

Breathe In - Children's Songs for Mindfulness and Awareness - Lianne Bassin

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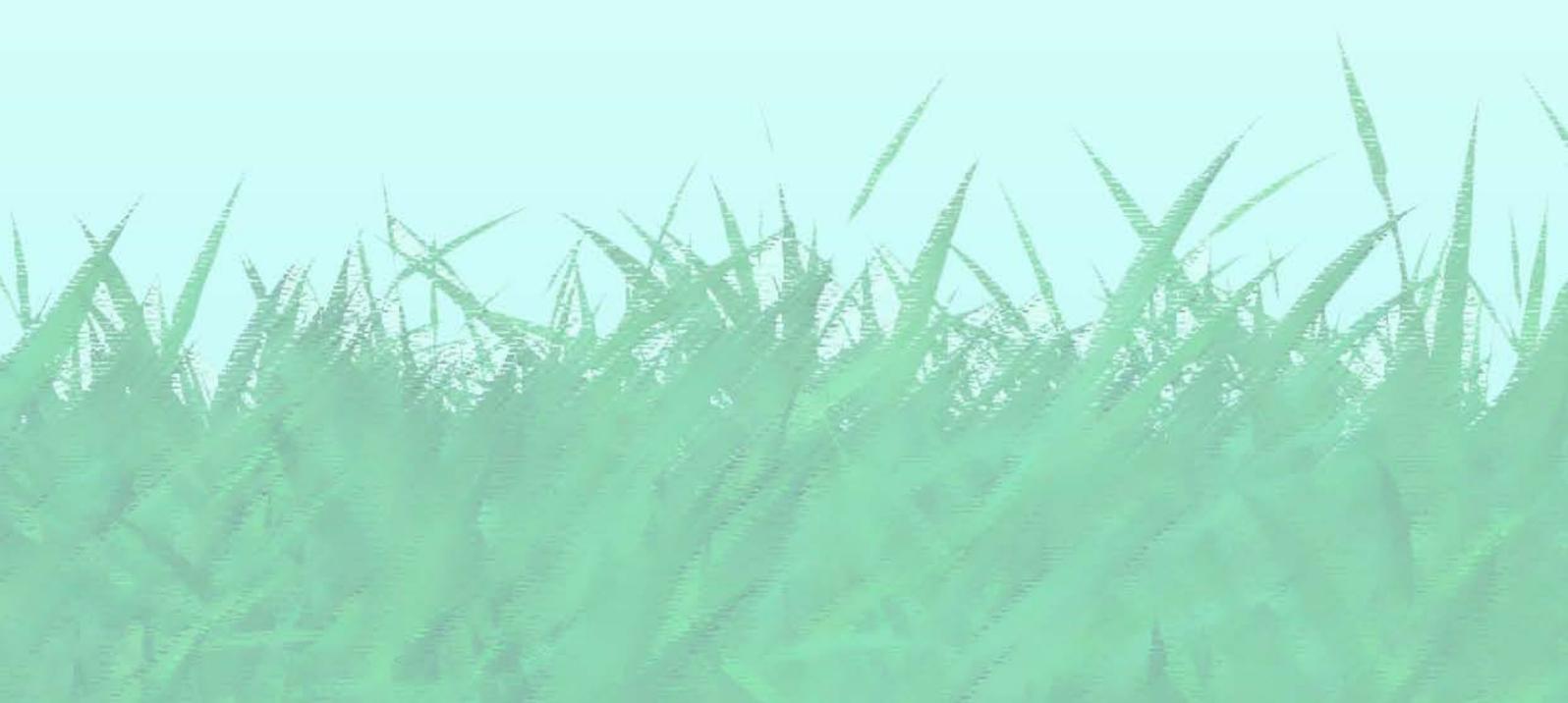
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ABOUT LIANNE:

New York based children's musician Lianne Bassin is known as a bridge-builder between worlds. A singer-songwriter since the age of 5, she has used her background as singer, early childhood teacher, and yoga instructor to create opportunities for children to learn mindfulness.

Understanding the importance of cultivating awareness and appreciation of self and others in children of all ages, Bassin started writing a few guided meditation songs. After witnessing the overwhelmingly positive effects they had on her students, she began to write more songs and share her music with other classroom teachers and parents.

In February 2014, Lianne was awarded a grant from Rodeph Sholom School to record a children's album focused on mindfulness. *Breathe In: Children's Songs for Mindfulness and Awareness* inspires mindfulness as a way of living, helping children to pay attention to themselves, others, and their surroundings. Teachers, counselors, and parents are already using *Breathe In* to teach children about mindfulness, in a fun and engaging way. She hopes that you too can internalize the messages conveyed in her music, and help pass them along to the next generation!



AUDIO ASSETS

Promo playlist on soundcloud: <https://soundcloud.com/liannebassin/sets/breathe-in-epk-playlist/s-cAKmq>

Album sampler on soundcloud: <https://soundcloud.com/liannebassin/breathe-in-album-teaser>

VIDEO ASSETS

Click image to link to video: <http://vimeo.com/user36674771/breathein>

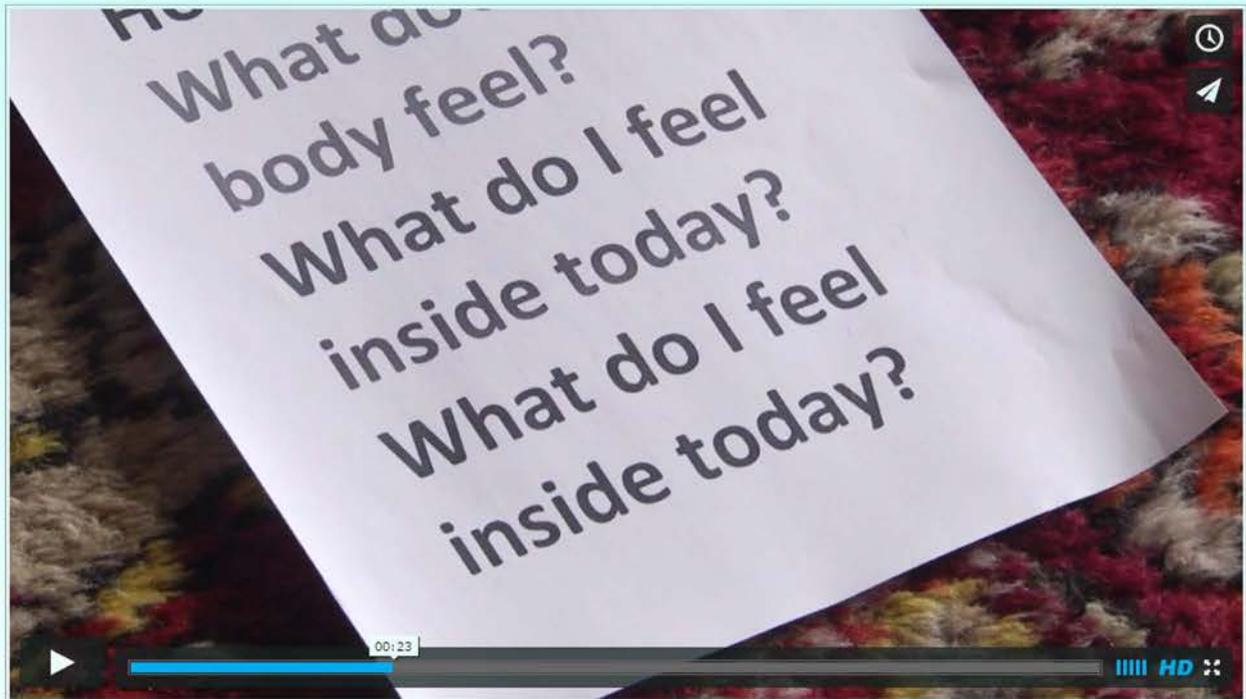


IMAGE ASSETS, PAGE 1

Click photos for links to downloadable high-resolution photos.

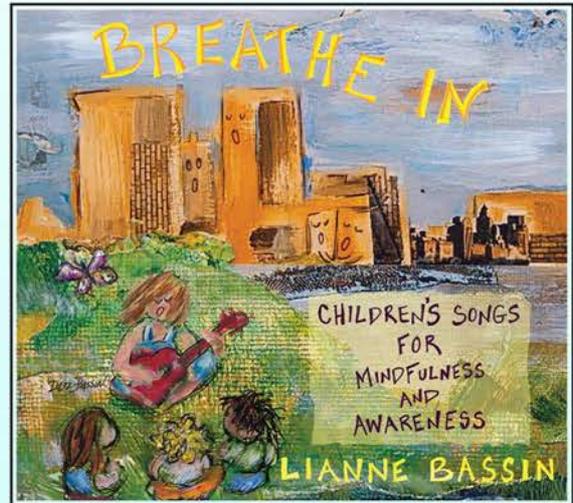
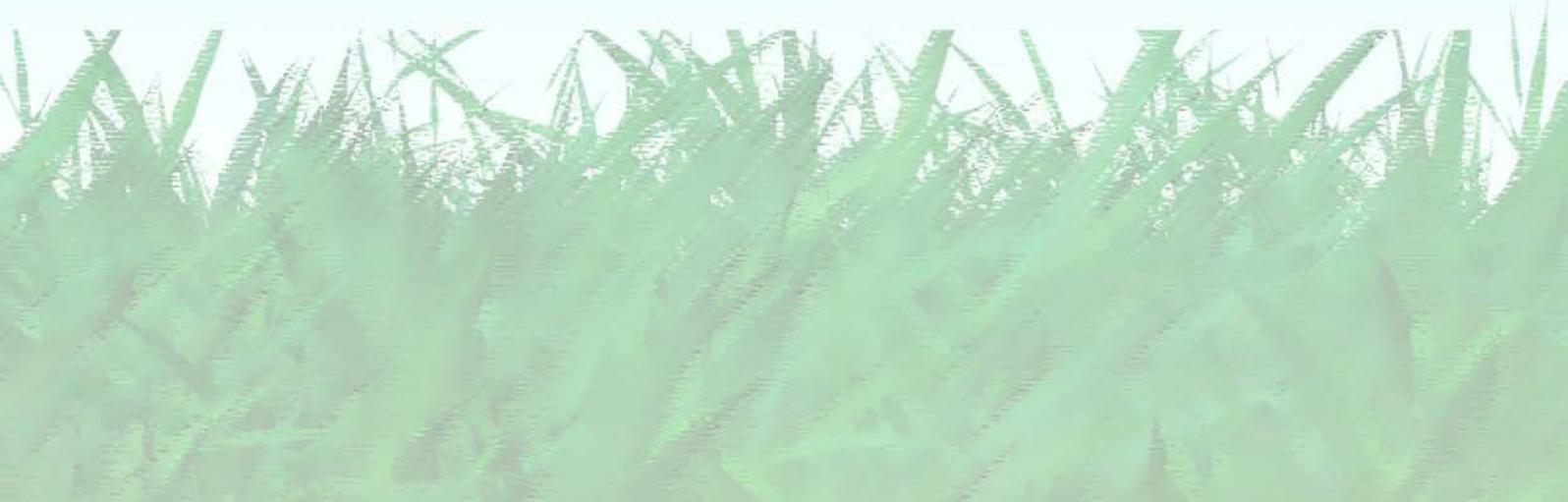


IMAGE ASSETS, PAGE 2

Click photos for links to downloadable high-resolution photos.



SOCIAL MEDIA

Facebook: <https://www.facebook.com/lianne.bassin>

Twitter: <https://twitter.com/LianneBassin>

TESTIMONIALS

“Lianne Bassin is not only an exceptional songwriter and musician, she is an expert teacher of young children. Her focus on mindfulness and meditation coupled with her fun and engaging music appeal both to children and their parents. Raising confident and thoughtful children is not easy in our fast-paced world, Lianne and her music are the perfect remedy. Listening to her music and songs is an enjoyable way to foster your children’s development.”

- Allyson Hentel-Koplin, Ph.D., Mother and Child Psychologist

“*Breathe In* ought to be in every classroom. Playful, fun, and thoughtful, Lianne's engaging collection of songs offer children simple ways to practice mindfulness and respect for self and others. Teaching moments such as self-regulation and recognizing emotions are beautifully woven throughout the CD. Don't be surprised if you, too, find yourself singing and dancing along!”

- Victoria Gordon, Children’s Yoga and Mindfulness Instructor

“Lianne's music is like a guide to happiness and well-being for children. The heartwarming original and catchy songs are fun, encourage loving-kindness and positive behavior.”

- Deanie Melniker, Kindergarten Teacher

CD COMPANION BOOKLET SAMPLE, PAGE 1 (INTRODUCTION)

I have always been interested in the power of song to captivate the attention of children within a classroom environment, and to inspire them in various aspects of their lives. As I have become more personally devoted to the practices of mindfulness and meditation, I have had the desire to help children engage in developing their own mindfulness practices.

My hope is that you use this CD in the classroom, or at home, to openly reinforce mindfulness as a way of living. The songs I have written are intended to help children pay attention to themselves, others, and their surroundings - while also helping them realize their connection to the world at large. The songs also introduce topics such as compassion, empathy, gratitude, loving-kindness, helping others, interconnectedness, teamwork, patience, acceptance, and self-confidence.

In this booklet, songs are accompanied with learning objectives and follow-up mindful moments, activities, or questions. Children should not be expected to do a “good job” or a “bad job” when engaging in these follow-ups. There is no good or bad way of being mindful; the purpose is to place all of your attention on the experience.

I hope that children will listen to my music, grow with confidence and learn to embrace themselves, others, and the world at large with curiosity, tenderness and warmth. I wish to empower them to experience life to the fullest, live with an open heart and mind, and to appreciate all of their beautiful and unique talents.

Thank you all for listening!

Love,

Lianne (liannebassin.com - info@liannebassin.com)



CD BOOKLET SAMPLE, PAGE 2

1. I Am

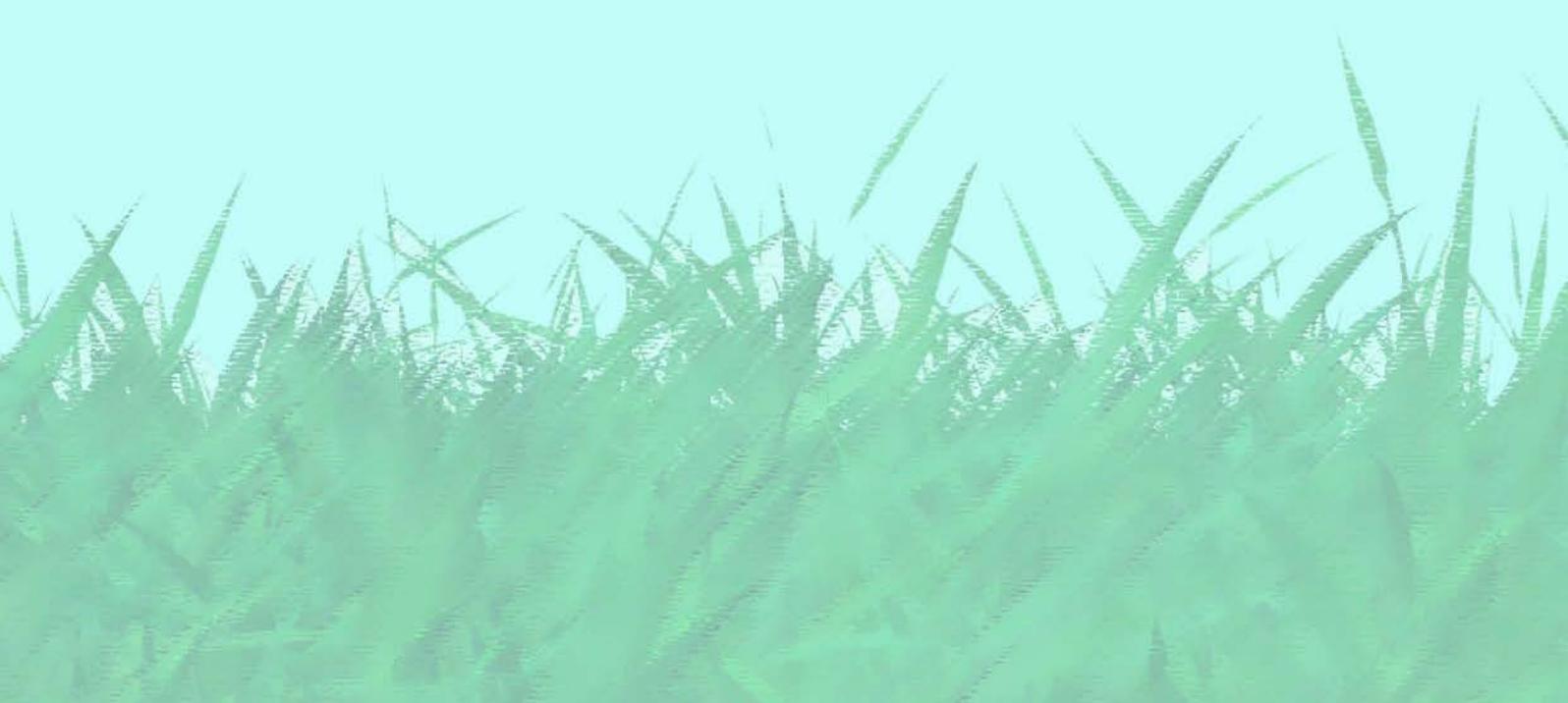
Helps children see that they are connected to the larger world. Furthermore, if they treat nature with respect and thoughtfulness, the world will be a better place to live in.

Create a Mindful Activity: Have your children lie down on a big piece of paper. Trace the outline of their body with a marker. Ask them, “What do you enjoy in nature? Animals? Plants? Beaches? Rainbows? Can you draw some of these things inside of your body?” This will help create a visual understanding of their connectedness to their surroundings.

2. Monkey Brain

Encourages children to focus on what they are doing in the present moment. This is the most basic of mindfulness concepts.

Create a Mindful Moment: Do you or your children ever feel like you have monkey brain (many thoughts running through your mind at the same time)? Next time you are engaging in an activity with your children, encourage them to focus on being present in the moment. For example, you can encourage them to mindfully eat by having a ‘mindful minute’ each time you eat a meal together. Say, “Slow down your chewing. During this minute, there is no talking. Place all of your attention on how the food feels in your mouth, and what chewing sounds like.” Afterward, you can ask questions like, “What do you notice about your food when you eat mindfully? Is it any different than how you normally eat?” “Did you notice more about the flavor of your food? Was it Sweet? Bitter? Salty? Sour?” “How did it sound? Was it crunchy?” “How did it feel? Soft? Smooth? Rough?” “How would you describe your food to someone else?”



CD BOOKLET SAMPLE, PAGE 3

3. Hugging Words

Helps children be more aware of the language they use toward others. Words can affect our feelings – positively or negatively.

Create a Mindful Activity: Make a ‘hugging words’ book with your children. Open the discussion by asking, “Can you think of hugging words that you can use with your friends and family?” And, “How can you use hugging words to respond to someone who is annoying or frustrating you?” Encourage children to talk about ways of responding using both hugging words and non-hugging words. Children can choose to make illustrations of the words they chose.

[Click here to listen to these songs on Soundcloud](#)

[Click here to view or download the full Breathe In CD Activity Booklet](#)

