

Explore music at home with The Cleveland Orchestra



You're never too young to start your music education and you're never too old to go back to school. Whatever your age, you can discover new ways to connect with music with The Cleveland Orchestra's Learning@Home resources.

Mindful Music Moments @Home Family Edition (all ages)

The @Home edition of Mindful Music Moments is a great way for parents and kids to start the day with structure, calm, and focus in just four minutes. This version of Mindful Music Moments features a single piece of music each week and different mindfulness prompts each day, to deepen our connection to music, and to ourselves, plus additional guided meditations, coloring pages, and resources for at-home play and learning. Mindfulness and music from The Cleveland Orchestra is free. Click [here](#) for more information.

The PNC Music Explorers Web Series (PreK-2)

This popular series gives kids, teachers, and families a fun opportunity to explore the instruments of the Orchestra one at a time with lively and friendly hosts Major Scale and Ranger Rhythm, and unexpected fun facts. Click [here](#) to see the list of episodes.

Learning Through Music Lesson Library (PreK-5)

Parents and teachers can check out these lesson plans that combine music and literacy, created by The Cleveland Orchestra with partner schools. Search the online lesson database by grade and subject. All of these arts-integrated lesson plans align with Ohio's Learning and Fine Arts Standards to engage students in the classroom and at home. For lessons with books, check out your local library for free downloadable e-books. Northeast Ohio residents can open a free account with Cuyahoga County Public Library [here](#). To access the Orchestra's music lesson library click [here](#).

Music Education Video Resources (PreK-8)

Parents and teachers can discover new ways to engage children with music. Trace melodies and rhythms on a musical map while listening to orchestral music, or watch a full-length learning lesson with a Cleveland Orchestra musician. New videos will be added weekly. Click [here](#) to watch and listen.

Click [here](#) to download a PDF of *My Cleveland Orchestra Coloring Book*.

Mindful Music Moments Video Playlist (all ages)

This easy to use, web-based program combines classical music with mindfulness prompts. It's designed to reduce stress and anxiety, increase exposure to classical music, and offer a period of calm and focus. The daily, four-minute routine focuses on one classical music piece each week paired with mindfulness prompts that provide a tangible tool for social/emotional well-being, brought to you by The Cleveland Orchestra and The Well. Click [here](#) for more information.

Musician Performance Videos (all ages)

You can invite The Cleveland Orchestra into your home for an unforgettable music experience. Practice your best audience skills from afar, and don't forget to clap. New videos will be added weekly. Click [here](#) to learn more.

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