



MINDFUL MUSIC MOMENTS™

Mindful Music Moments works in partnership with world-class performing arts organizations to bring daily mindfulness and classical music to schools and community places.



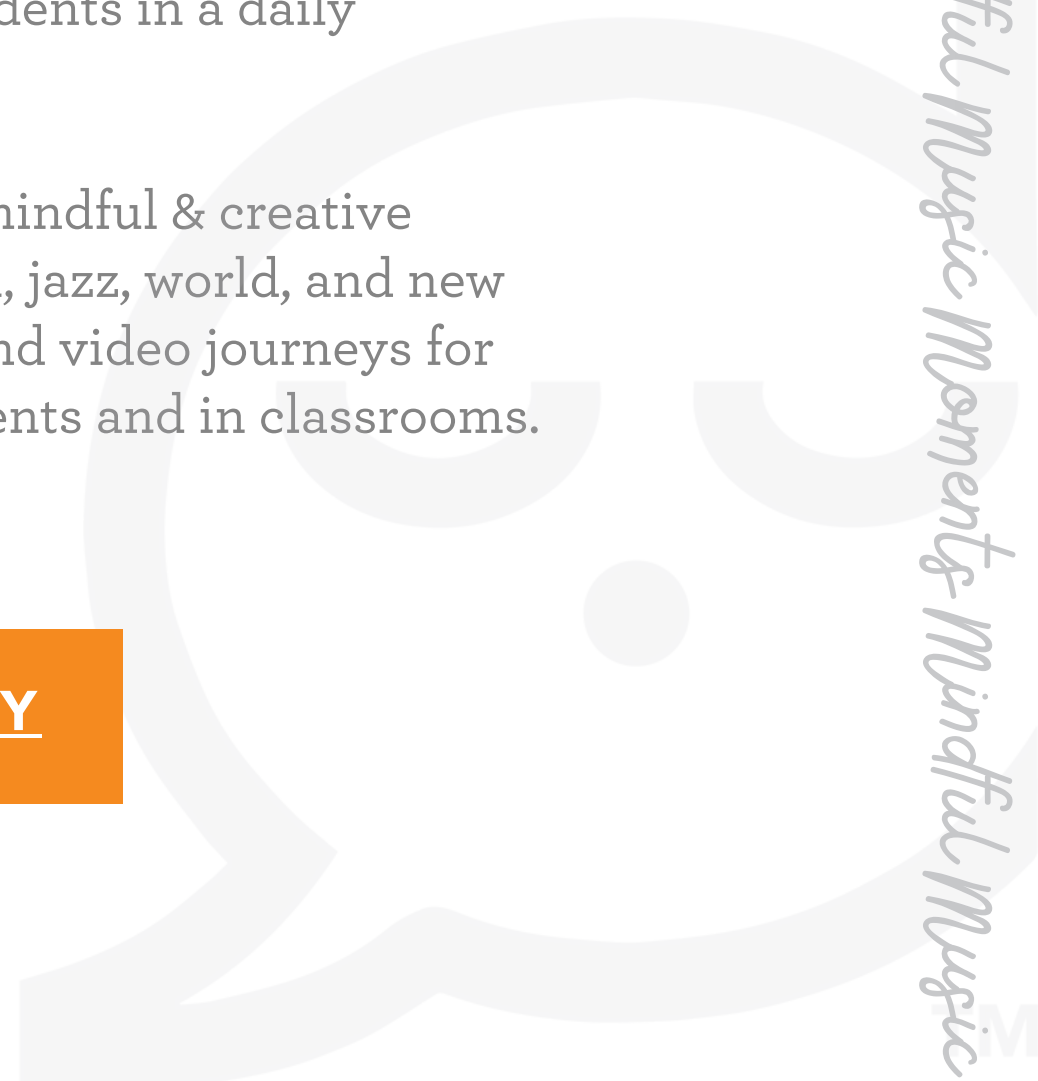
About the Program

Imagine an entire school – students, teachers, and administrators – taking time each morning to turn inward together, and listen to a brief mindfulness prompt and world-class music.

That's Mindful Music Moments, now in 320 PreK-12 public, private, and home schools, camps, and social service organizations, reaching 135,000+ students in a daily calming and focusing experience.

Mindful Music Moments combines mindful & creative prompts with 3 minutes of orchestral, jazz, world, and new music into 40 weeks of daily audio and video journeys for schools to play over the announcements and in classrooms.

[MORE PROGRAM HISTORY](#)



Supplements and Resources

- 40 weeks of daily content– mindfulness prompts with world class music in easy-to-use audio and video files. An average of 4 minutes per day makes for a potent daily ritual without sacrificing academic time. ([Listen and see preview content here.](#))
- Weekly classroom resources including mindfulness prompts, Character Strength tie-ins, fun facts, student worksheets, Spotify & YouTube music playlists, and more.
- 20+ weeks of alternative Spanish language content in both written and audio format. (Full 36-week Spanish playlist available separately.)
- Free and ongoing support, onboarding, and professional development on Brain Science, for the entire staff, parents, and other volunteers.
- [Free posters](#) about mindfulness and music for your school and classrooms. (6 per year, option to purchase more)
- Free access to [Mindful Poetry Moments](#) during April for National Poetry Month, combining mindfulness prompts with poetry read aloud. Plus an opportunity for students to write their own poems and submit for our annual publication.
- Single login password for entire community so content can be used by students, teachers, administrators, and parents at any time.
- Ease of implementation for in-person, hybrid, and virtual learning environments with a fully turnkey, web-based program. Web App for mobile devices makes access even easier!
- Robust analytics to help schools and partners see usage daily and over time.
- Connections to youth programs with our partnering arts, music, and local non-profit organizations.
- Customization of the program to individual school's goals and needs.
- Fast results in shifting school culture and the morning routine to a calmer, focused, and balanced academic environment.
- Provides Tier 1 PBIS experiential strategy for self-regulation and self-management (CASEL).
- Program [featured on PBS NewsHour](#) and endorsed by [Greater Good Science Center's GGIE](#) initiative.

Benefits of Mindful Music Moments

COMBINING MINDFULNESS WITH MUSIC MAKES FOCUSING EASY AND HAS ADDED BENEFITS



Music Rewards the Brain

Music stimulates the brain regions involved in reward and emotions. The result is a fun mental exercise that improves self-esteem.



Increases Student Retention

A staggering 96% of school principals affirm that music education encourages and motivates students to stay in school.



Improved Listening Skills

Children that study music are more proficient at picking up foreign languages and detecting speech in noise - even if they studied briefly, long ago!



Helps Children Flourish

Learning music enables children to better express their ideas, accept criticism, and improves their critical thinking and problem-solving.



Better at School

Children involved in music have better reading and math skills, and tend to be brighter. SAT takers that studied music scored 47 and 43 points higher on their verbal and math tests, respectively.



Kindness and Teamwork

Children involved in music are better team players, less aggressive, and more cooperative with teachers. Schools with effective music programs report a reduction in fights, racism, and harmful sarcasm.

How and When the Brain Develops

While the brain is a complicated system, when it comes to human development, we can think about the brain in three main centers: Survival Center, Executive Center and Emotional Center.

PREFRONTAL CORTEX

Executive Center

"The Thinking Brain"

Developmental shifts around ages 5-6, 11 & 15. Handles logic, empathy, compassion, creativity, self-regulation, self-awareness, predicting, planning, problem-solving, attention.

LIMBIC SYSTEM

Emotional Center

"The Emotional Brain"

Developmental focus is during ages 0-5. Processes emotions, memory, response to stress, nurturing, caring, separation anxiety, fear, rage, social bonding and hormone control.

REPTILIAN BRAIN

Survival Center

"Fight, Flight or Freeze"

Developed at birth. Regulates autonomic functions: breathing, digestion, heart rate, sleep, hunger, instinctual behaviors & behaviors that sustain life.



Based on How the Brain Develops diagram www.teach-through-love.com. (2009-2022)

Teach Through Love. Flatliner/Getty Images

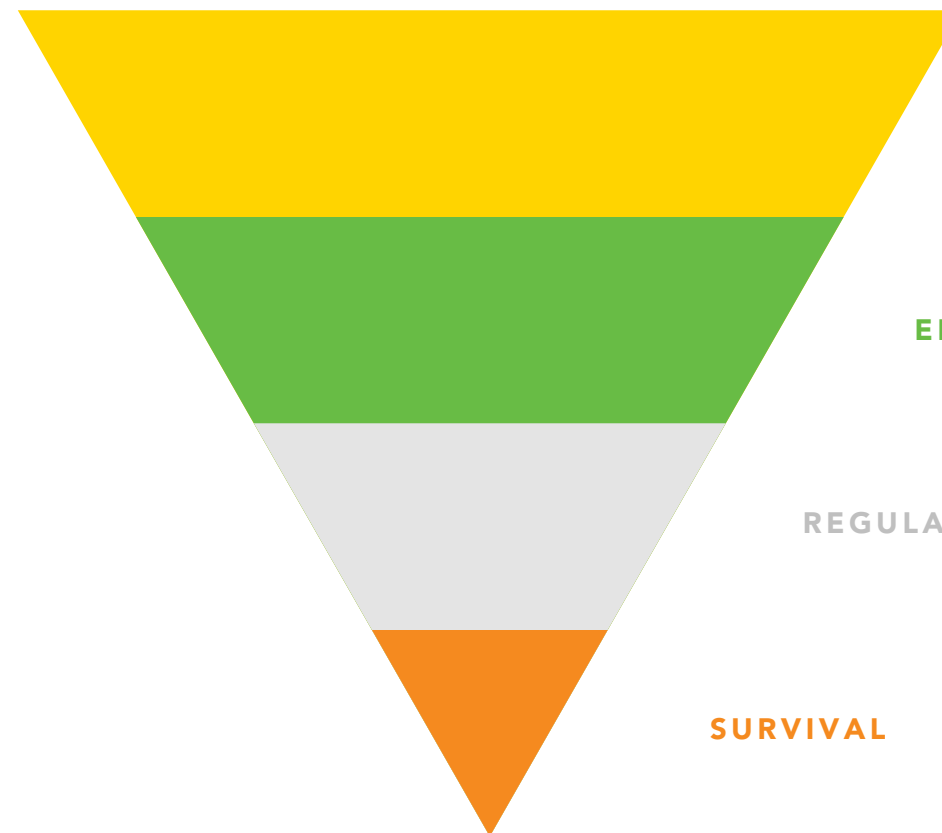
Trauma and Brain Development

WHAT HAPPENS WHEN THERE IS DEVELOPMENTAL STRESS OR TRAUMA

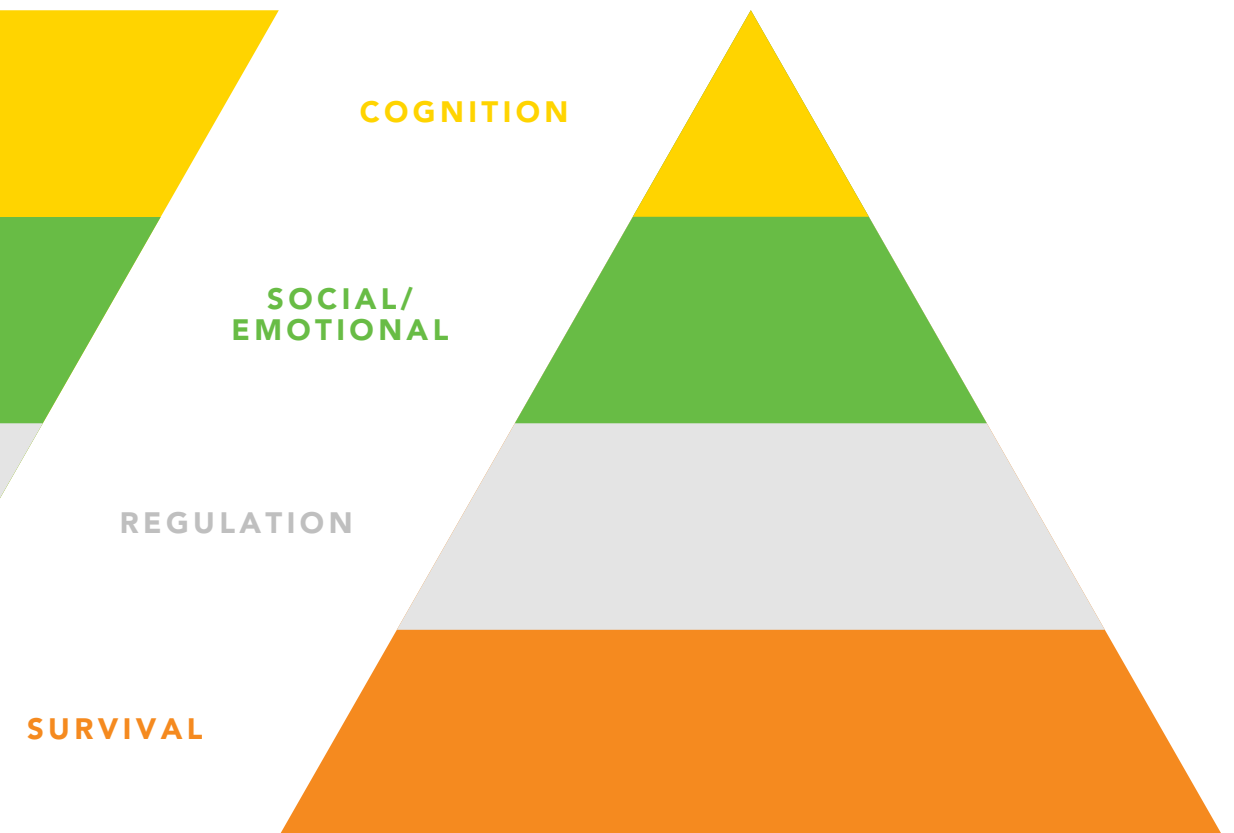
When a child's basic needs for love, food, shelter, and connection are met consistently and without confusion or disruption, the emotional center of the brain can adequately develop. Similarly, when a child is nurtured and there is adequate attunement to his or her emotions, stress responses, and social bonding, the executive center can fully develop. Poverty, homelessness, addiction, "walking on eggshells," and other stressors can profoundly alter resilience, affect, and learning.



TYPICAL DEVELOPMENT



DEVELOPMENTAL TRAUMA



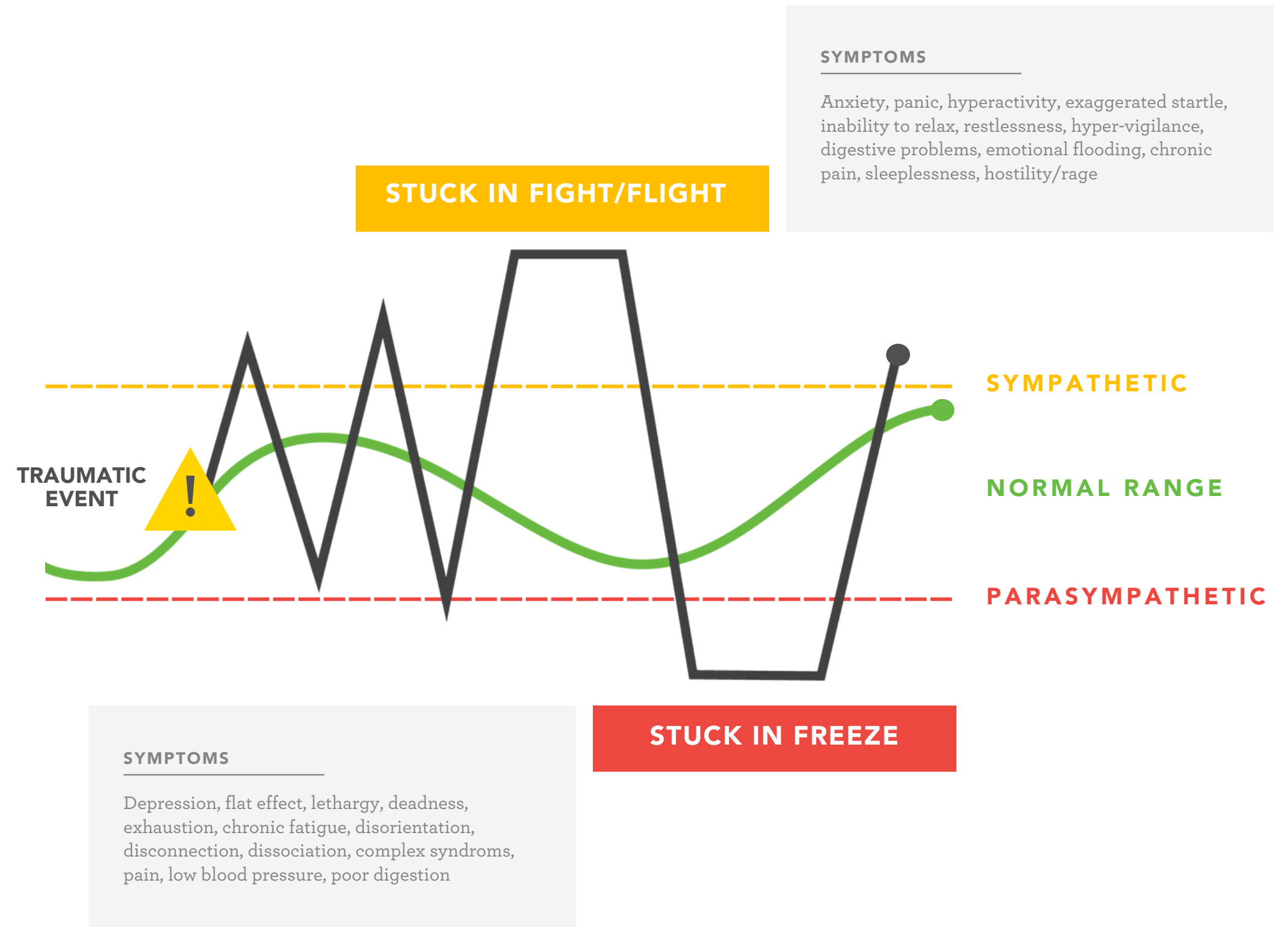
Based on Holt & Jordan, Ohio Department of Education

Trauma and Chronic Stress

TRAUMA AND CHRONIC STRESS CREATE "STUCK" ENERGY

When our nervous system doesn't have the capacity or built-in pauses to rest, digest and integrate (both experience and information), we get "stuck" in either hyperarousal or hypoarousal, which is physiological and thus compromises our mental, physical, emotional, and spiritual health.

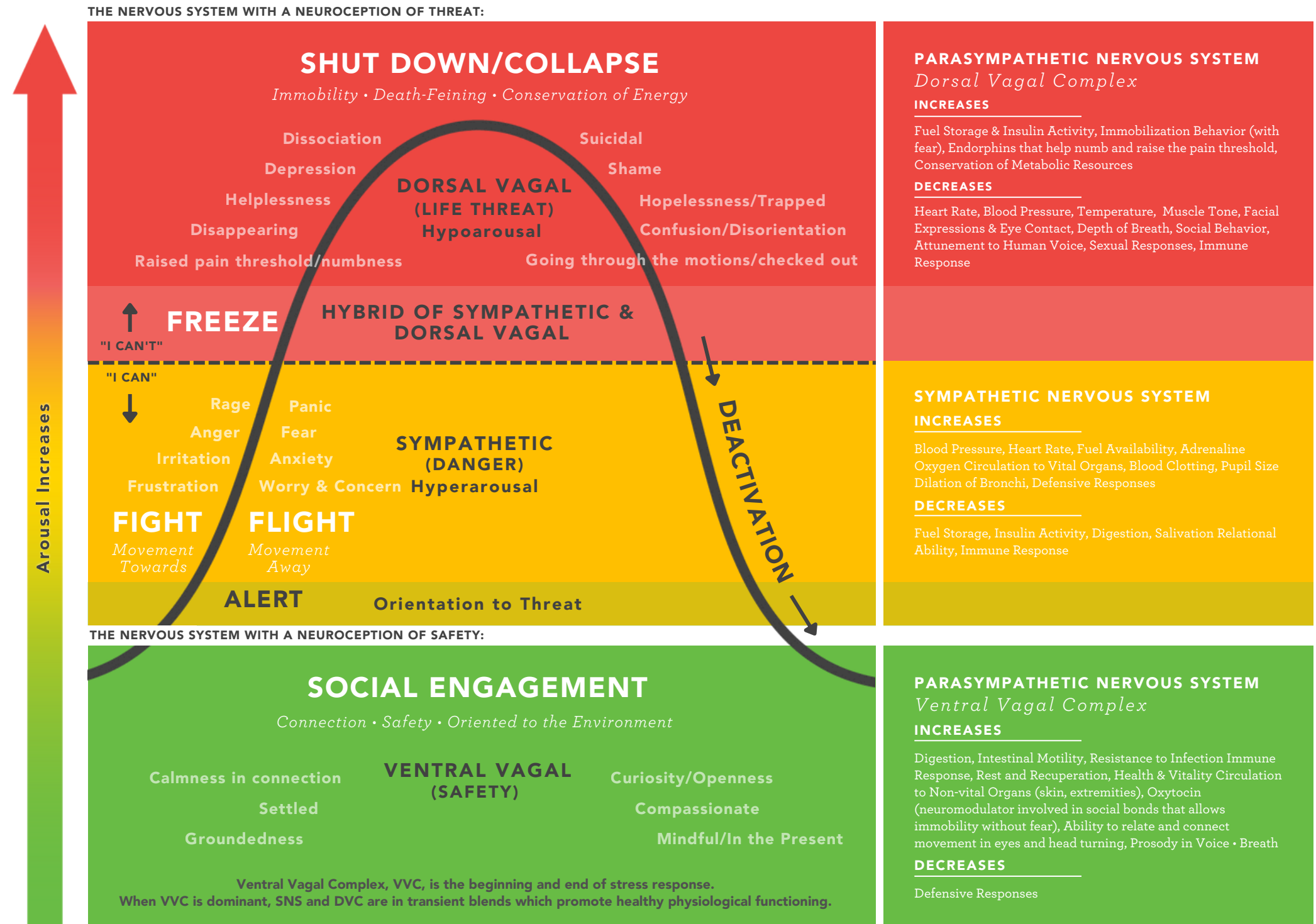
SYMPTOMS OF UN-DISCHARGED TRAUMATIC STRESS



Based on Levine, Ogden and Siegal and Foundation for Human Enrichment 2014

Physiology and Emotional Response of the Vagus Nerve Arousal Spectrum

POLYVAGAL THEORY CHART OF TRAUMA RESPONSE

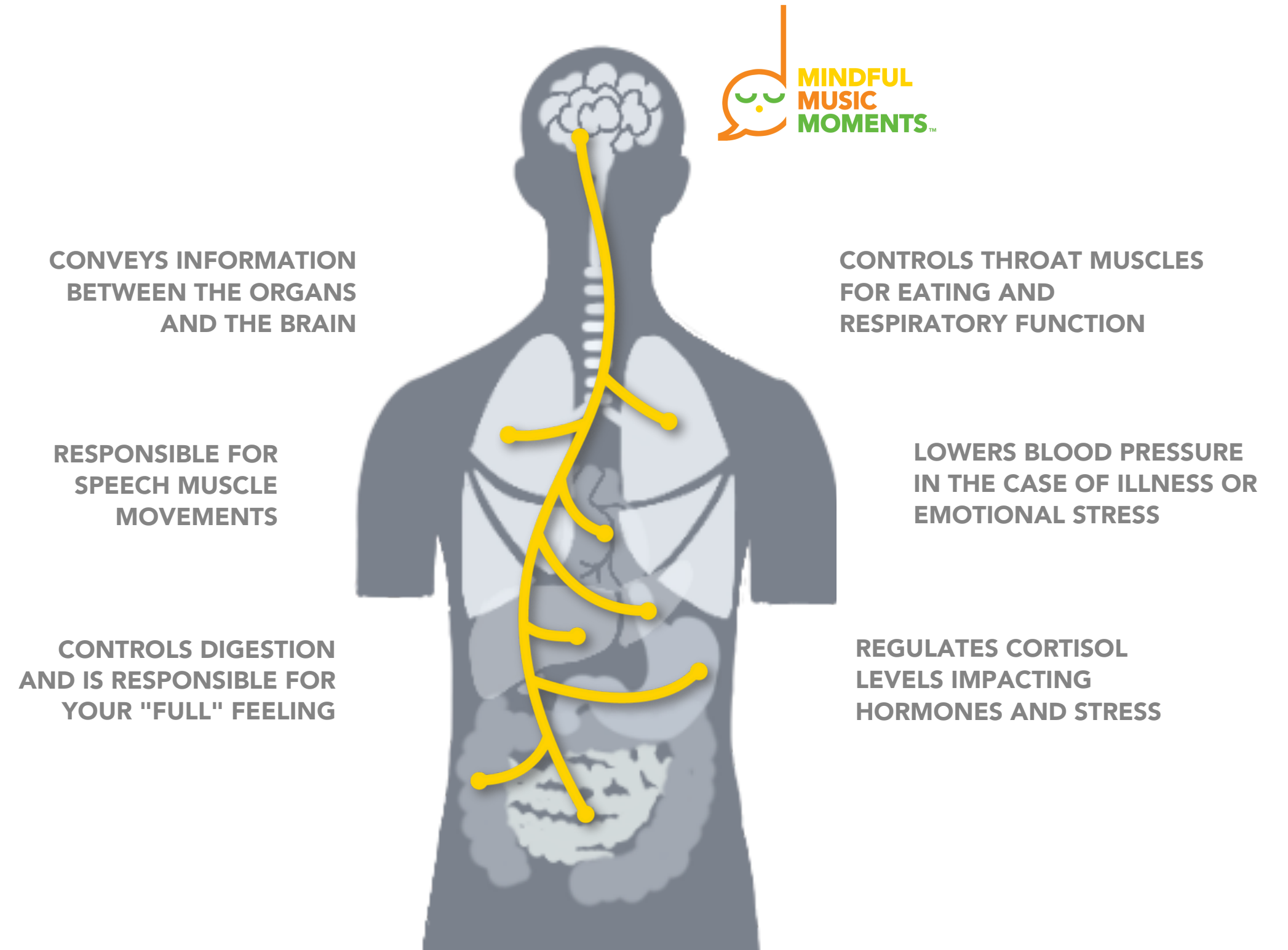


Based on Ruby Jo Walker from Cheryl Sanders, Anthony "Twig" Wheeler, And Steven Porges.

Mindful Music's effect on the Nervous System

WHY MINDFULNESS AND MUSIC MATTER TO THE NERVOUS SYSTEM

The vagus nerve is a cranial nerve originating in our brain stem, and extends down into our chest and abdomen. It is part of the parasympathetic nervous system (PNS) carrying motor and sensory information, and supplies nerve endings to our heart, major blood vessels, airways, lungs, esophagus, stomach and intestines. It helps regulate your heart rate, blood pressure, gastrointestinal tract, and immune system, among other major functions that help balance the stress response. Toning it via activities that are calming, focusing, and soothing can have significant reflects on overall health and mental capacity.



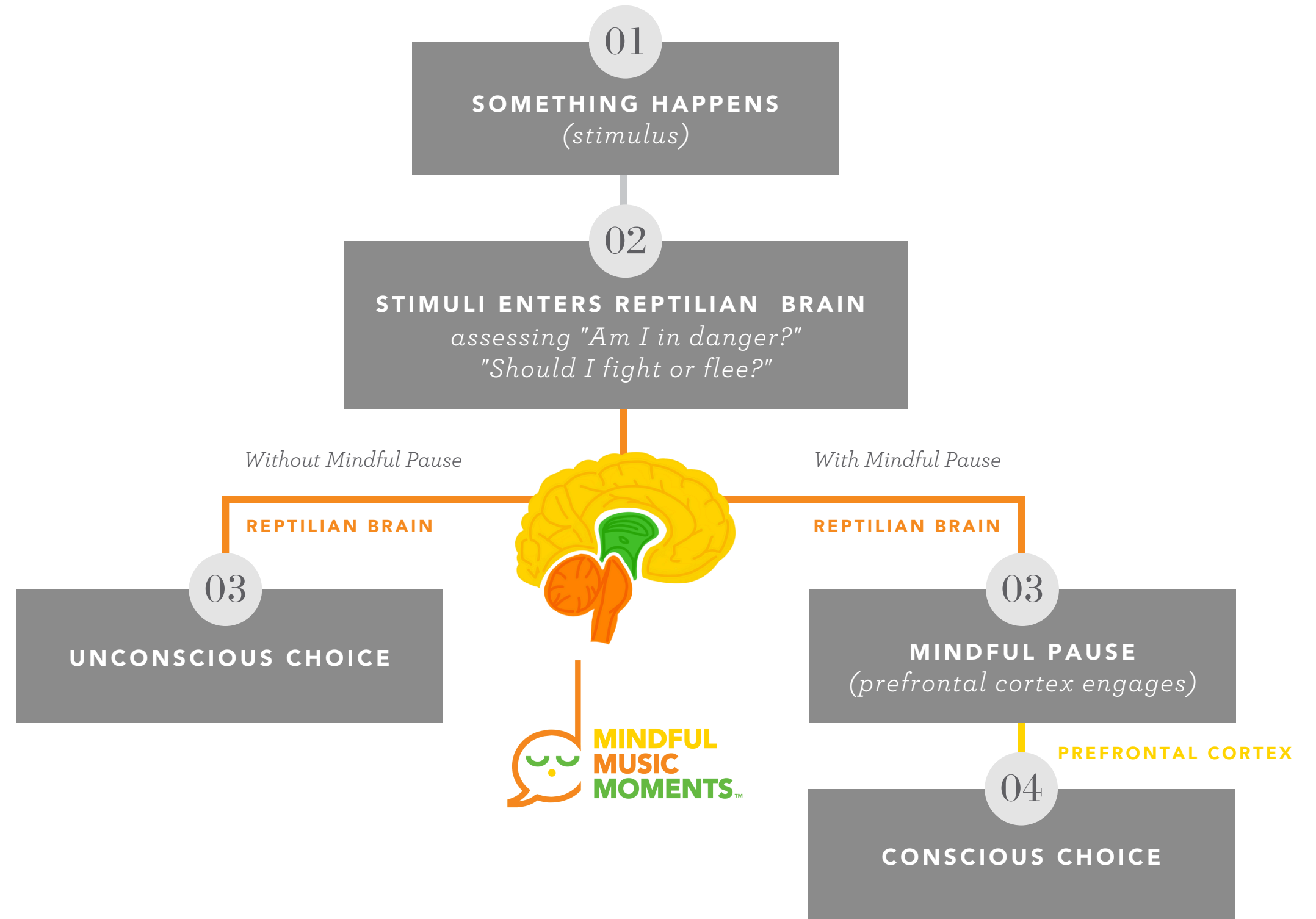
Based on Vieri Failli

The Impact of Mindful Meditation

MINDFUL MEDITATION, DONE REGULARLY, HAS HIGH IMPACT

Recent studies have found that school children taught the technique show:

- 24% INCREASE in positive social behaviors
- 24% DECREASE in aggression
- 15% IMPROVEMENT in math scores
- REDUCTION and prevention of depression-like symptoms
- IMPROVED classroom behavior (self-control, paying attention, respect for others)



Sources: Developmental Psychology; Mindfulness; Journal of Child and Family Studies

Testimony



“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. “

SARA, KINDERGARTEN TEACHER, CINCINNATI, OH

The background features a light blue treble clef staff with several musical notes. On the left, there is a cartoon character with a large orange speech bubble containing a green smiley face with closed eyes. The word "Testimony" is written in a large, bold, orange font at the top right.

Testimony

“I love this program and I think, more than ever, our students need to know it's ok to feel stress and anxiety. This gives them a way to process their feelings and center themselves.”

HEATHER, MUSIC TEACHER, CINCINNATI, OH

“The best part about Mindful Music is enriching students minds with wonder and the joy of music.”

GRADE 4 TEACHER, ARIZONA

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

MIDDLE SCHOOL STUDENT, NORTH DAKOTA

“The best thing about Mindful Music Moments is [that it creates] a peaceful start to our day, modeling mindful strategies to support social-emotional growth, while exposing our students to beautiful music.”

J. HARRIS, PRINCIPAL, CLEVELAND, OH

[MORE TESTIMONIALS](#)

Programs of The Well Framework Integration



PBIS

TIER ONE - UNIVERSAL (ALL)

CASEL

SELF-AWARENESS
SELF-MANAGEMENT



PBIS

TIER TWO - TARGETED (SOME)
TIER THREE - INDIVIDUALIZED (FEW)

CASEL

SOCIAL AWARENESS
RELATIONSHIP SKILLS
RESPONSIBLE DECISION-MAKING

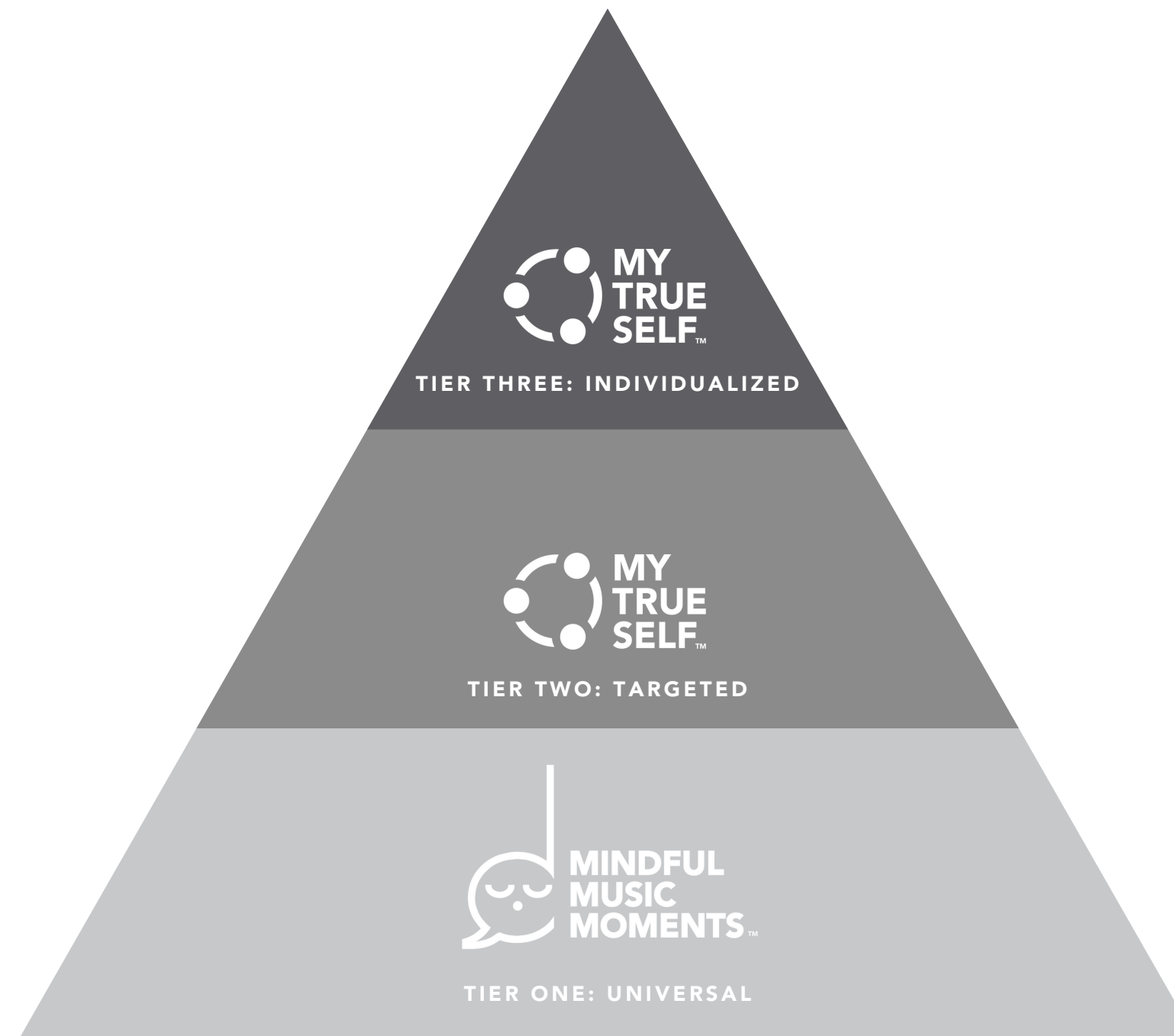
Mindful Music Moments is an evidenced-based program that has been featured on the Greater Good for Education by UC Berkeley, PBS NewsHour and utilized by hundreds of schools nationwide. MMM is a flexible program that can be delivered to your entire school community over the morning announcements or individually in each classroom. We work with schools to help them implement the program and measure what is most meaningful for them.

Mindful Music Moments is an excellent Tier 1 Positive Behavioral Intervention Strategy because it moves beyond just words and into experience. This opportunity for experience helps create the capacity for self-awareness and self-management and allows for higher learning and cooperation.

The My True SELF curriculum, which can be adopted and integrated into the culture of your school or after-school program as a whole, can be strategically used for more targeted skill instruction in small groups or in an explicit SEL skills classroom, a Mindful Classroom, under the guidance of a trained mindfulness educator. Furthermore, the curriculum can be utilized on a one-on-one basis to support those who would benefit from more targeted support.

Programs of The Well and PBIS Framework

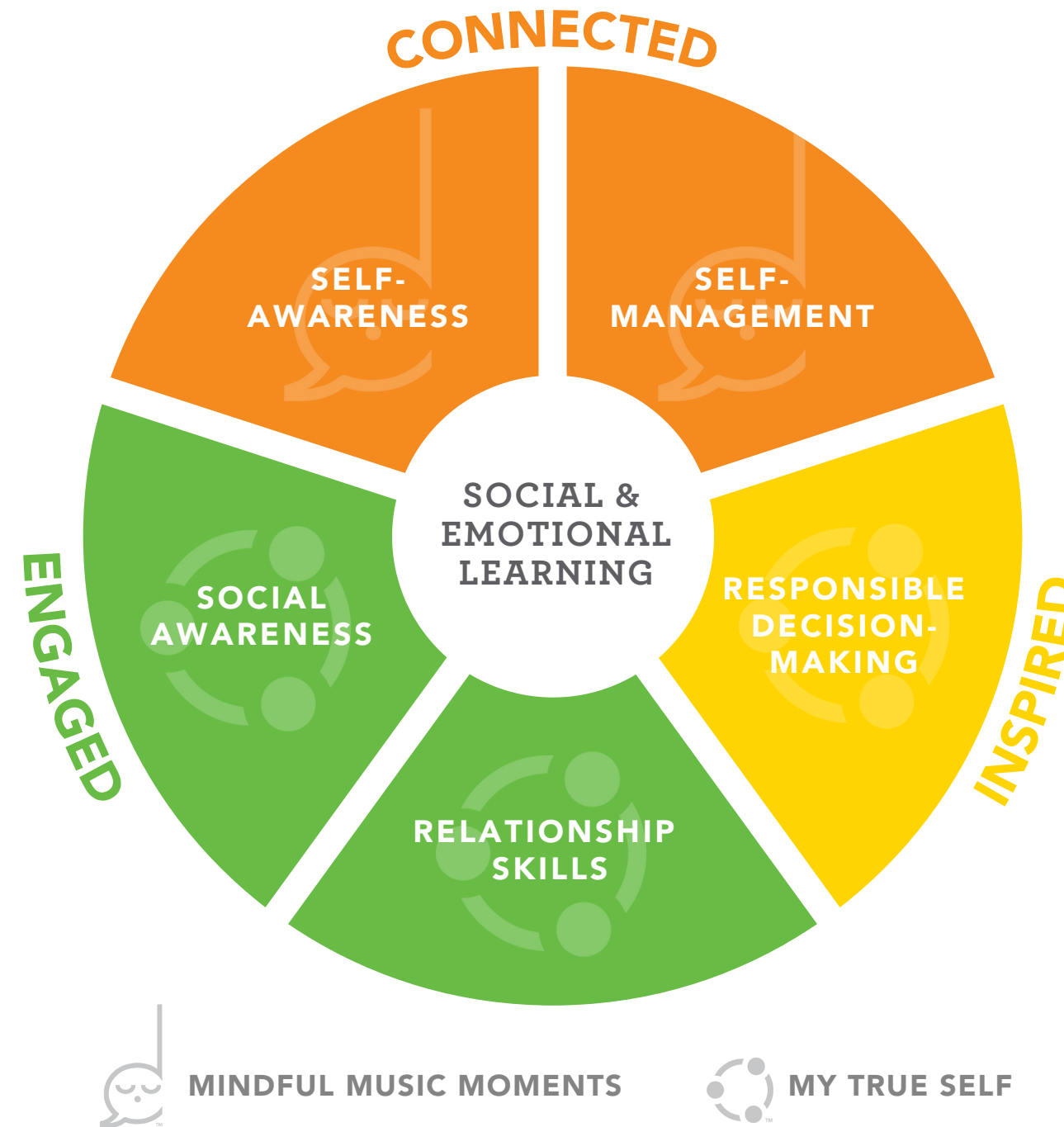
POSITIVE BEHAVIORAL INTERVENTIONS AND SUPPORTS (PBIS)



Based on Tiered PBIS Framework diagram www.pbis.org.
Center on PBIS (2022). Positive Behavioral Interventions & Supports.

Programs of The Well and CASEL Framework

COLLABORATIVE FOR ACADEMIC, SOCIAL, AND EMOTIONAL LEARNING (CASEL)



Based on CASEL Framework diagram www.casel.org. (2022)
Collaborative for Academic, Social, and Emotional Learning (CASEL).



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