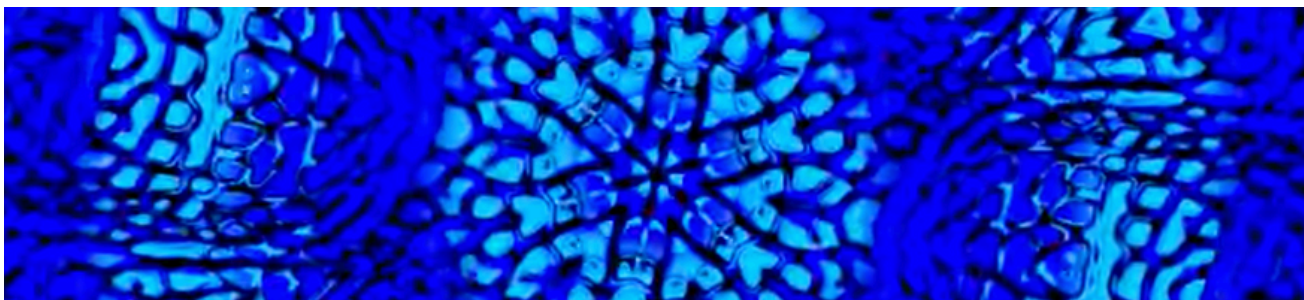




MINDFUL MUSIC MOMENTS

created by THEWELL

YEAR IN
REVIEW
2024-25



MINDFUL MUSIC MOMENTS

created by THEWELL

YEAR IN
REVIEW
2024-25

ENROLLMENT*

*SEE PAGE 7

SERVING

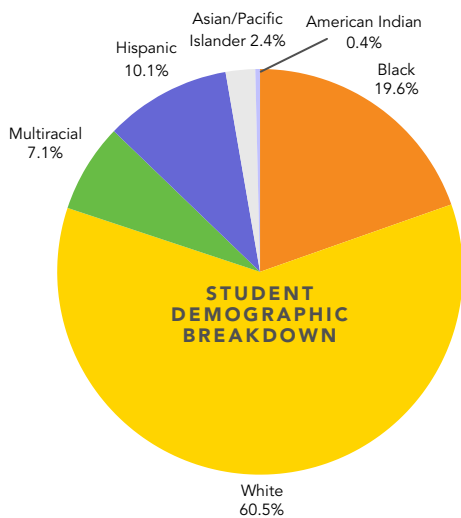
114,109

Youth (Prek-12)

IN **324** Schools
& Social-Service Organizations

IN **178** Districts
& Private Schools

IN **16** States
& Territories



Students at Summit Elementary in Cincinnati.
Photo by GreenCraft Media.

DEEPENED PARTNERSHIPS WITH

UTAH SYMPHONY



THE
CLEVELAND
ORCHESTRA

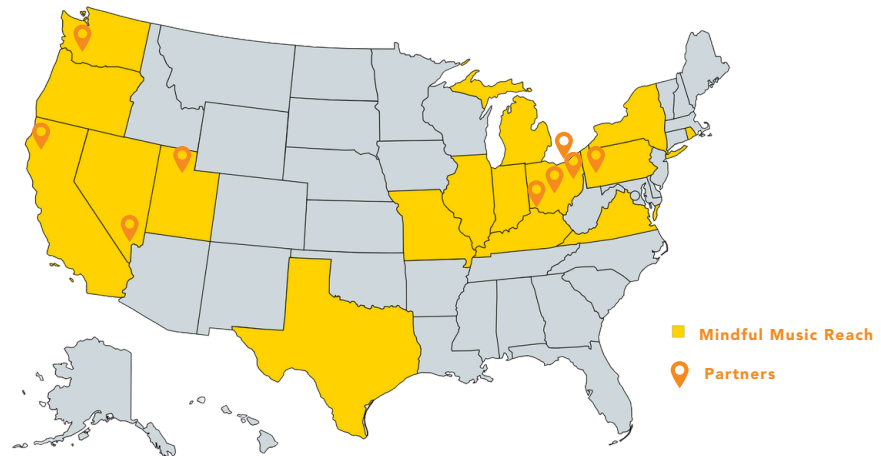


CANTON
SYMPHONY
ORCHESTRA



SFSYMPHONY

STATES WITH MINDFUL MUSIC SCHOOLS



CONTENT

a
46
WEEK
PLAYLIST

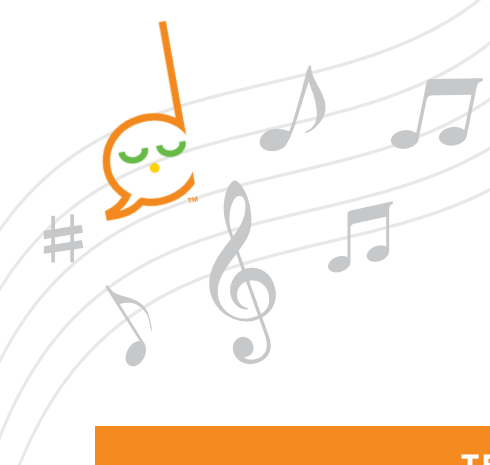
230
AUDIO
JOURNEYS

now
100%
TRANSLATED
INTO SPANISH

with
46
STUDENT
WORKSHEETS

and
230
VIDEO
JOURNEYS





MINDFUL MUSIC MOMENTS

created by THEWELL



YEAR IN
REVIEW
2024-25

TEACHER & ADMINISTRATOR RESPONSE*



Parker Woods Montessori Students listen to Mindful Music. Photo by Kyle Wolf

87.7%

agree that MMM made my students to feel calm, focused, and ready to learn.

86.7%

agree that that MMM is an effective tool for teaching self-awareness and self-management skills.

85%

agree that MMM is an essential tool in this moment for both student and staff well-being.

92%

agree MMM is easy to use and implement during the school day, in addition to existing curriculum and requirements.

NATIONAL USAGE

59,844 = 3,990

Mindful Music Moments played

Hours of mindfulness,
calm, and music



Drawing by Cole, 3rd Grade from Nevada.

*This survey data represents 118 responses from 54 different participating schools.

MINDFUL MUSIC MOMENTS

created by THEWELL

YEAR IN
REVIEW
2024-25

FEATURED MUSIC

8-10 symphonies worth
of orchestral, jazz, world, and new music



THE
RESPONSE
PROJECT



THE
CLEVELAND
ORCHESTRA



Music

Composers*

3

NEW
MUSIC
PREMIERES

84

UNIQUE
SELECTIONS

63

UNIQUE
COMPOSERS

3

PLAYLIST
VERSIONS

11

WOMEN OR
NON-BINARY

17

COMPOSERS
OF COLOR

19

LIVING
COMPOSERS



Quinn Mason
Brian Raphael Nabors
Cait Nishimura
Audrey Causilla
Valerie Coleman
Anna Clyne
Jlin

Peter Boyer
Jodie Blackshaw
Carmen DeAtley-Rosales
Chris Dingman
Reena Esmail
Howd/Sloan
Jolley, Matzke

José Manuel Ortega Caballo
Aparna Nambirajan
Allison Loggins-Hull
Yoko Shimomura
John Adams

*COMPOSER
DEMOGRAPHICS
INSPIRED BY
STUDENT
DEMOGRAPHICS

"Classes who came to music right after lunch and recess especially benefitted from this program! I enjoyed making curricular connections to the music we listened to, and students were excited when they heard the pieces out and about. The combination of starting class with calm and music helped the students feel both centered and engaged. The best thing about MMM is the wide selection and the local connection with Cleveland Orchestra."

MARY ROBINSON, EARLY CHILDHOOD AND MUSIC TEACHER, HATHAWAY BROWN SCHOOL

MINDFUL MUSIC MOMENTS

created by THEWELL

YEAR IN
REVIEW
2024-25

MINDFUL MUSIC SCHOOLS SINCE 2016

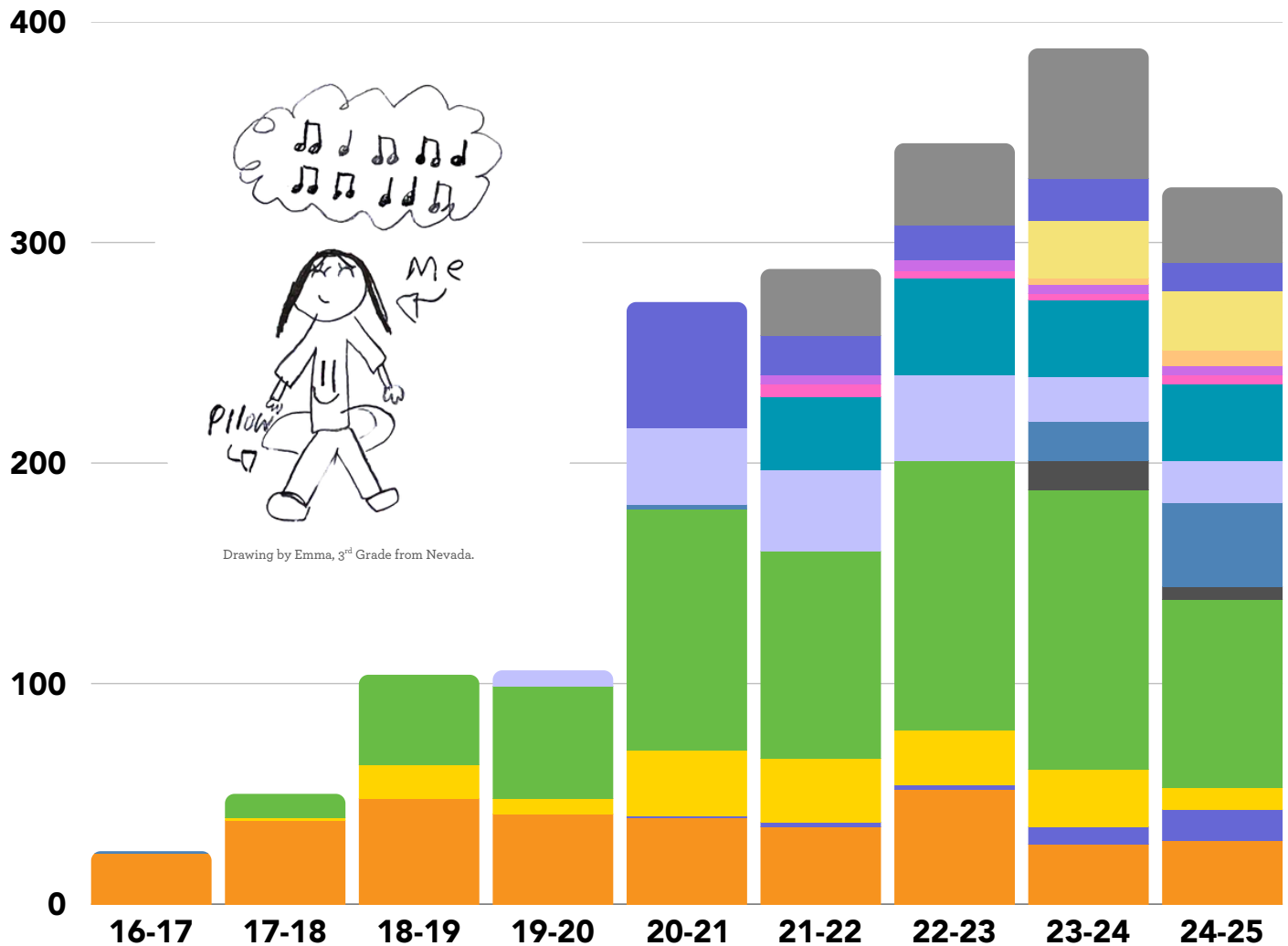


Cincinnati Canton Columbus Cleveland

Nevada Northern Kentucky Other Areas Pittsburgh

San Diego San Francisco Sunriver Utah

Preschool Preschool- Cleveland



*This data shows the number of schools registered for Mindful Music Moments each year since 2016. This year, 2024/25, we prioritized active engagement over sheer numbers in our data, reflecting our commitment to deepening impact. Despite challenges like staff turnover and funding challenges for schools, our focus remains on consistent contact and meaningful program usage. This strategic shift strengthens our impact, ensuring Mindful Music Moments continues to meet the high need to improve mental and emotional well-being of students and teacher in schools.

MINDFUL MUSIC MOMENTS

created by THEWELL

YEAR IN
REVIEW
2024-25

IMPACT



"One of my favorite observations is that I find the kids who are usually very hyperactive and unable to focus in class are the ones who close their eyes and really breathe. It's the only time I ever see them calm. I think they need that time so much."

SHAUNA RIGHELLIS, MUSIC TEACHER, NEVADA, MAY 2025

"I am SO grateful our kids get to experience and practice a mindful skill everyday! When I walk into a classroom and I see kids swaying to the music, eyes closed and listening, it warms my heart. There is NO input during this time, just calm and stillness, so their brains can wander and be at peace...I need it and our kids need it to start our days in a calm and peaceful way.."

KELLY STRICKLAND, 1ST GRADE TEACHER, CINCINNATI, MARCH 2025

"Mindful Music Moments impacted some students differently than others. This year in particular I had several students that had focusing difficulties. We went from listening to MMM after recess to allowing them to listen to it while they were doing their individual work. It helped them focus on their own work."

CYNTHIA CARBAJAL, LEXINGTON ELEMENTARY, SAN DIEGO, JUNE 2025



IN THE NEWS!

Mindful Music Moments promotes positive mental health for K-12 students
Spectrum News 1 Ohio, Feb 2025



Mindful Music Moments helping Pittsburgh-area students become calm, focused
WPXI Channel 11 Pittsburgh, Sept 2024



Sketchbook Mindful Music Moments
News Depth (Ideastream Public Media)
Cleveland, May 2025

MORE NEWS & TESTIMONY



MINDFUL MUSIC MOMENTS

created by THEWELL

YEAR IN
REVIEW
2024-25

ENROLLMENT BREAKDOWN BY AREA*

AS OF APRIL 14, 2025

Area & Partners	K-12 Schools	Total Enrollment
Canton, OH (Canton Symphony Orchestra)	14	7,632
Cincinnati, OH (Summermusik)	29	11,912
Cleveland, OH (The Cleveland Orchestra)	85	30,964
Columbus, OH (Columbus Symphony)	10	5,329
Dallas, TX	2	418
Las Vegas & Reno, NV	5	2,019
Northern Kentucky (NKCES)	38	18,907
Pittsburgh, PA (Musicians of the Pittsburgh Symphony, Usher Program for Kids)	35	14,723
Salt Lake City, UT (Utah Symphony Utah Opera)	27	7,509
San Diego, CA	4	2,410
San Francisco, CA	4	1,430
Sunriver/Bend, OR (Sunriver Music Festival)	7	2,642
Other Areas (Ohio)	3	646
Other Areas (Across 10 States)	14	3,934
Preschools (Cleveland)	34	1,852
Preschools (Pittsburgh)	3	206
Preschools (Cincinnati)	7	1,338
Preschools (Other Ohio)	3	236
TOTALS	324	114,107
Students With Disabilities		7,365
English Language Students		3,657
Students at an Economic Disadvantage		30,436

*Mindful of Our Growing Data: This data is self-reported by schools when they join Mindful Music Moments. While 96% of schools report their total enrollment data, and program usage varies, we believe that at least this many students listened to Mindful Music Moments this year. This is an inspiring starting point and we are actively investigating improved data collection practices to capture more detailed usage.



Signature Playlist

Our most-listened to playlist for K-12 schools. Offering orchestral, jazz, world, and new music by a diverse array of composers (inspired by the demographics of the students we serve) covering all genres of instrumental music.

Respighi	Pines of Rome: III. The Pines of Janiculum
Vaughan Williams	Lark Ascending
Beach	Piano Quintet in F-sharp minor: II. Adagio espressivo
Howd/Sloan	Fiona's Lullaby
Elgar	Cello Concerto: III. Adagio
Blackshaw	Peace Dancer
Coleridge-Taylor	The Bamboula
Dingman	ride, from journeys vol. 2
Lalo	Cello Concerto: II. Intermezzo, Andantino con moto
Albéniz	Cantos de España: III. Bajo la palmera
Nabors	Wonder: I. I wonder... **
Nabors	Wonder: II. What Lies Beyond? **
Nabors	Wonder: III. Leaps & Bounds **
Holst	The Planets: II. Venus, the Bringer of Peace
Holst	The Planets: IV. Jupiter, the Bringer of Jollity
Nishimura	Echoes of a Northern Lake
Lyadov	The Enchanted Lake
Clyne	Abstractions: III. Seascape
Boyer	Rhapsody in Red, White, and Blue
Satie	Trois Gymnopédies: No. 1
Beethoven	Piano Concerto No. 5 "Emperor": II. Adagio
Shimomura	Dearly Beloved
Borodin	String Quartet No. 2: I. Allegro moderato
Zimmer	The Lion King: This Land
Mason	Portrait of Scheherazade
Coleman	Umoja
Loggins-Hull	Hide & Seek
Boulanger	Nocturne for Flute and Piano
Piazzolla	Oblivion

Signature Playlist cont.

Causilla	Home
DeAtley-Rosales	drizzling warmth*
Summermusik	Carnival of the Animals: Remix: I. USA - Eagle
Jlin / Third Coast	Perspective: VI. Duality
Percussion	
Menken	Go the Distance, from Hercules
Menken	Part of Your World, from The Little Mermaid
Jolley / Matzke	You Don't Know What It Is
Nambirajan	Her Child*
Korngold	Incidental Music to "Much Ado About Nothing": Intermezzo
Villa-Lobos	Saudades das Selvas Brasileiras No. 2
Ortega Caballo	Summer Waltz
Bach	Cello Suite No. 3: IV. Sarabande
Larson	Seasons of Love, from Rent
Márquez	Danzón No. 2

*Student composer
 **New music commission

Sacred Playlist Bonus Selections

Christian/Catholic schools outside of Cleveland received 5 bonus musical selections with sacred origins and unique mindfulness prompts. Next year’s playlist will offer 8 of these sacred features.

Bach/Gounod	Ave Maria
Praetorius	Lo, How a Rose E’er Blooming
Gruber	Silent Night
Handel	Messiah: Pastoral Symphony
Handel	Messiah: Hallelujah Chorus

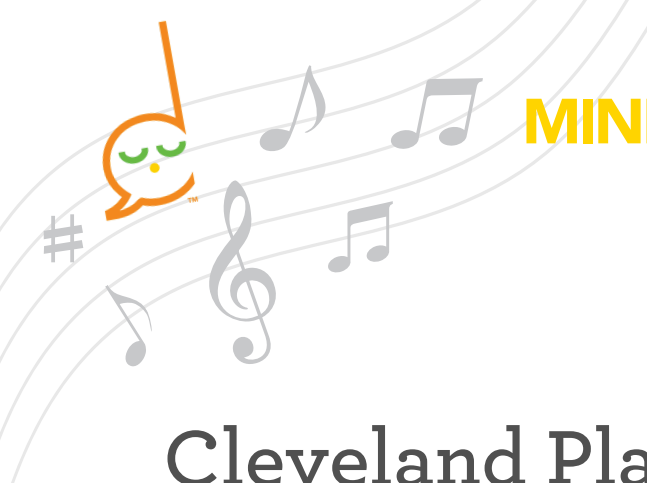


**THE
CLEVELAND
ORCHESTRA**

Cleveland Playlist

K-12 schools in Greater Cleveland receive a special playlist with every week of music performed by our partner The Cleveland Orchestra.

Respighi	Pines of Rome: III. The Pines of Janiculum
Brahms	Symphony No. 3: III. Poco allegretto
Grieg	Peer Gynt Suite No. 1: I. Morning Mood
Tchaikovsky	Symphony No. 5: II. Andante
Elgar	Cello Concerto: III. Adagio
Bizet	L'Arlésienne Suite No. 2: III. Minuet
Coleridge-Taylor	The Bamboula
Debussy	Danse profane
Lalo	Cello Concerto: II. Intermezzo, Andantino con moto
Brahms	Violin Concerto: II. Adagio
Debussy	La Mer: I. From Dawn to Noon on the Sea
Lyadov	The Enchanted Lake
Clyne	Abstractions: III. Seascape
Smetana	The Moldau
Vivaldi	The Four Seasons: Winter: I. Allegro non moto
Beethoven	Violin Concerto: II. Larghetto
Mozart	Eine Kleine Nachtmusik: II. Romance
Tchaikovsky	Symphony No. 6 "Pathétique": II. Allegro con grazia
Tchaikovsky	Swan Lake
Tchaikovsky	Symphony No. 4: II. Andantino
Tchaikovsky	Nutcracker Suite: III. Waltz of the Flowers
Brahms	Symphony No. 3: III. Poco allegretto
Respighi	Pines of Rome: III. The Pines of Janiculum
Rachmaninoff	Piano Concerto No. 2: II. Adagio sostenuto
Adams	Century Rolls: II. Manny's Gym
Price	Piano Concerto in One Movement
Berlioz	Symphonie Fantastique: II. Un bal
Mahler	Symphony No. 5: IV. Adagietto
Price	Mississippi River Suite



Cleveland Playlist cont.

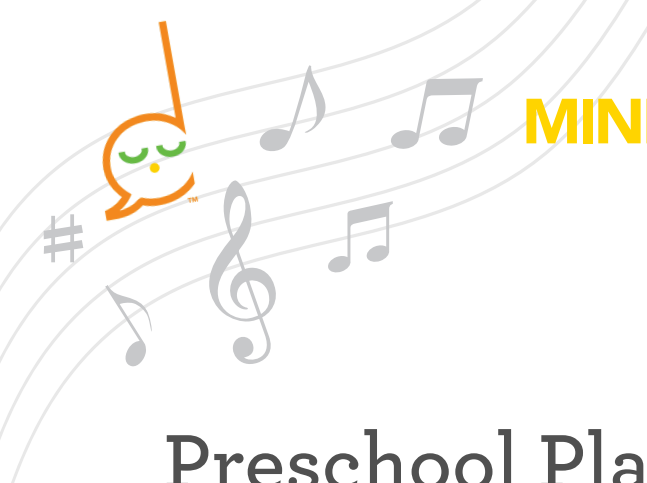
Borodin	Polovtsian Dances, from Prince Igor (I. Introduzione)
Strauss	An Alpine Symphony: XXI. Finale
Ravel	Pavane pour une Infante Defunte
Saint-Saëns	Cello Concerto No. 1: II. Allegretto
Rachmaninoff	Piano Concerto No. 3: II. Intermezzo
Beethoven	Piano Concerto No. 5 "Emperor": II. Adagio
Beethoven	Symphony No. 6 "Pastorale": V. Allegretto "Shepherd's Song"
Liszt	Piano Concerto No. 2: I. Adagio sostenuto
Dvorak	Symphony No. 9 "From the New World": II. Largo
Rimsky-Korsakov	Scheherazade: II. The Legend of the Kalendar Prince
Esmail	Testament (After Vishwas)
Dukas	The Sorcerer's Apprentice
Mozart	Eine Kleine Nachtmusik: I. Allegro
Handel	Water Music Suite No. 2: II. Alla Hornpipe
Larson	Seasons of Love, from Rent
Beethoven	Symphony No. 9: IV. Finale "Ode to Joy"



Preschool Playlist

Our unique Preschool version of Mindful Music features 2 minutes of music and simpler prompts. This year's playlist was a mix of selections from our Signature and Cleveland playlists.

Respighi	Pines of Rome: III. The Pines of Janiculum
Debussy	Clair de Lune
Grieg	Peer Gynt Suite No. 1: I. Morning Mood
Howd/Sloan	Fiona's Lullaby
Elgar	Cello Concerto: III. Adagio
Bizet	L'Arlésienne Suite No. 2: III. Minuet
Coleridge-Taylor	The Bamboula
Debussy	Danse profane
Dvorak	Cello Concerto: II. Adagio
Albéniz	Cantos de España: III. Bajo la palmera
Debussy	Prelude to the Afternoon of a Faun
Lyadov	The Enchanted Lake
Clyne	Abstractions: III. Seascape
Smetana	The Moldau
Vivaldi	The Four Seasons: Winter: I. Allegro non moto
Howd/Sloan	a train ride, and a memory
Mozart	Eine Kleine Nachtmusik: II. Romance
Tchaikovsky	Symphony No. 6 "Pathétique": II. Allegro con grazia
Boyer	Rhapsody in Red, White, and Blue
Satie	Trois Gymnopédies: No. 1
Tchaikovsky	Nutcracker Suite: III. Waltz of the Flowers
Debussy	Clair de Lune
Respighi	Pines of Rome: III. The Pines of Janiculum
Rachmaninoff	Piano Concerto No. 2: II. Adagio sostenuto
Price	Piano Concerto in One Movement
Menken	Go the Distance, from Hercules
Menken	Part of Your World, from The Little Mermaid
Zimmer	The Lion King: This Land
Price	Mississippi River Suite



Preschool Playlist cont.

Adams	Century Rolls: II. Manny's Gym
Strauss	An Alpine Symphony: XXI. Finale
Ravel	Pavane pour une Infante Defunte
Boulanger	Nocturne for Flute and Piano
Borodin	String Quartet No. 2: I. Allegro moderato
Beethoven	Piano Concerto No. 5 "Emperor": II. Adagio
Beethoven	Symphony No. 6 "Pastorale": V. Allegretto "Shepherd's Song"
Liszt	Piano Concerto No. 2: I. Adagio sostenuto
Dvorak	Symphony No. 9 "From the New World": II. Largo
Howd/Sloan	A Morning Walk
Beach	Piano Quintet in F-sharp minor: II. Adagio espressivo
Haydn	Symphony No. 104 "London": II. Andante
Bach	Cello Suite No. 3: IV. Sarabande
Handel	Water Music Suite No. 2: II. Alla Hornpipe
Larson	Seasons of Love, from Rent
Márquez	Danzón No. 2



The Wonder Commission

TheWell.World/Wonder

The Wonder Commission is a new music commission of The Well, composed by Dr. Brian Raphael Nabors and performed by the Antigone Music Collective. Inspiration for the new music and a wonder-inspired workbook curriculum emerged from Nabors' conversation with writer, physicist, and professor at MIT, Alan Lightman. The music also integrates the voices of youth from UpSpring Summer 360 camp for unhoused youth reading their questions about science, wonder, and hope. Mindful Music schools nationwide heard this new music in October 2024 as part of their practice.

Dr. Brian Raphael Nabors
Alan Lightman
The Antigone Music Collective

Amelia Korbitz
Liam Battle
Asa Featherstone IV
Phil Cotter
Charli Littleton
Dr. John Tew
Dean Regas
Dr. John and Susan Tew
H.B., E.W. & F.R. Luther Charitable Foundation,
Fifth Third Bank, N.A., Trustee.

Composer
Collaborator

Violin
Cello
Documentary
Audio Engineer
Curriculum
Event Speaker
Event Speaker
Support
Support

IMPACT



Brian performs with the Antigone Music Collective at The Well

February 2024
Photo by Deogracias Lerma



Students at Reading Elementary create their own galaxy after practicing mindfulness techniques inspired by Wonder

October 2024



Bringing mindfulness and music into the classroom with UpSpring 360

91.7 WVXU (Cincinnati Public Radio, NPR)
November 2024
Photo by Asa Featherstone IV



Our Schools

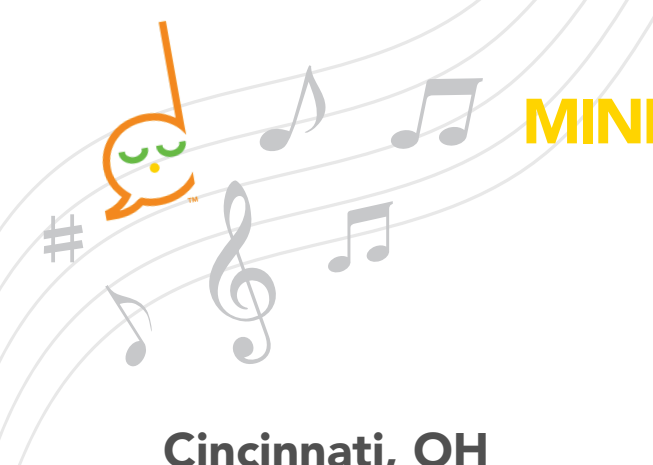
We're proud to work with so many schools, social service organizations, and educators. Together, we're creating calmer and more focused learning environments for students and educators by adapting Mindful Music Moments to each unique environment and need.

The following is a list of schools registered for Mindful Music Moments as of April 14, 2025.

Canton, OH

Gibbs Elementary
Harter Elementary
Worley Elementary
Dalton Elementary School
Amherst Elementary
Lake Cable Elementary
Sauder Elementary
Strausser Elementary
Lake Elementary School
North Canton Primary School
East Canton Elementary School
East Canton Middle School
The Golden Key Center for Exceptional
Killbuck Elementary

Canton City Schools (CCS)
CCS
CCS
Dalton Local Schools
Jackson Local Schools
Jackson Local Schools
Jackson Local Schools
Jackson Local Schools
Lake Local Schools
North Canton City Schools
Osnaburg Local Schools
Osnaburg Local Schools
Private Charter
West Holmes Local Schools



MINDFUL MUSIC MOMENTS

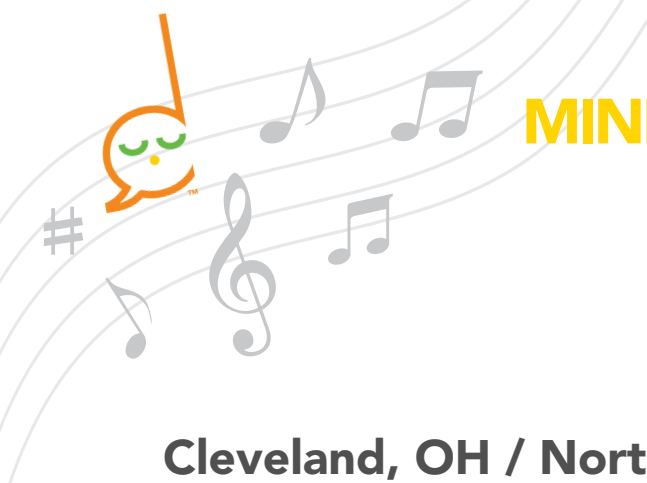
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Cincinnati, OH

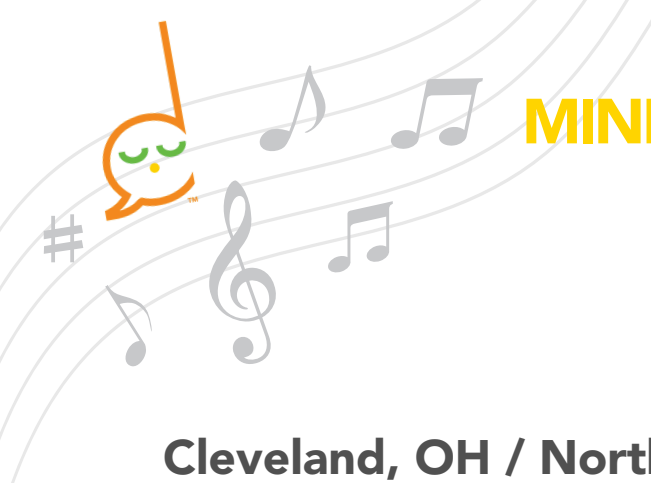
DePaul Cristo Rey HS
Romero Academy at Resurrection
St. Cecilia
Academy of World Languages
Bond Hill Academy
Covedale Elementary
Ethel M. Taylor Academy
Parker Woods Montessori
Withrow University High School
Pause For Parents, Play for Kids
Finneytown Elementary School
Mercer Elementary
Summit Elementary
Wilson Elementary
Bridgeport Elementary
Brookwood Elementary
The New School
Orchard Park Elementary
Lockland 5-12 Main
Lockland Educational Annex
Mulberry Elementary
Monroe Elementary School
Monroe Jr./Sr. High School
Monroe Primary School
MTH South Elementary
Oakdale Elementary
Reading Community School
McGuffey Montessori School
My True SELF After School Programs

Catholic Inner-City Schools Educations (CISE)
CISE
CISE
Cincinnati Public Schools (CPS)
CPS
CPS
CPS
CPS
CPS
Community Program
Finneytown LSD
Forest Hills Schools District (FHSD)
FHSD
FHSD
Hamilton City Schools
Hamilton City Schools
Independent Private Charter
Kettering City Schools
Lockland Local Schools
Lockland Local Schools
Milford Schools
Monroe Local Schools
Monroe Local Schools
Monroe Local Schools
Mt. Healthy City Schools
Oak Hills Local School District
Reading Community City Schools
The McGuffey Montessori School
Program of The Well



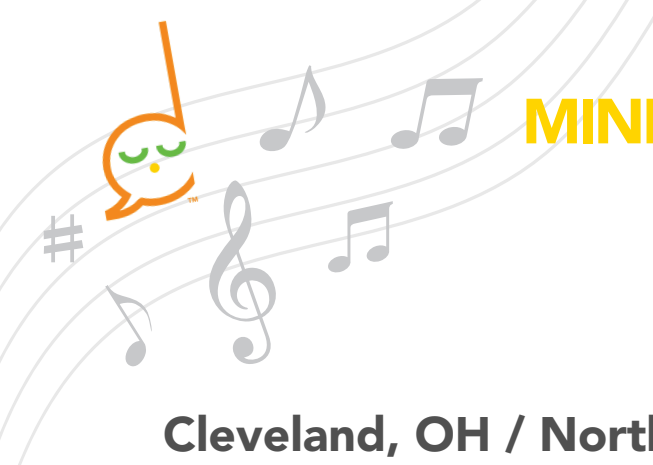
Cleveland, OH / Northeast OH

Powers Elementary	Amherst Exempted Village Schools
Leighton Elementary School	Aurora City Schools District
Brenneis Academy	Avon Local Schools
Barberton Intermediate School	Barberton City Schools
Barberton Primary School	Barberton City Schools
Bay Village Middle School	Bay Village City Schools
Normandy Elementary School	Bay Village City Schools
Bryden Elementary School	Beachwood City Schools
Bedford Excel Academy	Bedford City School District (BCSD)
Bedford Intermediate Music	BCSD
Carylwood Intermediate School	BCSD
Brecksville Broadview Heights Middle School	Brecksville-Broadview Heights City Schools
Choir	
Applewood Elementary	Brunswick City Schools
Hickory Ridge Elementary	Brunswick City Schools
Julie Billiard Schools Westlake	Catholic Diocese of Cleveland
Lakewood Catholic Academy	Catholic Diocese of Cleveland
St Thomas More	Catholic Diocese of Cleveland
St. Charles Borromeo School	Catholic Diocese of Cleveland
St. Edward School- Ashland	Catholic Diocese of Cleveland
Champion High School	Champion Local Schools
Montessori Children's School	Charter- American Montessori Society
Hathaway Brown Primary School	Cleveland Council of Independent Schools
Urban Community School	Cleveland Council of Independent Schools
Joseph and Florence Mandel Jewish Day School	Cleveland Council of Independent Schools & Jewish Education Center Of Cleveland
Roxboro Elementary - Ms. Argie	Cleveland Heights-University Heights CSD
Canterbury Elementary School	Cleveland Heights-University Heights CSD
Adlai Stevenson	Cleveland Metropolitan School District (CMSD)
Anton Grdina	CMSD
Beech Brook at Clara Westropp	CMSD
Campus International School	CMSD
Charles Mooney	CMSD



Cleveland, OH / Northeast OH (continued)

Cleveland Play House Education	Cleveland Metropolitan School District (CMSD)
East Clark	CMSD
Mary McLeod Bethune 5th Grade	CMSD
Mound STEM	CMSD
Sunbeam Elementary	CMSD
Sunbeam Elementary Classroom	CMSD
Tremont Montessori	CMSD
Valley View Boys Leadership Academy	CMSD
Willson School	CMSD
Elyria Community Elementary	Constellation Schools
Old Brooklyn Community Elementary	Constellation Schools
Parma Community High	Constellation Schools
Coventry Elementary School	Coventry Local Schools
Crestwood Elementary	Crestwood Local Schools
Richardson Elementary School	Cuyahoga Falls City School District
W.H. Kirk Middle School	East Cleveland City School District
GALA - Owl Classroom	Global Ambassadors Language Academy
Granger Elementary School	Highland Local Schools
Ganser Family	Homeschool
North Ohio JW Homeschool Group	Homeschool
Homeschool Voyages	Homeschool - Northwestern
Ellsworth Hill Elementary School	Hudson City School District
Hudson Middle School	Hudson City School District
Horizon Science Academy Denison Middle School	Independent Charter
Imagine Bella Academy of Excellence	Independent Charter
Jefferson Elementary School	Jefferson Area Local School District
Larkmoor Elementary School	Lorain City Schools
Mayfield High School	Mayfield City School District
Garfield Elementary School	Medina City Schools
Laura's Home	Community Rehab
Liberty Elementary School	North Ridgeville City Schools
North Ridgeville Academic Center	North Ridgeville City Schools



Cleveland, OH / Northeast OH (continued)

Norton Primary School
Friends For Life
Incarnate Word Academy
Laurel School
Lawrence Lower School
St Adalbert Catholic School
St. Mark School
Fernway Elementary School
Parkside Elementary
Fishcreek Elementary School
Highland Elementary School
Indian Trail Elementary
Riverview Elementary School
Stow City Schools
Henry Defer Intermediate School
Surrarrer Elementary School
Tallmadge Elementary School
Sailorway Middle School
Seaborn Elementary
Grant Elementary
Jefferson Elementary School Lakeshore
Longfellow Elementary

Norton City School District
Parma City School District
Parma City School District
Private School
Private School
Private School
Private- Cleveland
Shaker Heights City Schools
Solon City School District
Stow-Munroe Falls City Schools (SMFCS)
SMFCS
SMFCS
SMFCS
SMFCS
Streetsboro City Schools
Strongsville City Schools
Tallmadge City Schools
Vermillion Local Schools
Weathersfield Local School District
Willoughby-Eastlake City Schools
Willoughby-Eastlake City Schools
Willoughby-Eastlake City Schools



Columbus, OH / Central OH

Circleville Elementary School
Avondale Elementary
Ecole Kenwood
Starling K-8 Middle School
Chapman Elementary
Glendening Elementary
Hilliard Tharp Orchestra
Miami Trace Elementary School
The Wellington School - Lower School Music
West Franklin Elementary School

Circleville City Schools
Columbus City School (CCS)
CCS
CCS
Dublin City Schools
Groveport Madison Schools
Hilliard City Schools
Miami Trace Local School District
Private School
South Western City Schools

Dallas, TX

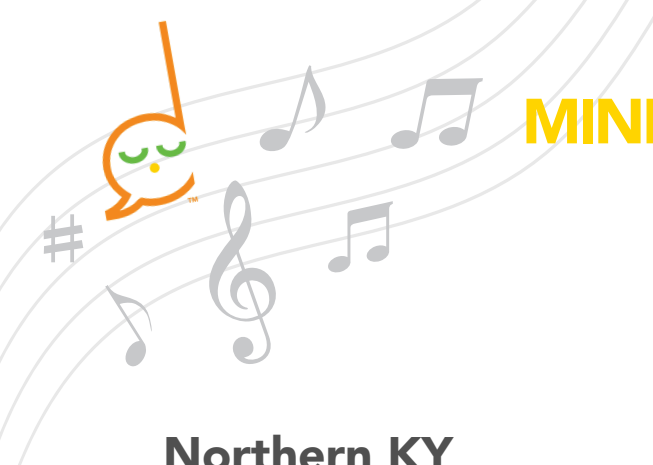
Maria Moreno STEAM Academy
First Presbyterian Church of Dallas

Dallas Independent School District
Dallas Independent School District

Las Vegas and Other Cities, NV

Griffith Elementary School
Hancock Elementary
Richard Bryan Elementary
Incline Elementary School
Mamie Towles Elementary School Music

Clark County School District (CCSD)
CCSD
CCSD
Washoe County School District
Washoe County School District



Northern KY

Beechwood Elementary School
Boone County High School
Conner High School - Crockett
Mann Elementary School
New Haven Elementary
Ockerman Elementary
RA Jones Middle School
Randall K. Cooper High School
Thornwilde Elementary School
Yealey Elementary
Bracken County High School
Campbell County High School Band
Campbell County Middle School
Campbell Ridge Elementary
Grant's Lick Elementary
NKCES Staff
Carroll County Middle School
6th District Elementary
Glenn O. Swing Elementary School
Holmes High School
Lincoln Elementary School
Flemingsburg Elementary School & Ewing
Gifted & Talented
Moyer Elementary - Mrs. Howard's Music
Room
Woodfill Elementary School
Crittenden-Mt. Zion Elementary School
Dry Ridge Elementary
Greenup County High School
McKell Middle
Hinsdale Elementary School
Ryland Heights Elementary
Scott High School

Beechwood Independent Schools
Boone County Schools (BCS)
BCS
BCS
BCS
BCS
BCS
BCS
BCS
Bracken County Schools
Campbell County Schools
Campbell County Schools
Campbell County Schools
Campbell County Schools
Campbell County Schools
Carroll County Schools
Covington Independent Public Schools
Covington Independent Public Schools
Covington Independent Public Schools
Dayton Independent Schools
Fleming County Schools
Fort Thomas Independent Schools
Fort Thomas Independent Schools
Grant County Schools
Grant County Schoos
Greenup County Schools
Greenup County Schools
Kenton County Schools
Kenton County Schools
Kenton County Schools



MINDFUL MUSIC MOMENTS

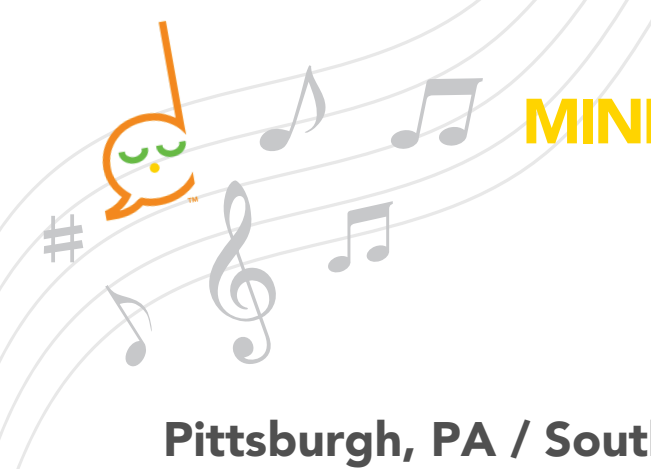
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Northern KY (continued)

Summit View Academy
Newport Primary School
Northern Elementary School
Southern Elementary
Walton Verona Elementary
N.T. Academy
Williamstown Elementary

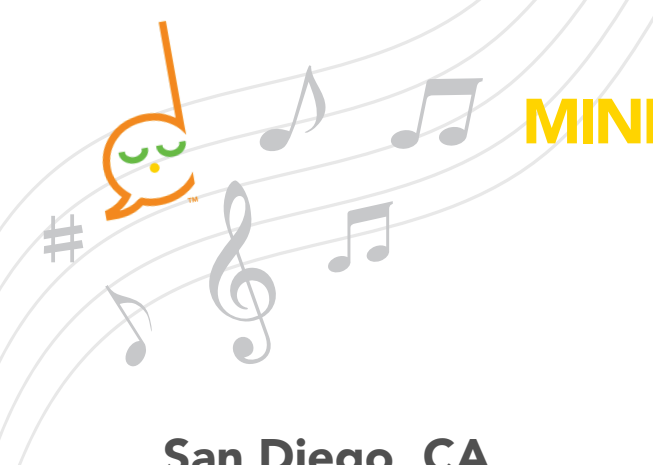
Kenton County Schools
Newport Independent
Pendleton County Schools
Pendleton County Schools
Walton-Verona Independent School District
Williamstown Independent Schools
Williamstown Independent Schools



Pittsburgh, PA / Southwest PA

Mon Valley School
Apollo-Ridge Elementary School
Butler Senior High School
Wylandville Elementary School
Divine Mercy Academy
Sister Thea Bowman Catholic Academy
Bullskin Elementary
Springfield Clifford N. Pritts Elementary
Cornell Elementary School
Greensburg Salem Middle School
Greensburg Salem School District
Hillview Elementary School
McIntyre Elementary
Bellevue Elementary
Jasmine Nyree Campus
Pittsburgh Brookline PreK-8
Pittsburgh King K-8
Pittsburgh Mifflin PreK-8
Northside Catholic Assumption Academy
ACLD Tillotson School
LIU Paradise School
Pace School
Redeemer Lutheran School
The School at McGuire Memorial
The Neighborhood Academy
Tenth Street Elementary
Moraine Elementary School
South Allegheny Elementary School
Mrs. Havel - South Park Elementary
Streams Elementary School
Kelly Elementary
Turner Intermediate School
Dickson Preparatory STEAM Academy
Turtle Creek Elementary STEAM Academy

Allegheny Intermediate Unit
Apollo-Ridge School District
Butler Area Schools
Canon-McMillan School District
Catholic Diocese of Pittsburgh
Catholic Diocese of Pittsburgh
Connellsville Area School District
Connellsville Area School District
Cornell School District
Greensburg Salem School District
Greensburg Salem School District
Grove City Area School District
North Hills School District
Northgate School District
Pittsburgh Public Schools (PPS)
PPS
PPS
PPS
Private Catholic School
Private School
Private School
Private School
Private School
Private School
Private- The Neighborhood Academy
Riverview School District
Slippery Rock Area School District
South Allegheny School District
South Park School District
Upper Saint Clair School District
Wilkinsburg School District
Wilkinsburg School District
Woodland Hills School District
Woodland Hills School District



MINDFUL MUSIC MOMENTS

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San Diego, CA

Avocado Elementary School
Lexington Elementary School
Rancho San Diego Elementary School
Vista Grande Elementary

Cajon Valley Union School District
Cajon Valley Union School District
Cajon Valley Union School District
Cajon Valley Union School District

San Francisco, CA

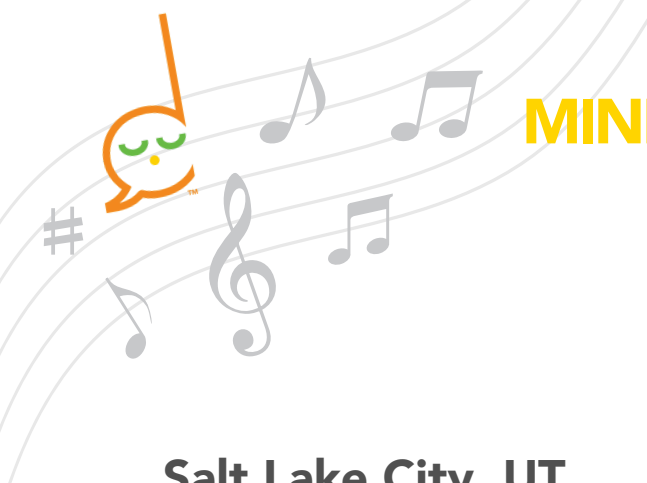
Sea Crest School
Cinnabar Elementary
Encinal Elementary
Brewer Island Elementary

Cabrillo Unified School District
Cinnabar School District
Menlo Park City School District
San Mateo Foster City School District

Sunriver, Bend, and La Pine, OR

Ensworth Elementary School
La Pine Elementary School
North Star Elementary
Ponderosa Elementary
Rosland Elementary School
Silver Rail Elementary
Three Rivers K-8 School

Bend-La Pine School District
Bend-La Pine School District
Bend-La Pine School District
Bend-La Pine School District
Bend-La Pine School District
Bend-La Pine School District
Bend-La Pine School District



MINDFUL MUSIC MOMENTS

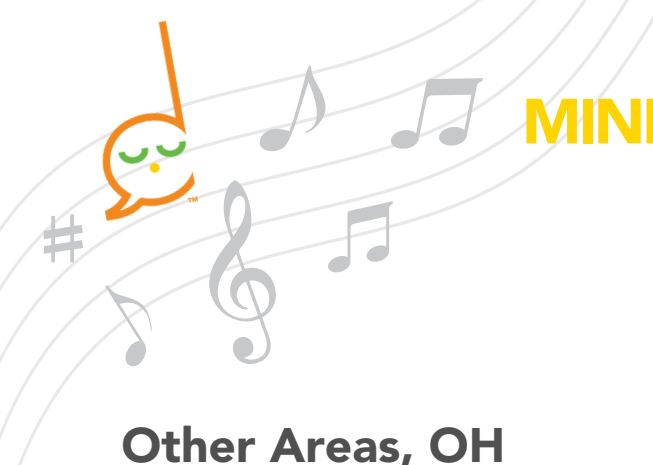
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Salt Lake City, UT

Desert Sky Elementary
American Preparatory Academy, Draper 3
Choir
Willow Canyon Elementary
Columbia Elementary
West Bountiful Elementary
Eastwood Elementary
Magna Elementary
Olene Walker Elementary
Thomas Jefferson Jr. High
Jones Family Homeschool
KoolMinds Academy of Learning
Huntsman Mental Health Institute
Backman Elementary
Bonneville Elementary
Edison Elementary
Emerson Elementary
Indian Hills Elementary
Newman Elementary Music
SLC Music Classroom
Wasatch Elementary, 208
West High School
Roy Elementary

Alpine School District
American Preparatory Schools
Canyons School District
Davis School District
Davis School District
Granite School District
Granite School District
Granite School District
Granite School District
Homeschool
Private Microschool
Health Institution
Salt Lake City School District (SLC)
SLC
SLC
SLC
SLC
SLC
SLC
SLC
Weber School District



Other Areas, OH

Greenfield Elementary Schools

Unity Elementary

Arrowood Elementary

Greenfield Exempted Village
School District

Lima City Schools

Xenia Community City Schools

Greenfield, OH

Lima, OH

Xenia, OH

Other Areas

Hines Primary School

Fortville Elementary School

Tates Creek Middle School

The James and Grace Lee Boggs School

Topping Elementary

Bradley Elementary

Ruvolo Home School

All Saints Academy

Blackstone Valley Prep ES3

North Kansas CSD

Mt Vernon Community School
Corp

Fayette County Public Schools

Independent Charter District

New Hartford Central Schools

New Hartford Central Schools

Homeschool (Oyster Bay)

Western Wayne School District

Blackstone Valley Prep Mayoral
Academy

Homeschool - Aledo

Roanoke City Public Schools

Cosmopolis School District

Lakewood School District #306

Seattle Public Schools

Peoria, IL

Fortville, IN

Lexington, KY

Detroit, MI

Kansas City, MO

New Hartford, NY

East Norwich, NY

Waymart, PA

Cumberland, RI

Aledo, TX

Roanoke, VA

Cosmopolis, WA

Arlington, WA

Seattle, WA



Our Preschools

These schools experience a unique version of Mindful Music Moments that includes meditative chimes, simpler mindful and creative prompts, and 2 minutes of music.

Cincinnati, OH

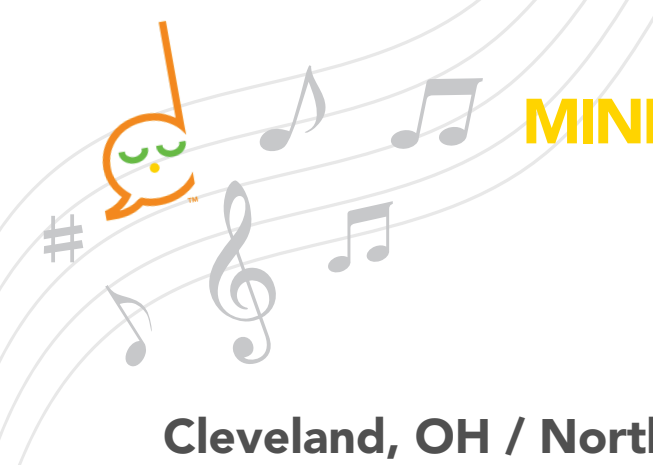
North Avondale Montessori School	Cincinnati Public Schools
Cincinnati Children's Hospital Center for School Services	Hospital School Program
Unity Preschool	Lima City Schools
Monroe Primary Preschool	Monroe Local Schools
MTH Early Learning Center	Mt. Healthy City Schools
Montessori Kids Universe	N/A
The New School Montessori Preschool	Private School

Other Areas, OH

Horizon Science Academy Primary Preschool	Horizon Science Academy Primary	Chillicothe, OH
Ross County CAC Head Start & Early Head Start	Ross County CAC Head Start & Early Head Start	Columbus, OH
Saint Matthew the Apostle -Music Room	Catholic Diocese of Columbus	Gahanna, OH

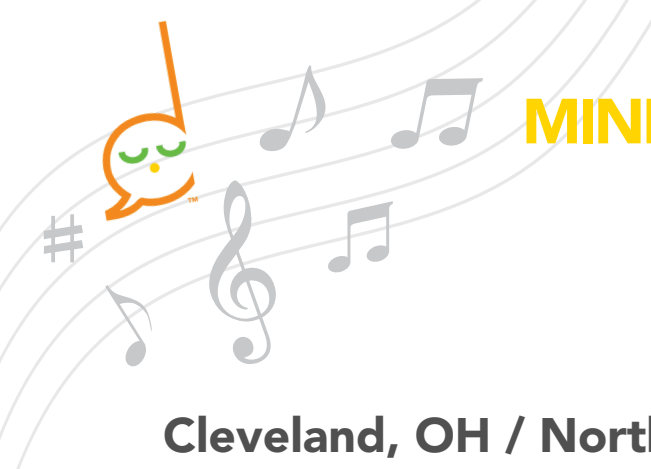
Cleveland, OH / Northeast OH

Adlai Stevenson PK	Cleveland Metropolitan School District (CMSD)
Andrew J. Rickoff	CMSD
Anton Grdina PK	CMSD
Artemus Ward PreK	CMSD
Charles Dickens	CMSD
Clara E. Westropp Preschool	CMSD
Clark Elementary Preschool	CMSD
CMSD Preschool Department	CMSD
East Blvd Classroom	CMSD



Cleveland, OH / Northeast OH (continued)

Franklin D. Roosevelt Academy	Cleveland Metropolitan School District (CMSD)
Harvey Rice	CMSD
Memorial School	CMSD
Miles Park Preschool	CMSD
Miles School	CMSD
Natividad Pagan INA	CMSD
PK Assessment Center @ EPC	CMSD
PNC Fairfax Connection	CMSD
Riverside PreK	CMSD
Scranton PK	CMSD
Stephanie Tubbs Jones PK	CMSD
Stonebrook White Montessori	CMSD
Stonebrook White Montessori- Pierpont Classroom	CMSD
Waverly Elementary PK	CMSD
Wilbur Wright PreK	CMSD
Ashtabula County Community Action Head Start	Community Program
Bright Futures Preschool @ Cleveland Sight Center	Community Program
Little Charger's Preschool	Edison Local Schools
PATH	Homeschool
Emerson Elementary	Lakewood City Schools
Hawthorne Elementary School Preschool	Lorain City Schools
Incarnate Word Academy PreK	Parma City School District
Saint Bridget Head Start	Parma City School District
Joseph and Florence Mandel Jewish Preschool	Private School
Grant Elementary Preschool	Willoughby-Eastlake City Schools



Cleveland, OH / Northeast OH (continued)

Fairless Elementary PreK
Gilles-Sweet Elementary Preschool
Parkview Early Education Center
Grand Valley Preschool

Ashtabula County Community Action
Head Start
The Music Settlement
Emerson Elementary
Harrison Preschool
Hawthorne Elementary School Preschool
Bright Futures Preschool @
Cleveland Sight Center
Incarnate Word Academy KinderPrep
Incarnate Word Academy PreK
Donatelli Group
PATH
Grant Elementary Preschool
Raising Young Royalty
Child Development Center

Fairless Local Schools
Fairview Park City Schools
Fairview Park City Schools
Grand Valley Local Schools, served by Ashtabula
County Educational Service Center
Head Start

Independent
Lakewood City Schools
Lakewood City Schools
Lorain City Schools
N/A

Parma City School District
Parma City School District
Willoughby-Eastlake City Schools
Willoughby-Eastlake City Schools
Willoughby-Eastlake City Schools
Youngstown

Pittsburgh, PA / Southwest PA

Watson Institute LEAP Preschool
The Growing Garden
Child Care Center, LLC
Carriage House Children's Center

Fox Chapel Area School District
Community Center

Private School



Special Thanks

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Usher Program for Kids (Pittsburgh, PA)



Cover Photos

Top Left: Students at Summit Elementary. January 2025. Photo by GreenCraft Media.
Top Right: Summermusik musicians perform at Finneytown Elementary. May 2025. Photo courtesy of The Well.
Top Center: Students at Summit Elementary. January 2025. Photo by GreenCraft Media.
Bottom Center: MMM animation still. Made possible in collaboration with Lightborne Communications, Inc.
Bottom Left: Students at Summit Elementary. January 2025. Photo by GreenCraft Media.
Bottom Right: Parker Woods Montessori Students listen to Mindful Music. October 2023. Photo by Kyle Wolff