

# 8 Steps to Create Living Music



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Welcome! So glad you have the time now to make sure your kids get music in their lives and with their favorite person, you!



Hi, I am Jodie Mesler, owner of **Living Music**. I am a master musician on the flute. I also enjoy playing the piano, guitar, bass guitar, ukulele and all my other "magic flutes." The Magic flute is a name I came up with for all the wonderful recorder instruments like **pennywhistle**, **recorder**, and **pentatonic flutes**.

I would **love** to share my story with you. I have always been a **creative** person with a desire to deeply understand music and songwriting. I **love** family, children, and **living life to the fullest**. Before children, I met my soulmate when I was in college studying **jazz flute**, **music** composition and performance. He just happened to be an extraordinary **guitarist** who needed a **bass** player for his band. So, I began studying **bass** which was very

different - the high **flute** to the low **bass**. We performed professional throughout Atlanta, GA for five years before having children.

Now my daughter plays **bass**. We are currently writing music together with my little brother plays the **drums**. I switch out from flute, to guitar to piano. We are a true family band from the southside of Atlanta!

My husband and I have two boys and a girl. When our kids were small, we decided to become **music** teachers so we could homeschool our children using a **Waldorf-inspired** curriculum. At the time, there was no creative homeschool **music** curriculum. Seeing this need for our homeschooling community as well as for our family, I created one for young children, not just to learn how to play the **magic flute**, but how to learn **music** in general. And for piano lovers, I created a beginning piano course for parents to teach their kids **piano** in a playful way.



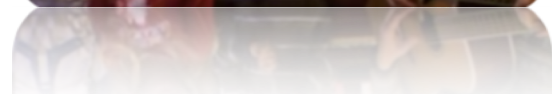
## 8 Steps to Create Living Music

These are the exact steps I took when I taught my kids music, enjoy!

### STEP 1. SING

First turn off all media and use your very own singing voice. Start by adding one song a day. Start with a lullaby. Everybody knows "Twinkle, Twinkle Little Star," sing it tonight for your child.

Next, add a wake up song. Did you know that "Happy Birthday" was originally "Good Morning to You," written by two teachers at a pre-school?



"Good morning to you, good morning to you, Good morning dear \_\_\_\_ (child's name), Good morning to you."

Easy, peasy and they will love it! You can gently welcome your child to the new day by singing this gentle wake up song. There are many other wake up songs to choose from, we love "Rise, Rise and Up She Rises."

Next, remember songs from your childhood. We did sing when we were little, but somehow we turned on the media and stopped singing, unless it was with the recordings. It's okay to sing without media, I highly recommend you don't sing with recorded music. You can listen and sing along in your leisure, but if you are going to give your children a strong musical foundation, they need to hear a human voice, not a professional recording. We are human and not perfect, and with time we can perfect our songs.

Last, let the fun begin! Your spirits will be lifted, the chores will get easier, as if you're not even doing them, simply because you are all singing. Music takes you out of the ordinary and transforms you, every time.

## STEP 2. CELEBRATE

We sing those same songs every Christmas. What if also we sing about spring, summer, and fall, too? There are so many holidays within each season. Okay, I was like you, so scared to sing, unless you are just naturally gifted to sing. But, once I started with a lullaby, a wake up song, and songs from childhood, I got so excited about singing that I wrote all these songbooks to celebrate holidays, the seasons and life with family.



Notice my human voice, it is just ordinary and not perfect. Your kids love you so much, so when you sing, it is such a treat for them. You just need to become confident. Your kids will not judge you, they love you no matter what.

It is also very nourishing for your soul. My mom sang me to sleep every night and I will always remember this precious time I had with her. This is how you lay the best musical foundation for your child, simply by singing to them.

### STEP 3. MAKE SPACE

You can really sing anywhere. But in addition, find a space in your home to make music. Set aside all toys and media. For young kids spread a small blanket or yoga mat. Tell them it's Magic Music Time and they must stay on their boat, train, magic carpet in order for it to be magical.

Kids have great imaginations so make it fun for them by turning their blanket into something magical. Then you can have a more successful time singing with them without distractions.

You have also made a commitment by making space for it in your lives. Some families turn this into circle time and follow a set number of songs each day and add learning a recorder at this time, too. This is what our family did, and you can get our exact lessons in [The Magic Flute](#). This is a great starter music curriculum, which also includes how to play the recorder/pennywhistle.

### STEP 4. ADD MOVEMENT



You can't sing with kids without adding movement. Kids are all about using their entire body to learn. Imitate the words as you sing, clap, jump, spin, dance, anything! (A great cardio workout too). The more movement you add, the more your child will remember the song and I bet you will too! Did you know that word, musik, means music and movement in German, and you can't have one without the other because they are one in the same?

### STEP 5. STORYTIME MUSIC

I know you read a ton of stories to your children. When you read some stories, notice the stories that use rhythm and rhymes. You can turn their

favorite ones into puppet shows or little plays. Grab some toys, act out the story, sing the rhymes with your own melody you make up in the moment. Your kids will love this!! If you can't make up a melody, then use a familiar melody like, Twinkle, Twinkle. Did you know that is the same melody as The ABC song?

Your kids are always singing throughout the day, they are making up their own songs. If they can do it, so can you!



If that feels too uncomfortable, and you are more of a musician like me, you could do a little music on the recorder before you begin your puppet show or play. Come up with a short easy tune and it could be like a theme show song for your show.



## STEP 6. TEACH RHYTHM

Did you know that you are already teaching rhythm by using movement. Another way to teach rhythm is by using hand claps. Try to remember some hand claps from childhood. "Miss Lucy had a baby, she named him Tiny Tim...."

A real simple one to start with is Patty-Cake or Pease Porridge Hot. For Patty-Cake, your child sits in your lap, you clap your child's hands together as you say the rhyme.

Pease Porridge Hot- sit across from your child. Clap your hands together twice, then once together with your child, then back to hands together.

I have videos of different hand claps in each of the 20 lessons found in [The Magic Flute Course, Volume 1](#), if you need more ideas. It is definitely easier when you can watch us do it.

## STEP 7. ADD A PLAN

Time to get serious about your commitment to music by having a plan. Plan out how you will bring music to your children each day.

I hope these steps so far inspire you to start. Begin to fill your days with all this fun stuff. If you want more, I have all the lessons already planned out for you, in [my courses](#), along with learning a musical instrument. Within these plans, I give you really easy tips for learning and teaching music with really easy tunes. I take out the reading music notation part and simply teach you music by ear and therefore you can easily teach your child.

Music is something we hear, not necessarily something we read. Think of it this way, you are laying a great foundation for your child's beginning music education so that he can move into learning how to read music later when he plays with other musicians.

## STEP 8. EASY STARTER INSTRUMENTS

I think that a recorder instrument is the best instrument to begin learning music. Our family used the traditional pennywhistle in D, which is in the recorder family. Recorder is easy because you only learn a few simple notes and melodies. the best part-it's inexpensive!



You will love the power of a wind instrument. When you play, it becomes a connection to your inner soul. You can feel your whole being filling up with air and then it becomes human music on the outside. The breath comes from within and as you blow through the instrument you are literally making soul music with your human body. Music is connection to the Divine.

Another great place to start is on piano, and the cool thing about the piano is that you can play and sing at the same time. In my beginning course, [Playful](#)

Pentatonic Piano, I have simplified learning piano to just the black keys. This is a great way to understand more about the pentatonic scale.



What is pentatonic? It is an ancient five note scale (no 4ths or 7ths) as opposed to the 7 note, (Do, Re, Mi, Fa, Sol, La, Ti, Do) major scale.

It's amazing how many melodies we sing today and how many from our heritage using these pentatonic notes. I like finding and teaching American pentatonic folk songs.

Pentatonic melodies are very soothing and mesmerizing. A great and easy way to begin learning music! And you can play any one of these notes at anytime and they always sound pleasing, not one wrong sounding note. I have a wealth of pentatonic songs in all of my beginning courses and in my songbooks.

This is the exact way I taught my three children, and I hope you are able to do many of these things with your kids. I really enjoy sharing tons of music ideas from my many years of teaching. Want to get started today?

The best starting place is with The Magic Flute Music Curriculum, Volume 1. Includes a full year of music lessons with videos that are fully planned out.

Learn about listening and making great tone, listening with imitation of sounds and rhythms all the while using only 1 note. I chose familiar Mother Goose Rhythms so you could hear the rhythms and imitate them with one note.

Sing the rhyme with me as I help you sing the correct notes. We only use the 5 notes from the pentatonic scale, but you only teach 3 notes to your kids throughout the entire course.

This course is a music curriculum and the flute is only a tool to learning beginning music. You will set the flute aside with plenty of singing,

movement, and play. Learn 20 hand claps and music movement games to engage with your kids. I used this when my kids were ages 6 and 7.

If you understand music and have a great background with playing an instrument and reading music, then you would love the next volume, [Rainbow Rings, Volume 2](#). You will get very detailed lessons on how to teach the recorder instrument. This is the next level. This is also great if your child wants more than 3 notes at the beginning, and really wants to take off on the flute. Some kids are naturally drawn to playing an instrument, like in Volume 2 or some kids enjoy the overall music education found in Volume 1.

Remember, no worries about reading music. All of my music products start off gentle and with lots of help. And if you read music, there is notation for you as well.

Also, if you lack confidence in singing, I give you helpful singing tips in [The Magic Flute](#). Singing is the best way to make music now with your kids and it is the best foundation you can lay for their musical education.

Thank you for joining my music journey, we will have a great time together!

Musically Yours,  
Jodie Mesler



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