



Includes DVD files of hand motions and sign language for songs

Can Mindfulness Be Musical? *Absolutely!!*

Calm Down Boogie

is filled with songs that remind children AND adults of the simple gifts of breathing, coming back to the present moment, and being aware of body, thoughts and feelings.

Music is a joyful and effective way to help children remember and use the practices they learn in the Mindfulness program.

The Songs:

"I Am Breathing" and "My Mind is a Clear Blue Sky" invite us into the simple practice of breathing with awareness, something we can do anywhere, anytime.

"Equanimity" is lively and highly singable, with vignettes of children (and parents) under stress, remembering to breathe, trust, and calm down.

The practices of gratitude, and wishing others well are reinforced with "Thanks Be", and

"May You Be Happy", simple and memorable singalongs.

For a little more "boogie," dance to "The Ladybug Song" and "Compost Cake", lively

stories of how children can be good friends to the earth and her critters.

"Love Makes a Family", "Holidays", and "My Ancestors" are gentle celebrations of the special bonds between children and the adults who care for them.

And "Metta Rap" is an up-to-date story of the inevitable playground challenges, and the importance of kindness to both ourselves, and to others.

To order copies of *Calm Down Boogie* for your classroom, school or other programs, go to www.betsyrosemusic.org.

Single CD: \$15 Bulk discount (two or more copies) \$11

For information about Betsy Rose's in-school programs for children and teachers, contact her at betsy@betsyrosemusic.org 510-525-7082