

The Well presents

# MINDFUL MUSIC MOMENTS

The Well's Mindful Music Moments has partnered with world-class orchestras, opera companies and others to bring you mindfulness and classical music. Take this time to quiet your mind, find your breath, and connect with your very best self.

## FUN FACT:

Fiona was the first non-human patient of Cincinnati Children's Hospital, who helped nurse her to health after she was born six months premature.



Classical Clip: Fiona's Lullaby

Composer: Jennifer Howd and Ben Sloan

Composed: 2021

Partner: Thanks to the Ohio Arts Council for supporting this project.

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Musicians Jennifer Howd and Ben Sloan recorded sounds at the Cincinnati Zoo and Botanical Garden as the "bed" for new music for your Mindful Music Moments. Fiona is a much-loved hippopotamus and a now-famous resident of the Cincinnati Zoo. When Jennifer began to make music for this week's selection, she realized she was creating a lullaby ... for Fiona!

## CHARACTER STRENGTH:

[Guess who likes music? Fiona!](#)

It seems even animals APPRECIATE BEAUTY. What is something beautiful that you have enjoyed recently?

DAY 1: For our first day, let's just listen. Have you ever heard a piece of music like this?

DAY 2: Today, imagine that Fiona the hippo is trying to fall asleep and all of these sounds are a lullaby just for her.

DAY 3: Today, see how many different sounds you can hear. If you have time, make a list. Tomorrow, we will reveal all the sounds that Ben and Jennifer recorded at the zoo for this piece of music.

DAY 4: Getting audio recordings of ordinary sounds is called "field recording." This piece of music includes sounds from water fountains, waterfalls, insects, macaws, flamingos, ducks, birds in the zoo's "bird house," and gibbons. Can you identify these distinct sounds?

DAY 5: Even though these sounds are from a zoo, today let your mind wander and allow your imagination to take you to a magical naturescape of your own. Enjoy!