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## Announcements

- Welcome to our spring semester. We are excited to see all our returning students, as well as the new faces!
- You should have received an email with a link to our Parent Portal with the packet and recordings of songs you'll be singing in your class. You can also find the class calendar and newsletters.
- Please join us for our next Facebook Live with Ms. Elizabeth on February 20th at 2 P.M.. The theme is "Songs of Friendship and Love"

Questions or comments? Please feel free to contact us.

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## Family Concerts

Fun with Funky Mama  
Virtual Kids Concert  
February 13th, 11 am  
Ages 2.5 to 7, Pay what you can  
[Eventbrite.com](https://www.eventbrite.com)

Tiny Clips for Tiny Tots:  
Carnival of the Animals  
February 5th, 11 am  
Ages 3 to 7, Free  
[Live.seattlesymphony.org](https://www.live.seattlesymphony.org)

Young People's Concert Experiences  
Musical Menagerie  
February 12th, 3 pm  
Ages 4-11, Free  
[Minnesotaorchestra.org](https://www.minnesotaorchestra.org)

Valentine's Party Concerts  
Laurie Berkner  
February 14th, 12 PM & 5 PM  
Ages 2.5 to 8, 10-20\$  
[Live.laurieberkner.com](https://www.live.laurieberkner.com)



## A Moment to Listen



With so much time spent indoors and on screens like never before, and stress and anxiety and burnout and more responsibilities being thrust onto all individuals both young and old like never before, I do not wish to add to anyone's to-do list in this unparalleled time.

Instead, I would like to offer an idea that can be taken or left. An idea where the ultimate goal for both parent and young musician should be that it brings grounding of mind body and spirit: mindful listening. But first, a little on mindfulness itself.

*"Mindfulness is paying attention in a particular way: on purpose, in the present moment, non-judgmentally"*

*-Jon Kabat Zinn: Mindfulness Based Stress Reduction (MBSR)*

Mindfulness offers us a moment of recognition that gives us ownership of our choices. It develops a deeper sense of self-awareness, emotional balance and recognition, and impulse control.

Mindfulness is simply being present, ah, but we know that is not so simple, particularly in this moment in time. So how can we use mindfulness for ourselves and for our young musicians in a way that can bring mindfulness and its benefits to us and them without it being a chore? Make it a game of sorts, make it play.

This week, when spending time outdoors, play a listening game together.

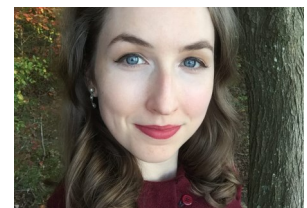
1. Everyone close your eyes and listen. (When shutting off a sense, the other senses will sharpen to compensate and will help to improve listening.) Ask them, "What do you hear?"
2. Each take a turn and say one thing that can be heard in that moment. Take a beat (perhaps a breath) before answering.
3. Go back and forth until there is nothing more to list.
4. Notice that as the obvious sounds are recorded like cars, siren, bird, the listening will intensify to find other sounds that would otherwise be "white noise".

What is so wonderful about this activity, is the ability to swap it out for other senses. If mindful watching would be better suited for your child's age, ask them what is one thing they see and go back and forth.

This is an easy way to bring a grounding moment to the present for both yourself and for your young musician. Connect with the present, connect with each other, and connect with one's self.

Sending many good thoughts and love your way,

-Ms. Caitlin



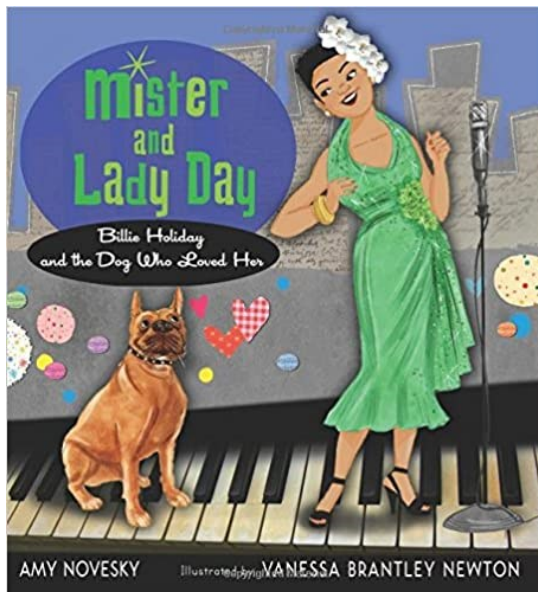
## Digital Source



Select "Compose Music" from the selection bar where you'll be taken to "Compose Music: Variation Playground" and click play. Here musicians can play around with the themes from "The Young Person's Guide to the Orchestra" and compose their own melodic line!

<https://www.nyphilkids.org/ypc-play/britten.php#explore-container>

## Book With a Musical Hook



*Mister and Lady Day: Billie Holiday and the Dog Who Loved Her*

This picture book introduces one of the greatest Jazz artists of all time, Billie Holiday, through the special bond she had with her dogs. This is a beautifully illustrated book and includes a bit more information on Ms. Day's biography at the back of the book, as well as, a picture of Ms. Day with her beloved Duke.

When reading this story, I also like to pull up clips of the songs she sings in the book so that the young listeners can hear what jazz music sounds like and the distinct voice of Ms. Day.