

THE ART OF MINDFULNESS

MINDFUL MUSIC AND DANCING



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CHAPTER 1

MUSIC AND MINDFULNESS

Mindfulness means being in the present moment. When we are mindful, we pay attention to our **emotions**. You can practice being mindful with music and dance.





Listening to music and paying attention to a song's **rhythm** can help you **focus**. It can help slow your breathing and calm your mind.

Making music and writing songs can also help you focus and **express** your emotions. Dancing helps connect your mind and body. These are all ways to be mindful!

For Review Only





CHAPTER 2

FIND YOUR RHYTHM

Making music is about finding your own rhythm. Before you begin, set your **intention**. What types of sounds do you want to make? What emotions do you want to express?



You don't need an instrument to make music. You can use everyday objects, such as pots, pans, and spoons. Or you can listen to music and clap the beat.

Listening to music mindfully helps us focus on our breathing and feelings.

Step 1: Think about how you are feeling.

Step 2: Play a song and listen closely. Try to tune out whatever is going on around you. What sounds do you hear? If there is singing, what are the **lyrics** about?

Step 3: Pay attention to your breathing. Does it change? Does your body **react** in other ways? How do you feel after the song ends?

MUSIC GENRES

Music **genres**, such as classical and metal, are very different. They can affect your emotions in different ways. Try listening to different kinds of songs. Notice how each makes you feel.

