburgh, Pennsylvania.
March 2023



YEAR IN REVIEW

2022-2023

*Thank you to our partners & sponsors
for supporting another Mindful year!*



**Harry T. Wilks
Family Foundation**

**Dr. John &
Susan Tew**

**Jane Fisher &
Scott Thierauf**



Bryce Kessler, Mindful Music Program Manager
bryce@thewell.world

