



MINDFUL MUSIC MOMENTS



Mindful Music Moments works in partnership with world-class orchestras and operas to bring daily mindfulness and classical music to schools and community places, generally delivered during announcements.

Our fast-growing list of participating primary, elementary, middle and high schools enjoy:

- Ease of implementation with a fully turnkey, web-based program.
- Average of 4 minutes per audio recording makes a powerful ritual without sacrificing academic time.
- Combination of mindfulness and music education with extraordinary arts partners.
- Fast results in shifting school culture and the morning routine to a more calm, focused and balanced start to the school day.
- Teachers are able to enjoy their own Mindful Music Moment along with their students.
- Character Strength tie-ins for each week of music.
- Materials are available to teachers for repetition later in the day if they choose.
- Inclusion of training for the entire staff on the science of brain development and the deep effectiveness of mindfulness and music listening.
- Communication to parents who opt in on how they can repeat the program at home.

For information about how to bring this program to your school or organization, visit www.thewell.world or email info@thewell.world.





Each week of Mindful Music Moments features one piece of music, repeated five times with different mindfulness prompts each day. Here is a sample.

Classical Clip: Fanfare for the Common Man

Composer: Copland

Composed: 1942

Fanfare for the Common Man was written for the Cincinnati Symphony Orchestra in 1942. That year, the CSO commissioned 18 different composers to write fanfares for each of their concerts to honor those fighting in World War II. This one by Aaron Copland became the most famous of all of these works.

- As you listen on your first day, just notice how the music makes you feel. There is no right or wrong answer. Simply let the music tell you a story.
- Today as you listen, notice where you feel your breath moving in your body. Notice the tempo, or speed, of your inhales and exhales . . . when you breathe in and breathe out.
- A 'fanfare' is a piece of music often played to announce the arrival of someone important - a King or Queen, or, in this case, regular men and women, boys and girls who supported the war effort at home. Brass instruments such as trumpets, trombones, and horns are featured prominently in fanfares. Let's listen for them.

