

# MINDFUL MUSIC MOMENTS

created by THEWELL

MID-YEAR  
UPDATE  
2023-24

## ENROLLMENT\*

SERVING

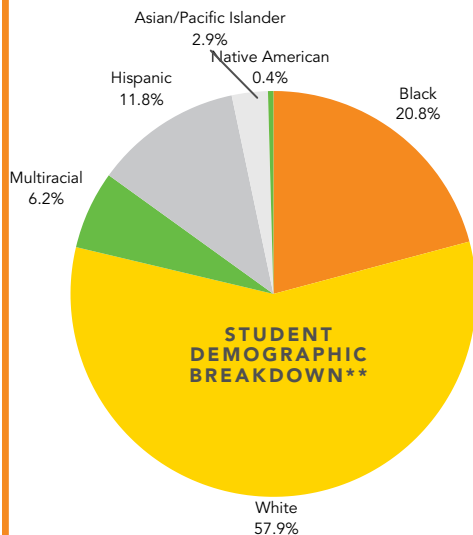
**109,500+**

*Youth (Prek-12)*

IN **320+** Schools  
& Social-Service Organizations

IN **140+** Districts

### NATIONWIDE



\*AS OF DECEMBER 12, 2023

\*\*SEE PAGE 3



Students at Parker Wood Montessori in Cincinnati. Photo by Kyle Wolff

SO FAR THIS 2023-24 SCHOOL YEAR, WE



*Deepened our work with existing partners*



CINCINNATI  
CHAMBER  
ORCHESTRA

THE  
**CLEVELAND  
ORCHESTRA**



columbus  
symphony



*Began energized new partnerships*



CANTON  
SYMPHONY  
ORCHESTRA  
GERHARDT ZIMMERMANN  
MUSIC DIRECTOR



THE BIG IDEA  
CHALLENGE  
An Education Innovation Contest



UTAH SYMPHONY



New  
World  
Symphony



*Providing the equivalent of*

**8-10 symphonies a year**

*of orchestral, jazz, world, and new music by...*



CINCINNATI  
CHAMBER  
ORCHESTRA



# MINDFUL MUSIC MOMENTS

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MID-YEAR  
UPDATE  
2023-24

*This year, we created*

a  
**40**  
WEEK  
PLAYLIST

and  
**40**  
STUDENT  
WORKSHEETS

with  
**200**  
AUDIO  
JOURNEYS

and  
**200**  
VIDEO  
JOURNEYS

with new  
mascot

**Mel O. Dee**



## TESTIMONY



*"Today's Mindful Music was Saint Saens' Carnival of the Animals- Cuckoo. The cuckoo sound brought my kids so much joy. They clapped and laughed every time they heard it."*

TRACY, PRESCHOOL TEACHER AT ASHTABULA COUNTY COMMUNITY ACTION HEAD START

*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.*

MS. FENTON, KINDERGARTEN TEACHER, CINCINNATI

*I just tried the first mindful moment offered on the website with a Kindergarten class. What a huge difference it made! I see students for 50 minute timeblocks, and their classroom teacher drops off the students at my door. One of the students was crying on the way over, and his teacher told me he had been crying all morning, hiding under tables, and not listening to any instructions. So, I decided to use the new resource that had been provided to me. Immediately the student started calming down, and by the end of the exercise he was not crying at all, ready to learn. As for the rest of the class, they were focused in a way I have not seen from these young Kindergartners.*

DOM LOWHAR, MUSIC SPECIALIST AT CLARK COUNTY SCHOOL DISTRICT, LAS VEGAS

*"This program gives students—and just as importantly, teachers—a moment of stillness and reflection." says Director of Education & Community Engagement Ben Kipp. "These exercises are designed to meet them exactly where they are and give them the skills to compassionately respond, not just simply react."*

BEN KIPP, DIRECTOR OF EDUCATION AT UTAH SYMPHONY|UTAH OPERA



*Students at Lexington Elementary in San Diego share what they love about Mindful Music!*

[Watch Here \(YouTube, 1:26\)](#)

ENROLLMENT BREAKDOWN BY AREA**		
Area & Partners (if applicable)	Schools	Total Enrollment (Rounded)
Canton, OH (Canton Symphony Orchestra)	5	1,200
Cincinnati, OH (Cincinnati Chamber Orchestra)	39	13,300
Cleveland, OH (The Cleveland Orchestra)	151	44,000
Columbus, OH (Columbus Symphony)	26	10,500
Dallas, TX (Dallas Symphony Orchestra)	1	300
Las Vegas, NV (Las Vegas Philharmonic, Meow Wolf's "Omega Mart")	15	5,700
Northern Kentucky (NKCES)	16	7,700
Pittsburgh (Musicians of the Pittsburgh Symphony, Usher Program for Kids)	41	11,700
Salt Lake City, UT (Utah Symphony   Utah Opera)	18	5,700
San Diego, CA	3	1,800
San Francisco, CA	4	1,400
Sierra-Plumas County, CA (Musica Sierra)	1	500
Sunriver/Bend, OR (Sunriver Music Festival)	6	1,000
Other Areas	18	4,700
TOTALS	344	109,500
<p><b>**The data here on total enrollment (this page) and student demographics (page 1) are self-reported by schools when they join Mindful Music Moments.</b></p> <p><b>15 schools (4%) did not report total enrollment or demographics, and only 66% of the self-reported total enrollment is represented in the demographic breakdown on page 1.</b></p> <p><b>So, even though this data does not represent every student listening to Mindful Music, we know it's at least this many plus more!</b></p>		