

# MINDFUL MUSIC

"Through the power and charm of music the spirit . . . is uplifted." — 'Abdu'l-Bahá

**H**ave you ever heard musicians warming up their instruments? The random sounds often clash painfully. But when everyone practices their parts and plays them smoothly, music emerges like magic.

When you're working with others toward a goal, sometimes you'll hit a sour note. Maybe someone acts bossy. Others skip practice. Two people might argue. Teamwork isn't always easy.

Keeping a positive attitude helps. Optimism makes you happier and uplifts others, too. Compliment a team member who does a great job. Tell a joke to lighten the mood if things get tense. Ask everyone to imagine a successful performance—how will it make you feel at the end?

It may take time for everyone to get in tune, but when you have faith in yourself and in your group, you'll learn to play in harmony.

These kids are preparing for a band concert. Match each negative thought with the positive one that can replace it.

1 THESE SONGS ARE BORING. WHY CAN'T WE PLAY SOMETHING *GOOD*?

2 I'M TOO NERVOUS. MAYBE I SHOULD SAY I'M SICK AND CAN'T MAKE IT TO THE CONCERT.

3 IF SAM MESSES UP HIS PART AGAIN, I'LL LOSE MY COOL! HE MAKES US *ALL* SOUND BAD.

4 I'M NEVER GOING TO PLAY LIKE A PRO, SO WHAT'S THE POINT?

5 WHY BOTHER WITH ALL THIS PRACTICE? WE SOUND *GOOD* ENOUGH.

6 I HATE MAKING MISTAKES. I FEEL SO STUPID.

7 WE'LL *NEVER* BE READY FOR THE BIG CONCERT TOMORROW. IT'S GOING TO BE A DISASTER!

8 YESTERDAY'S PRACTICE WAS AWFUL. I BET TODAY'S WILL BE WORSE.

9 HARDLY ANYONE CAME TO OUR LAST CONCERT. *NOBODY* CARES ABOUT BAND.

A THIS IS HARD! I MAKE MISTAKES, BUT I'M LEARNING *SO MUCH*!

B TOO BAD MY FRIENDS COULDN'T COME TO THE LAST CONCERT. I'LL ASK ABOUT THE NEXT ONE.

C TOMORROW'S CONCERT WILL BE TOUGH, BUT WE'RE PREPARED. WE CAN *DO THIS*!

D IT'S GOOD THAT WE'RE PRACTICING A LOT. EVEN SMALL IMPROVEMENTS WILL HELP.

E IT'S SO COOL TO EXPLORE ALL DIFFERENT STYLES OF SONGS.

F I'M NERVOUS, BUT WE'VE WORKED *HARD*. I'LL TRY VISUALIZING A GREAT PERFORMANCE.

G WE HAD A ROUGH PRACTICE YESTERDAY. BUT I'M SURE WE'LL DO BETTER TODAY.

H MAYBE I'LL INVITE SAM TO PRACTICE WITH ME. IT WOULD HELP US BOTH.

I IT'S GREAT TO HAVE MUSIC AS A HOBBY. IT'S CREATIVE AND *GOOD* FOR MY BRAIN!

