

Ten Years of Music, Mindfulness & Student Well-Being

Mindful Music Moments Impact Report

August 2025-June 2026



MINDFUL
MUSIC
MOMENTS™



THEWELL™

Ten years ago, we piloted Mindful Music Moments in response to school-wide increases in chronic stress, anxiety, depression, and even suicidal ideation among increasingly younger students. Now, in partnership with orchestras and education organizations across the country, we serve over 300 schools & organizations and over 100,000 youth PK-12 annually with a daily audio or video practice, full Spanish translations, weekly worksheets, professional development for staff, and additional resources of music-listening, poetry-writing, mindfulness practices, and more.

While the program has evolved and improved with direct teacher and student feedback, the experience remains as it was initially created ten years ago at the Academy of World Languages (AWL) where staff and students share four minutes of daily mindfulness, music, and emotional skill-building over the morning announcements. This year, eight students at AWL—who have never known a school day without Mindful Music Moments—were among 40 to graduate as our first-ever **Mindful Music Youth Champions**—directly influencing the future of the program (more on [page 9](#)).

Our ten-year anniversary was also accented by several in-school **workshops with musicians**, a new music commission **“From Scratch”** written, deciphered, and recorded by students ([page 8](#)), a **Mindful Music Day** with the Cincinnati Symphony at Music Hall ([page 9](#)), and a renewed partnership with the Columbus Symphony and OhioHealth to create **Mindful Music for the Work Day**: a weekly listening version for hospital staff, patients, and guests at OhioHealth ([page 14](#)).

This report shows the deeply interconnected impact of the program over the past year. Not just numbers, but what students and staff passionately feel the program means to them.

As we release this report, an exciting new year is already in progress including a new music commission “Healing Harmonies” by 5 Cincinnati-based composers, Year 2 of Mindful Music Champions in Cincinnati and Cleveland, and new partnerships with Cincinnati Opera, Los Angeles Chamber Orchestra, Toledo Symphony, and the Louisville Orchestra & I Would Rather Be Reading.

If this work speaks to you, we invite you to **help compose our next ten years. For just \$1.50 per student** annually, you can provide a child with a full year of Mindful Music Moments—turning daily practice into 12 hours of mindfulness, exposure to 9 symphonies-worth of music, and a lifetime of self-regulation skills. Whether you choose to make a generous donation, register your local school, or partner with us on new commissions and collaborations, your support is instrumental to creating a well world.

-Bryce Kessler, Program Director

Cover Image: A student practices slow breathing while listening to music during Mindful Music Youth Champion Day ([page 9](#)). Photo by GreenCraft Media.

This page: Students feel the sound vibrations of the cello during a Mindful Music Workshop with Bryce Kessler.





STUDENT IMPACT SURVEY

Over 115 elementary English and Spanish-speaking students in Salt Lake City Schools completed two surveys about Mindful Music Moments in December 2025 and March 2026.

+25%

consistent classroom-wide positive increase in mood.

Despite a significant drop in student mood before listening to Mindful Music Moments from December to March (53.3% to 72.2% negative or neutral emotion), the program maintained ~25% positive-shift that confirms program effectiveness even **during the most challenging months of the school year.**

76%

identify listening to music as a calming strategy.

Despite a rise in reported stressors in March (noise, testing, and social media), 76% of students chose music as their tool for calm, an **8.7% relative increase from December, even outperforming video games (65.7%).** By the end of the year, listening to music is no longer just a classroom exercise, but a **personally essential practice for navigating a high-pressure world.**

+31%

relative increased ability to identify instruments.

By March, 10 additional students (a 6.4-point increase from 20.9% to 27.3%) were able to confidently identify musical instruments, representing a **31% relative increase among all surveyed students, a significant improvement of critical listening skills.**

+3%

increased ability to identify stress.

Students' ability to identify when their body starts to feel stress **increased from 57.5% to 60%** showing how students don't just passively participate, but are **learning skills of self-awareness and self-management.**

In a single year, UCA Head Start in Utah has become our highest user in the country, playing 9,482 Mindful Music Moments– 15% of usage nationwide!



A student raises their hand during a mad-lib activity for Mindful Music From Scratch (page 8).





TEACHER & ADMINISTRATOR RESPONSE

Over 180 educators completed our annual teacher survey about how Mindful Music Moments is making a difference at their school and how we can improve the program.

The top three challenges facing students according to teachers:

1. Self-regulation and social-emotional skills.
2. Attention, focus, and motivation to stay engaged.
3. Unstable home environments.

73.2%

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

76.4%

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

77.4%

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



A student learns a hand-breathing technique during Mindful Music Youth Champion Day (page 9). Photo by GreenCraft Media.

DAILY USAGE

9

symphonies-worth of music...

is how much students hear when they practice Mindful Music Moments every day of the school year.

12

hours of mindfulness...

is how much students practice when they listen to Mindful Music Moments every day of the school year.



MINDFULMUSICMOMENTS™

YEAR IN REVIEW 2025-26

“My students have grown in their ability to calmly listen and be still with their thoughts. They miss Mindful Music if they are absent and ask about it. They love the program and I see the benefits!”

-ELEMENTARY MUSIC TEACHER, CINCINNATI, OH

“I have watched select students who couldn't sit still for 30 seconds of Mindful Music gradually be able to control their bodies and minds through the song by the end of the year.”

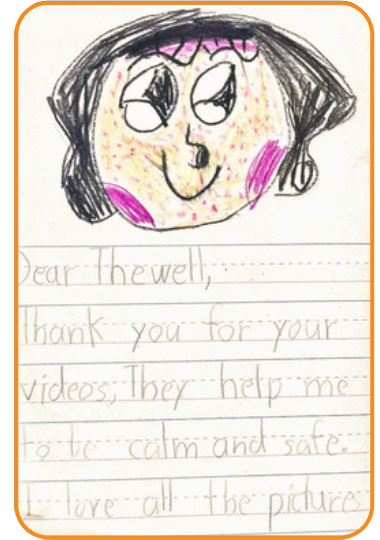
-ELEMENTARY TEACHER, PITTSBURGH, PA

“The best part of Mindful Music is that it helped me as a teacher recognize my own humanity and need to slow down and breathe with my students to share in the wonder, awe and beauty with them.”

-PRESCHOOL TEACHER, CHILICOTHE, OH

“I love that if I notice students are getting restless or losing interest in a lesson, I can do an immediate mind break and use Mindful Music. Students become settled, recentered and ready to learn.”

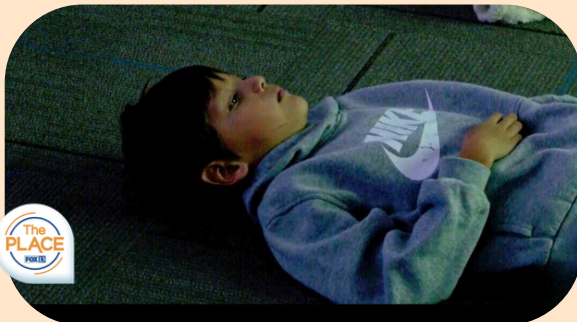
-MIDDLE SCHOOL GIFTED CURRICULUM TEACHER, BROOKSVILLE, KY



Letter from a student at Cinnabar Elementary in Petaluma, California. “Thank you for your videos, they help me to be calm and safe. I love all the pictures.”

TESTIMONY

IN THE NEWS!



Utah Symphony | Utah Opera is helping kids and teachers have mindful moments in class.
Fox13, December 2025.



How music is helping Monroe students to learn, and to be a little more calm.
Journal-News, September 2025.



Summermusik musicians visited over 600 Mindful Music students this year, bringing their daily experience to life.



Mindful Music Moments featured in League of American Orchestra's "Catalyst Guide: Orchestras in Health and Wellness."

MORE NEWS & TESTIMONY

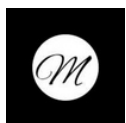


MINDFUL MUSIC MOMENTS™

YEAR IN REVIEW 2025-26

9 SYMPHONIES-WORTH

of world-class orchestral, jazz, world, and new music
heard in a single school year.



THE
RESPONSE
PROJECT



THE
CLEVELAND
ORCHESTRA



WiseMusicGroup

BOOSEY & HAWKES



OXFORD
UNIVERSITY PRESS

Mindful Music Moments is a non-negotiable in my classroom. It grounds us and is the best gift we give to our brains & nervous systems. I always say to my students, 'Give yourself this [four-minute] gift. It will serve you well the rest of the day.' I share with them when songs 'grow on me' throughout the week and they do too. This is a way for us to share the glorious joy that music can bring."

-JULIE COLANDO, 2ND GRADE TEACHER, MAGNOLIA ELEMENTARY

Music

Composers*

2

NEW JAZZ
RECORDINGS

87

UNIQUE
SELECTIONS

66

UNIQUE
COMPOSERS

6

PLAYLIST
VERSIONS

11

WOMEN OR
NON-BINARY

14

COMPOSERS
OF COLOR

17

LIVING
COMPOSERS



Featured Living Composers:

John Adams
Stephanie Ann Boyd
Peter Boyer
Audrey Causilla
Anna Clyne

Valerie Coleman
Jenn Howd / Ben Sloan
Jlin
Quinn Mason
Cait Nishimura
Anders Paulsson

Ravi
Dr. Isidore Rudnick
Talon Silverhorn
Liz Wu
Hans Zimmer

*COMPOSER
DEMOGRAPHICS
INSPIRED BY
STUDENT
DEMOGRAPHICS



♪ MINDFUL MUSIC FROM SCRATCH TheWell.World/FromScratch

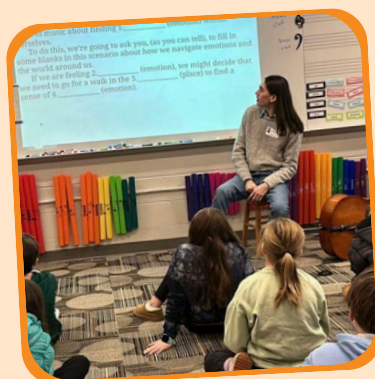
Each year, The Well commissions new music to expand the classical music canon, support local composers and artists, and inspire the next generation of creators and listeners. For the first time, this year's commission was created by students! In collaboration with Cincinnati From Scratch, 263 students from Cincinnati, Columbus, Dayton, and Northern Kentucky submitted a "fill-in-the-blank" worksheet and their word choices were deciphered into a new piece for violin, viola, cello, piano, vibraphone, and percussion. The music was recorded live by Cincinnati Youth Orchestra students and the experience came full circle when the new music premiered along with an animated score follower in front of the same students who inspired it.

Special Thanks

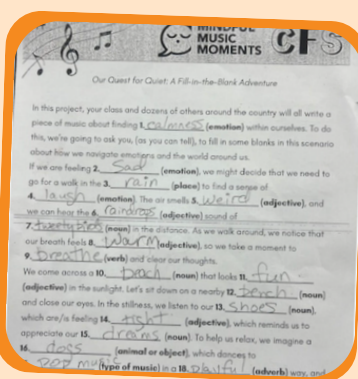
Joe Bricker, Cincinnati From Scratch
Hannah Christiansen, Cincinnati From Scratch
Ben Montague, Animation
Carmen DeAtley-Rosales, Violin
Zamar Deering, Viola
Autumn Rinaldi, Cello
Jayden Thrasher, Cello
Emily Damelio, School Support
Legacy Soundworks Studio, Audio Engineering

Participating Schools

♪ Academy of World Languages
♪ Avondale Elementary
♪ Glenn O Swing Elementary
♪ Miami Trace Elementary
♪ Monroe Jr. High
♪ Orchard Park Elementary
♪ Shroder High
♪ Summit Elementary
♪ Withrow University High



Students fill in the blanks with words about mindfulness and music.



Each word chosen by students was deciphered into musical phrases.



Cincinnati Youth Orchestra students recorded the new music.



Joe & Hannah show students how their words created new music.

This commission was generously supported by:





YOUTH CHAMPIONS TheWell.World/YC

While the program has evolved in the last 10 years from direct educator and community feedback, we're now looking to hear from youth themselves. This year, we graduated our first cohort of 40 Mindful Music Youth Champions in grades 3-8 from four schools who have each been using Mindful Music Moments for over 9 years—meaning that these students have listened to Mindful Music Moments their entire school career! Over a series of sessions, students wrote about their favorite relaxing music, created new playlists of music for the program, and learned how to write mindful listening prompts. Their learning culminated in a special Youth Champion Day, hosted by the Cincinnati Symphony Orchestra at Music Hall.

Participating Schools

-  Academy of World Languages
-  Glenn O Swing Elementary
-  Parker Woods Montessori
-  Wilson Elementary



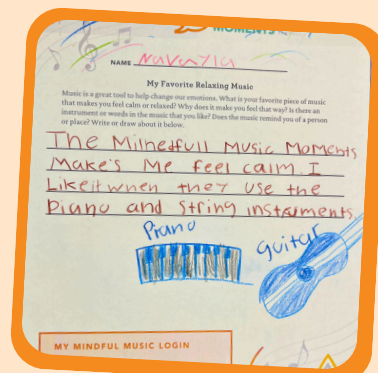
Youth Champions at Wilson Elementary learn how music is made and create original listening prompts.



Youth Champions at Academy of World Languages provide direct feedback about their experience.



A Youth Champion from Parker Woods Montessori creates a Mindful Music playlist of her favorite songs.



A Youth Champion from Glenn O Swing reflects, "Mindful Music makes me feel calm. I like the piano and strings."



A Youth Champion learns new mindfulness and breathing techniques with their families.



A Youth Champion practices slow breathing while listening to a piece of music.



Our first cohort of Mindful Music Youth Champion graduates hold their certificates.



A Youth Champion listens to the Cincinnati Symphony Orchestra and hears the music come to life.



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.

Satie	Trois Gymnopédies: No. 1
Lalo	Cello Concerto: II. Intermezzo
Lyadov	The Enchanted Lake
Respighi	Pines of Rome: III. The Pines of Janiculum
Beethoven	Piano Concerto No. 5 "Emperor": II. Adagio
Elgar	Cello Concerto: III. Adagio
Coleridge-Taylor	The Bamboula
Ravi	African Dawn
Paulsson (arr)	Deep River
Joplin	Solace: A Mexican Serenade
Rudnick	Serene Sunday
Performed by 8th-Graders at Cincinnati Jazz Academy	
Albéniz	Cantos de España: III. Bajo la palmera
Boyer	Rhapsody in Red, White, and Blue
Jlin / Third Coast Percussion	Perspective: VI. Duality
Silverhorn	Under the Dogwoods
Dvořák	Symphony No. 9 "From the New World": II. Largo
Summermusik	Carnival of the Animals: Remix: I. USA - Eagle
Holst	The Planets: II. Venus, the Bringer of Peace
Boulanger	Nocturne for Flute and Piano
Howd/Sloan	Fiona's Lullaby
Nishimura	Echoes of a Northern Lake
Tchaikovsky	Nutcracker Suite: III. Waltz of the Flowers
Tchaikovsky	Symphony No. 5: II. Andante
Beach	Piano Quintet in F-sharp minor: II. Adagio espressivo
Canteloube	Chants d'Auvergne: Vol. 1, No. 2: Baïlèro
Mason	Portrait of Scheherazade
Performed by the Canton Symphony Orchestra	
Causilla	Home
Mozart	Eine Kleine Nachtmusik: II. Romance - Andante
Korngold	"Much Ado About Nothing": Maiden in the Bridal Chamber
Performed by Summermusik	
Zimmer	The Lion King: This Land
Rudnick	Wonderful Winter Waltz
Performed by 8th-Graders at Cincinnati Jazz Academy	
Coleman	Umoja
Clyne	Abstractions: III. Seascape
Vaughan Williams	Serenade to Music
Wu	Ocean Cycle
Debussy	La Mer: I. From Dawn to Noon on the Sea
Gershwin	An American in Paris
Grieg	Peer Gynt Suite No. 1: I. Morning Mood
Tchaikovsky	Symphony No. 5: II. Andante
Price	Piano Concerto in One Movement
Boyd	Greenwich
Villa-Lobos	Saudades das Selvas Brasileiras No. 2
Larson	Seasons of Love, from Rent
Beethoven	Symphony No. 9: IV. Finale "Ode to Joy"
Bach	Cello Suite No. 3: IV. Sarabande
Tchaikovsky	Symphony No. 6 "Pathétique": II. Allegro con grazia



CLEVELAND PLAYLIST

THE CLEVELAND ORCHESTRA

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

Brahms	Violin Concerto: II. Adagio
Lalo	Cello Concerto: II. Intermezzo
Lyadov	The Enchanted Lake
Respighi	Pines of Rome: III. The Pines of Janiculum
Beethoven	Piano Concerto No. 5 "Emperor": II. Adagio
Elgar	Cello Concerto: III. Adagio
Coleridge-Taylor	The Bamboula
Debussy	Danse profane
Ravel	Pavane pour une Infante Defunte
Berlioz	Symphonie Fantastique: II. Un bal
Brahms	Piano Concerto No. 2: III. Andante
Bizet	L'Arlésienne Suite No. 2: III. Minuet
Dukas	The Sorcerer's Apprentice
Mozart	Piano Concerto No. 23: II. Adagio
Schumann	Symphony No. 3 "Rhenish": III. Nicht schnell
Dvorak	Symphony No. 9 "From the New World": II. Largo
Rachmaninoff	Piano Concerto No. 3: II. Intermezzo
Smetana	The Moldau
Saint-Saëns	Cello Concerto No. 1: II. Allegretto
Tchaikovsky	Swan Lake
Beethoven	Symphony No. 6 "Pastorale": V. Allegretto "Shepherd's Song"
Tchaikovsky	Nutcracker Suite: III. Waltz of the Flowers
Mozart	Symphony No. 41 "Jupiter": II. Andante
Mozart	Eine Kleine Nachtmusik: I. Allegro
Mozart	Eine Kleine Nachtmusik: II. Romance
Clyne	Abstractions: III. Seascape
Borodin	Polovtsian Dances, from Prince Igor (I. Introduzione)
Adams	Century Rolls: II. Manny's Gym
Liszt	Piano Concerto No. 2: I. Adagio sostenuto
Gershwin	Rhapsody in Blue
Brahms	Symphony No. 3: III. Poco allegretto
Vivaldi	The Four Seasons: Winter: I. Allegro
Rachmaninoff	Piano Concerto No. 2: II. Adagio sostenuto
Beethoven	Violin Concerto: II. Larghetto
Debussy	La Mer: I. From Dawn to Noon on the Sea
Gershwin	An American in Paris
Grieg	Peer Gynt Suite No. 1: I. Morning Mood
Tchaikovsky	Symphony No. 5: II. Andante
Price	Piano Concerto in One Movement
Strauss	An Alpine Symphony: XXI. Finale
Handel	Water Music Suite No. 2: II. Alla Hornpipe
Larson	Seasons of Love, from Rent
Beethoven	Symphony No. 9: IV. Finale "Ode to Joy"
Rimsky-Korsakov	Scheherazade: II. The Legend of the Kalendar Prince
Tchaikovsky	Symphony No. 6 "Pathétique": II. Allegro con grazia



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.

Satie	Trois Gymnopédies: No. 1
Debussy	Clair de Lune
Lyadov	The Enchanted Lake
Respighi	Pines of Rome: III. The Pines of Janiculum
Beethoven	Piano Concerto No. 5 "Emperor": II. Adagio
Elgar	Cello Concerto: III. Adagio
Coleride-Taylor	The Bamboula
Debussy	Danse profane
Ravel	Pavane pour une Infante Defunte
Joplin	Solace: A Mexican Serenade
Howd/Sloan	a train ride, and a memory
Albéniz	Cantos de España: III. Bajo la palmera
	"Songs of Spain: III. Under the Palm Tree"
Boyer	Rhapsody in Red, White, and Blue
Howd/Sloan	A Morning Walk
Silverhorn	Under the Dogwoods
Dvorak	Symphony No. 9 "From the New World": II. Largo
Haydn	Symphony No. 104 "London": II. Andante
Smetana	The Moldau
Boulanger	Nocturne for Flute and Piano
Howd/Sloan	Fiona's Lullaby
Beethoven	Symphony No. 6 "Pastorale": V. Allegretto "Shepherd's Song"
Tchaikovsky	Nutcracker Suite: III. Waltz of the Flowers
Beach	Piano Quintet in F-sharp minor: II. Adagio espressivo
Dvorak	Cello Concerto: II. Adagio
Mozart	Eine Kleine Nachtmusik: II. Romance
Vivaldi	The Four Seasons: Winter: I. Allegro
Tchaikovsky	Swan Lake
Adams	Century Rolls: II. Manny's Gym
Zimmer	The Lion King: This Land
Gershwin	Rhapsody in Blue "Love Theme"
Debussy	Prelude to the Afternoon of a Faun
Clyne	Abstractions: III. Seascape
Rachmaninoff	Piano Concerto No. 2: II. Adagio sostenuto
Bizet	L'Arlésienne Suite No. 2: III. Minuet
Wu	Ocean Cycle
Gershwin	An American in Paris
Grieg	Peer Gynt Suite No. 1: I. Morning Mood
Mozart	Symphony No. 41 "Jupiter": II. Andante
Price	Piano Concerto in One Movement
Strauss	An Alpine Symphony: XXI. Finale
Handel	Water Music Suite No. 2: II. Alla Hornpipe
Larson	Seasons of Love, from Rent
Beethoven	Symphony No. 9: IV. Finale "Ode to Joy"
Bach	Cello Suite No. 3: IV. Sarabande
Tchaikovsky	Symphony No. 6 "Pathétique": II. Allegro con grazia



SPECIAL PLAYLISTS

Preschools participating in our pilot partnership with the Toledo Symphony Orchestra heard three unique selections. Both classic nursery songs were record by The Well staff on piano and guitar.

Traditional
Traditional
Haydn

Twinkle Twinkle Little Star
If You're Happy And You Know It
Symphony No 94 "Surprise": II. Andante



Christian/Catholic schools can access 9 bonus selections with sacred origins and unique mindfulness prompts that speak to their school environment.

Bach/Gounod
Johnson/Johnson
Spafford/Bliss
Praetorius
Gruber
Fauré
Mozart
Palestrina
Vivaldi

Ave Maria
Lift Every Voice and Sing
It Is Well (Peace Like a River)
Lo, How A Rose E'er Blooming
Silent Night
Requiem: VI. Agnus Dei
Ave verum corpus
Missa Papae Marcelli: Agnus Dei
Gloria in D Major: VI. Domine Deus



WORK DAY PLAYLIST

In collaboration with the Columbus Symphony and OhioHealth, we created a weekly version of Mindful Music Moments specifically for staff, patients, and guests working and visiting OhioHealth.

Saint-Saëns	The Carnival of the Animals: VII. Aquarium
Saint-Saëns	The Carnival of the Animals: XIII. The Swan
Brahms	Symphony No. 3: III. Poco allegretto
Beethoven	Symphony No. 6 "Pastorale": I. Allegro ma non troppo
Tchaikovsky	Swan Lake
Holst	The Planets: II. Venus, the Bringer of Peace
Debussy	Clair de Lune
Beethoven	Violin Concerto: II. Larghetto
Satie	Trois Gymnopédies: No. 1
Lalo	Cello Concerto: II. Intermezzo
Lyadov	The Enchanted Lake
Respighi	Pines of Rome: III. The Pines of Janiculum
Beethoven	Piano Concerto No. 5 "Emperor": II. Adagio
Elgar	Cello Concerto: III. Adagio
Coleridge-Taylor	The Bamboula
Debussy	Danse profane
Wu	Ocean Cycle
Joplin	Solace: A Mexican Serenade
Howd/Sloan	a train ride, and a memory
Albéniz	Cantos de España: III. Bajo la palmera
Boyer	Rhapsody in Red, White, and Blue
Howd/Sloan	A Morning Walk
Silverhorn	Under the Dogwoods
Dvorak	Symphony No. 9 "From the New World": II. Largo
Saint-Saëns	Cello Concerto No. 1: II. Allegretto
Smetana	The Moldau
Boulanger	Nocturne for Flute and Piano
Howd/Sloan	Fiona's Lullaby
Beethoven	Symphony No. 6 "Pastorale": V. Allegretto "Shepherd's Song"
Tchaikovsky	Nutcracker Suite: III. Waltz of the Flowers
Gruber	Silent Night
Beach	Piano Quintet in F-sharp minor: II. Adagio espressivo
Mozart	Eine Kleine Nachtmusik: I. Allegro
Mozart	Eine Kleine Nachtmusik: II. Romance
Vivaldi	The Four Seasons: Winter: I. Allegro
Borodin	Polovtsian Dances, from Prince Igor (I. Introduzione)
Jlin / Third Coast Percussion	Perspective: VI. Duality
Adams	Century Rolls: II. Manny's Gym
Gershwin	Rhapsody in Blue
Debussy	Prelude to the Afternoon of a Faun
Clyne	Abstractions: III. Seascape
Rachmaninoff	Piano Concerto No. 2: II. Adagio sostenuto
Bizet	L'Arlésienne Suite No. 2: III. Minuet
Debussy	La Mer: I. From Dawn to Noon on the Sea
Gershwin	An American in Paris
Grieg	Peer Gynt Suite No. 1: I. Morning Mood
Tchaikovsky	Symphony No. 5: II. Andante
Price	Piano Concerto in One Movement
Strauss	An Alpine Symphony: XXI. Finale
Handel	Water Music Suite No. 2: II. Alla Hornpipe
Causilla	Home
Beethoven	Symphony No. 9: IV. Finale "Ode to Joy"
Bach	Cello Suite No. 3: IV. Sarabande
Tchaikovsky	Symphony No. 6 "Pathétique": II. Allegro con grazia



OUR K-12 SCHOOLS

Canton, OH

♪ Harter Elementary
Worley Elementary
Amherst Elementary
Lake Cable Elementary
Strausser Elementary
EN-RICH-MENT
North Canton Primary School
East Canton Elementary School
East Canton Middle School
The Golden Key Center for Exceptional Children, Inc
Killbuck Elementary

Canton City School District
Canton City School District
Jackson Local School District
Jackson Local School District
Jackson Local School District
Community Center
North Canton City School District
Osnaburg Local School District
Osnaburg Local School District
Private Charter School
West Holmes Local School District

Special Engagements Key

♪ Mindful Music From Scratch
♪ Youth Champions
♪ In-School Musician Workshop
♪ Staff Professional Development
♪ Mindful Poetry Moments Workshop

Cincinnati / Southwest, OH

North Adams Elementary
D. Russel Lee
♪ DePaul Cristo Rey HS
♪ St. Cecilia
Cincinnati Hills Christian Academy High School
♪ Academy of World Languages
Covedale Elementary
Ethel M. Taylor Academy
Frederick Douglass Elementary
Hyde Park School
Mt. Airy School
♪ Parker Woods Montessori
♪ Withrow University High School
Finneytown Elementary School
Mercer Elementary
♪ Summit Elementary
♪ Wilson Elementary
Brookwood Elementary
Evelyn's Homeschool
The New School
♪ Orchard Park Elementary
Berry Intermediate School
Lockland Educational Annex
Mercy Montessori Center
♪ Boyd E. Smith Elementary
Mulberry Elementary School
Monroe Elementary School
♪ Monroe Jr./Sr. High School
♪ Monroe Primary School
North College Hill Elementary
Monfort Heights Elementary
Oakdale Elementary
Stewart Elementary
Reading Community School
McGuffey Montessori School
My True SELF After School Programs
RefugeeConnect

Adams County Ohio Valley School District
Butler Tech Career Development Centers
Catholic Inner-City Schools Educations
Catholic Inner-City Schools Educations
Cincinnati Hills Christian Academy
Cincinnati Public Schools (CPS)
CPS
CPS
CPS
CPS
CPS
CPS
CPS
Finneytown Local School District
Forest Hills School District (FHSD)
FHSD
FHSD
Hamilton City School District
Homeschool
Independent Private Charter
Kettering City School District
Lebanon City Schools
Lockland Local School District
Mercy Montessori
Milford Schools
Milford Schools
Monroe Local School District
Monroe Local School District
Monroe Local School District
North College Hill City Schools
Northwest Local School District
Oak Hills Local School District
Princeton City Schools
Reading Community City School District
The McGuffey Montessori School



OUR K-12 SCHOOLS

Cleveland / Northeast, OH

Powers Elementary
Leighton Elementary School
Brenneis Academy
Bay Village Middle School
Normandy Elementary School
Bedford Intermediate Music
Carylwood Intermediate School
Central Primary School
Applewood Elementary
Hickory Ridge Elementary
Huntington Elementary School
All Saints of Saint John Vianney
Julie Billiard Schools Westlake
Lakewood Catholic Academy
St Thomas More
St. Edward School- Ashland
Champion High School
The Intergenerational School - East
Imagine Bella Academy of Excellence
Hathaway Brown Primary School
Urban Community School
Joseph and Florence Mandel Jewish Day School

Open Doors Academy
Roxboro Elementary
Canterbury Elementary School
Robert H. Jamison
Adlai Stevenson
Anton Grdina
Beech Brook at Clara Westropp
Campus International School
Charles Mooney
Mound STEM
Sunbeam Elementary
Tremont Montessori
Louisa May Alcott
Cleveland Montessori
Old Brooklyn Community Elementary
Parma Community Elementary
Coventry Elementary School
Crestview Elementary School
W.H. Kirk Middle School
Chardon Hills STEM School
Global Ambassadors Language Academy
Granger Elementary School
Homeschool
Muncan Homeschool
North Ohio JW Homeschool Group
Sager Homeschool
Homeschool Voyages
Ellsworth Hill Elementary School
East Woods Intermediate

Amherst Exempted Village School District
Aurora City School District
Avon Local School District
Bay Village City School District
Bay Village City School District
Bedford City School District (BCSD)
BCSD
BCSD
Brunswick City School District
Brunswick City School District
Brunswick City Schools District
Catholic Diocese of Cleveland (CDC)
CDC
CDC
CDC
CDC
Champion Local School District
Charter School
Charter School
Cleveland Council of Independent Schools
Cleveland Council of Independent Schools
Cleveland Council of Independent Schools &
Jewish Education Center Of Cleveland
Cleveland Heights-University Heights CSD (CHUH)
CHUH
CHUH
Cleveland Metro School District (CMSD)
CMSD
CMSD
CMSD
CMSD
CMSD
CMSD
CMSD
CMSD
CMSD
Cleveland Montessori
Constellation Schools
Constellation Schools
Coventry Local School District
Crestview Local Schools
East Cleveland City School District
Euclid City Schools

Highland Local School District
Homeschool
Homeschool
Homeschool
Homeschool
Homeschool - Northwestern
Hudson City Schoos
Hudson City Schools

Special Engagements Key

- ♪ Mindful Music From Scratch
- ♪ Youth Champions
- ♪ In-School Musician Workshop
- ♪ Staff Professional Development
- ♪ Mindful Poetry Moments Workshop



OUR K-12 SCHOOLS

Cleveland / Northeast, OH cont.

Jefferson Elementary School
Garfield Middle School
Roosevelt Elementary School
Larkmoor Elementary School
Mayfield High School
Ralph E. Waite Elementary
North Ridgeville Academic Center
Norton Primary School
Greenbriar Middle School
John Muir Elementary School
Incarnate Word Academy
Old Trail School
St Dominic School
Royal Redeemer Lutheran School
St. Mark School
Lomond Elementary School
Shaker Heights High School
Boulevard Elementary School
Fernway Elementary School
Adrian Elementary School
Rowland Elementary School
♪ South Euclid-Lyndhurst Music
Sunview Elementary School
Highland Elementary School
Indian Trail Elementary
Lakeview Intermediate School
Stow City Schools
Henry Defer Intermediate School
Surrarer Elementary School
Tallmadge Elementary School
Seaborn Elementary
Royalview Elementary School
Grant Elementary
Longfellow Elementary
WE Jefferson Elementary School
Edison Elementary School
Cleveland Play House Education
Friends For Life
Homecare

Jefferson Area Local School District
Lakewood City Schools
Lakewood City Schools
Lorain City Schools
Mayfield City School District
Medina City School
North Ridgeville City School District
Norton City School District
Parma City School District
Parma City School District
Private School
Private School
Private School
Private School
Private School
Shaker Heights City School District (SHCSD)
SHCSD
SHCSD
SHCSD
South Euclid-Lyndhurst School District (SELSD)
SELSD
SELSD
SELSD
Stow-Munroe Falls City School District (SMFSD)
SMFSD
SMFSD
SMFSD
Streetsboro City School District
Strongsville City School District
Tallmadge City School District
Weathersfield Local School District
Willoughby-Eastlake City School District (WE)
WE
WE
WE
WE

Special Engagements Key

- ♪ Mindful Music From Scratch
- ♪ Youth Champions
- ♪ In-School Musician Workshop
- ♪ Staff Professional Development
- ♪ Mindful Poetry Moments Workshop

Columbus / Central, OH

Circleville Elementary School
♪ Avondale Elementary
♪ Berwick Alternative Elementary
♪ Columbus Gifted Academy
♪ Devonshire Elementary
♪ Northgate Intermediate
♪ Southwood Elementary
♪ Windsor STEM Academy
Chapman Elementary
Glendening Elementary
Hilliard Tharp Orchestra
♪ Miami Trace Elementary School
West Franklin Elementary School
McVay Elementary School

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



OUR K-12 SCHOOLS

Northern KY

Beechwood Elementary School
Conner Middle School
New Haven Elementary
Thornwilde Elementary School
Collins Elementary School
Stephens Elementary
Bracken County High School
Reiley Elementary School
Cline Elementary
Campbell Ridge Elementary
Grant's Lick Elementary
Carroll County Middle School
 Glenn O Swing Elementary School
Lincoln Elementary School
Moyer Elementary - Mrs. Howard's Music Room
Sherman Elementary School
Crittenden-Mt. Zion Elementary School
Dry Ridge Elementary
Hinsdale Elementary School
Summit View Academy
Mary A. Goetz Elementary
Newport Primary School
 Pendleton County High School
 Northern Elementary School
 Southern Elementary
Walton Verona Elementary
N.T. Academy (Williamstown)

Beechwood Independent School District
Boone County School District (BCSD)
BCSD
BCSD
Boone County Schools
Boone County Schools
Bracken County School District
Campbell County School District (CCSD)
CCSD
CCSD
CCSD
Carroll County School District
Covington Independent Public Schools
Dayton Independent School District
Fort Thomas Independent School District
Grant County School District (GCSD)
GCSD
GCSD
Kenton County School District
Kenton County School District
Ludlow Independent
Newport Independent School District
Pendleton County School District (PCSD)
PCSD
PSCD
Walton-Verona Independent School District
Williamstown Independent School District

Special Engagements Key

-  Mindful Music From Scratch
-  Youth Champions
-  In-School Musician Workshop
-  Staff Professional Development
-  Mindful Poetry Moments Workshop

Pittsburgh / 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
Cochranon Elementary School
Greensburg Salem Middle School
Hillview Elementary School
Maxwell Elementary School
Pittsburgh Brookline PreK-8
Pittsburgh King K-8
Pittsburgh Mifflin PreK-8
Northside Catholic Assumption Academy
ACLD Tillotson School
Pace School
Redeemer Lutheran School
The School at McGuire Memorial

Allegheny Intermediate Unit
Apollo-Ridge School District
Butler Area School District
Canon-McMillan School District
Catholic Diocese of Pittsburgh
Catholic Diocese of Pittsburgh
Connellsville Area School District
Connellsville Area School District
Cornell School District
Crawford Central School District
Greensburg Salem School District
Grove City Area School District
Hempfield Area School District
Pittsburgh Public School District (PPSD)
PPSD
PPSD
Private Catholic School
Private School
Private School
Private School
Private School



OUR K-12 SCHOOLS

Pittsburgh / Southwest, PA cont.

Tenth Street Elementary
Streams Elementary School
Turner Intermediate School
Dickson Preparatory STEAM Academy
Turtle Creek Elementary STEAM Academy
Wilkins Elementary STEAM Academy

Riverview School District
Upper Saint Clair School District
Wilkinsburg School District
Woodland Hills School District (WHSD)
WHSD
WHSD

Special Engagements Key

- Mindful Music From Scratch
- Youth Champions
- In-School Musician Workshop
- Staff Professional Development
- Mindful Poetry Moments Workshop

Sunriver, Bend, La Pine, OR

Ensworth Elementary School
La Pine Elementary School
North Star Elementary
Ponderosa Elementary
Rosland Elementary School
Silver Rail Elementary

Bend-La Pine School District (BLP)
BLP
BLP
BLP
BLP
BLP

Salt Lake City / Northwest, UT

Desert Sky Elementary
American Preparatory Academy, Draper 3 Choir
Bridge Elementary
 Canyon Creek Elementary
Clinton Elementary
Columbia Elementary
Fairfield Junior High Bands
 Foxboro Elementary
Knowlton Elementary School
Muir Elementary
North Layton Junior High
Snow Horse Elementary School
Wasatch Elementary
West Bountiful Elementary
Eastwood Elementary
Olene Walker Elementary
Thomas Jefferson Jr. High
Jones Family Homeschool
 UCA Head Start
KoolMinds Academy of Learning
University Academy - Huntsman Mental Health Institute
Backman Elementary
Emerson Elementary
Indian Hills Elementary
Newman Elementary Music
SLC Music Classroom
Wasatch Elementary, 208
Washington Elementary
West High
 Stansbury Jr. High and High School
Roy Elementary

Alpine School District
American Preparatory Schools
Charter
Davis School District (DSD)
DSD
DSD
DSD
DSD
DSD
DSD
DSD
DSD
DSD
DSD
DSD
Granite School District (GSD)
GSD
GSD
Homeschool

Private Microschool

Salt Lake City School District (SLCSD)
SLCSD
SLCSD
SLCSD
SLCSD
SLCSD
SLCSD
SLCSD
SLCSD
Tooele County School District
Weber School District



OUR K-12 SCHOOLS

Las Vegas and Washoe County, NV

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

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

Special Engagements Key

-  Mindful Music From Scratch
-  Youth Champions
-  In-School Musician Workshop
-  Staff Professional Development
-  Mindful Poetry Moments Workshop

San Diego, CA

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

Cajon Valley Union School District (CVUSD)
CVUSD
CVUSD
CVUSD

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

Other Areas

Three Oaks Elementary School
Hines Primary School
Fortville Elementary School
 The James and Grace Lee Boggs School
Topping Elementary
Bernice Ray Elementary School
Greenfield Elementary Schools
Unity Elementary
Arrowood Elementary
Ms. Vogel General Music Classes
Blackstone Valley Prep ES3
Maria Moreno STEAM Academy
RAMS Elementary
Cougar Creek Elementary
 Cosmopolis Elementary School
 Magnolia Elementary

Lee County School District
Peoria Public Schools
Mt Vernon Community School Corp
Independent Charter District
North Kansas City School District
SAU 70 (Hanover Norwich Schools)
Greenfield Exempted Village School District
Lima City School District
Xenia Community Schools
Owen J. Roberts School District
Blackstone Valley Prep Mayoral Academy
Dallas Independent School District
Roanoke City Public Schools
Lakewood School District #306
Cosmopolis School District
Seattle Public Schools

Fort Myers, FL
Peoria, IL
Fortville, IN
Detroit, MI
Kansas City, MO
Hanover, NH
Greenfield, OH
Lima, OH
Xenia, OH
Pottstown, PA
Cumberland, RI
Dallas, TX
Roanoke, VA
Arlington, WA
Cosmopolis, 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 Children's Hospital Center for
School Services
Unity Preschool
Madeira Preschool
Monroe Primary Preschool
Montessori Kids Universe of Liberty
Township
Montessori Kids Universe of Mason
MTH Early Learning Center
The New School Montessori Preschool
Mulberry Elementary Preschool

Cincinnati Public Schools

Lima City School District
Madeira City Schools
Monroe Local School District
Montessori Kids Universe

Montessori Kids Universe
Mt. Healthy City School District
Private School
Milford Exempted Village Schools

Special Engagements Key

-  Mindful Music From Scratch
-  Youth Champions
-  In-School Musician Workshop
-  Staff Professional Development
-  Mindful Poetry Moments Workshop

Cleveland / Northeast, OH

All Around Children-Oakfield
Almira PK
Artemus Ward PK
Clara E. Westropp Preschool
Clark Elementary Preschool
CMSD Preschool Department
Franklin D. Roosevelt Academy
Homeschool

 Memorial School
Miles Park Preschool
PK Assessment Center @ EPC
PNC Fairfax Connection
Riverside PK
Scranton PK
Stonebrook White Montessori
Stonebrook White Montessori - Pierpont
Classroom
Wilbur Wright PreK
Urban Community School Preschool
Ashtabula County Community Action Head
Start
Bright Futures Preschool @ Cleveland Sight
Center
Szucs Homeschool
Victor's Homeschool
Emerson Elementary
Incarnate Word Academy PreK
Joseph and Florence Mandel Jewish
Preschool
Old Trail Preschool

Cleveland Metropolitan School District (CMSD)

CMSD
CMSD
CMSD
CMSD
CMSD
CMSD

CMSD
CMSD
CMSD
CMSD
CMSD
CMSD
CMSD
CMSD

CMSD
CMSD
Community Program

Community Program

Homeschool (CMSD)
Homeschool
Lakewood City School District
Parma City School District
Private School

Private



OUR PRESCHOOLS

Pittsburgh, PA

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

Fox Chapel Area School District
Highlands School District
Private School

Toledo, OH

Ottawa River
Garfield Elementary Preschool
ESC Early Childhood @ Westwood

Toledo Public Schools
Toledo Public Schools
Washington Local Schools

Other Areas

Windsor STEM Academy PreK
Horizon Science Academy Primary Preschool
Ross County CAC Head Start and Early Head Start
Warren City Schools
Montessori Children's House

Columbus City Schools
Horizon Science Academy
Warren City Schools

Columbus, OH
Columbus, OH
Chillicothe, OH
Warren, OH
Longview, WA

Special Engagements Key

- ♪ Mindful Music From Scratch
- ♪ Youth Champions
- ♪ In-School Musician Workshop
- ♪ Staff Professional Development
- ♪ Mindful Poetry Moments Workshop



SPECIAL THANKS

Music Licensing

Audrey Causilla
Bill Holab Music
Boosey & Hawkes Inc.
Canton Symphony Orchestra
Cincinnati Jazz Academy
Concord Music Publishing
Easy Song
Imani Winds
Marissa Kerbel
Murphy Music Press, LLC
Naxos of America, Inc.
Oxford University Press

Peer Music, Ltd.
Stephanie Ann Boyd
Talon Silverhorn
Tency Music
The Cleveland Orchestra
The Response Project
Third Coast Percussion
Universal Music Group
Valerie Coleman Music
Walt Disney Music Company
Wise Music Group

Funders of The Well & Mindful Music Moments

ArtsWave
Ohio Arts Council

Carol Ann and Ralph V. Haile, Jr. Foundation
Dr. John & Susan Tew
Interact For Health
Johnstone Fund for New Music
Summerfair Cincinnati
The Alan & Dorothy Blake Family Fund
The George & Ellen Richards Family Fund
The Harry T. Wilks Family Foundation
The Pittsburgh Foundation (Pittsburgh, PA)
Usher Program for Kids (Pittsburgh, PA)



**Harry T. Wilks
Family Foundation**



**INTERACT
FOR HEALTH**

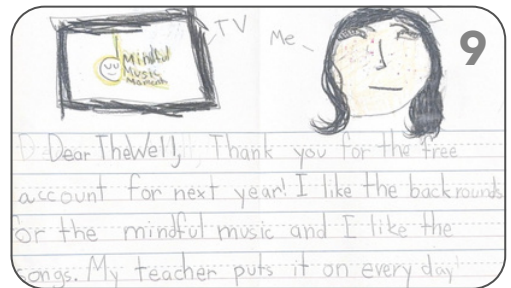
Carol Ann and
Ralph V. Haile, Jr.
FOUNDATION



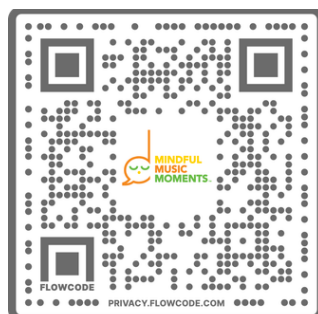


MINDFUL MUSIC MOMENTS™

YEAR IN REVIEW 2025-26



1. Students at St. Cecilia listen to a live rendition of Bach's "Cello Suite." 2. Violinist Carmen DeAtley-Rosales records her part for Mindful Music From Scratch. 3. A student at Summit Elementary conducts a "Symbology" piece written by the class for Mindful Music From Scratch. 4. Students at Imagine Bella Academy listen to Mindful Music during their My True SELF class. 5. Students at St. Cecilia feel the sound vibrations on a cello during a special workshop. 6. Students at Milford Local Schools tune into the energy in their bodies during a Mindful Music assembly. 7. A student listens to a tuning fork during Mindful Music Champion Day. 8. Stacy Sims leads the Cincinnati Symphony Orchestra during an Access to Music concert featuring Mindful Music Champions. 9. A drawing from a student in California who "likes the songs every day." Photos 2, 7, and 8 by GreenCraft Media.



To learn more about
Mindful Music Moments,
scan this QR code!

THEWELL.WORLD/MMM