



## 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 [sjones@clevelandorchestra.com](mailto:sjones@clevelandorchestra.com).