The Children's Hour
kids public radio

Keeping Our Cool

TCH CREW: What did the sign in the monastery searching for new monks say?

TCH CREW: I don't know, what?

TCH CREW: Inquire within.

TCH CREW: It's time for The Children's Hour! Kids Public Radio!

[MUSIC, Wookieefoot, Don't Hold Your Breath]

[00:03:37]

KATIE STONE: That's Wookieefoot from a CD called You're It with Don't Hold Your Breath right here on The Children's Hour. I'm Katie Stone. It's always so great to be with you all out in listener land and everyone on Zoom. Hello everyone!

TCH CREW: Hello!

KATIE STONE: And who do we have with us today?

TCH CREW: Hi, it's

TCH CREW: Hi, it's

TCH CREW: Hi, it's

TCH CREW: Hello, it's

TCH CREW: Hi friends, it's

TCH CREW: Hello, it's Lucy.

KATIE STONE: Well, it is so great you are all here. Thank you for being here. Today on The Children's Hour we're going to learn about kids and meditation. What is meditation? How do you do it? And what's it for? We have an expert in meditation with children. Her name is Michelle Renee Peltier and she's with Golden Child Books and she's going to lead us in a meditation today on The Children's Hour with everyone here on Zoom and you in listener land. I can't wait and we're also going to hear a little excerpt from Peace Talks Radio. It's another independent radio production out of Albuquerque, New Mexico produced by Paul Ingalls and in this clip we're going to hear how one kid is benefiting from learning mindfulness. Plus, we have a book review by our own Evan Dates on The Children's Hour crew. But before we get to all of these things this is from Aaron Nigel Smith and the Merry Rockers right here on The Children's Hour.

[MUSIC, Aaron Nigel Smith and the Merry Rockers, Reggaebility]

[00:08:00]

KATIE STONE: You're listening to The Children's Hour and with us on the show today from Golden Child Meditation for Children is Michelle Pelletier and we heard a rumor that you think you can make us all calm down and feel better just by sitting here and breathing and I want to know if that's actually true.

MICHELLE RENEE PELTIER: Well, breathing is one of the techniques that we use in mindfulness and a lot of what I teach is guided meditation, guided visualization so we use our imagination to create that place of calm within ourselves so if we close our eyes we can hear all of that constant loop of thought. What we're doing is creating a little bit of a gap between us and the thought or sensation.

KATIE STONE: So wait a second you're saying just by closing your eyes the thoughts that we're having so if I close my eyes right now

my thought is I'm hungry and I could really use a snack and if I close my eyes it separates me a little bit from that thought?

MICHELLE RENEE PELTIER: A lot of what we do when we close our eyes is we're hungry, we're tired, we're cranky, we're trying to think of the information for our test tomorrow and we're managing it so in mindfulness we're using a focal point, our breath, and noticing the sensation but there's a little bit of separation.

KATIE STONE: You can actually talk us through how to do this right now on the radio?

MICHELLE RENEE PELTIER: Yeah.

KATIE STONE: So do we want to give this a try?

TCH CREW: Yeah, let's give it a try.

MICHELLE RENEE PELTIER: So you all go ahead and close your eyes if you feel comfortable and then give yourself a nice deep breath and breathe into the center of your belly. That's really nice you all, and another breath into the center of your belly and then in your mind's eye, your imagination, imagine that you have a connection from your body into the earth and then when you have that connection begin to bring your attention to those thoughts that just flow right through you begin to notice those thoughts like a river in your mind and instead of being right in the middle of them, in the middle of the river, step right behind it and then imagine above your head a bright gold sun and then just pop it and let it pour into the hole of your body filling you in you're a sponge soaking yourself up and when you're ready you can go ahead and open your eyes and just notice what three to four minutes of simple focus on your breath and stepping behind your thoughts notice what's different in your body right now feel a little bit lighter and it's interesting to watch how the brain thinks right?

KATIE STONE: We wonder how you're feeling you can let us know you can go to childrenshour.org and you can leave us a message and

tell us how you're feeling after you take a moment to meditate. I'm here with Golden Child Meditation for Children leader Michelle Pelletier and we're going to be right back.

[MUSIC, Lucy Kalantari and the Jazz Cats, All The Sounds]

[00:17:40]

[MUSIC, Flor Bromley, Luz]

[00:18:52]

KATIE STONE: You're listening to The Children's Hour, Kids Public Radio. We'll be right back. The Children's Hour is produced by The Children's Hour Incorporated. We're a New Mexico-based nonprofit organization supported by listeners just like you. Learn more about us at childrenshour.org. Museum of Indian Arts and Culture and Museum of International Folk Art divisions of the New Mexico Department of Cultural Affairs support The Children's Hour. Learn more about both museums at newmexicoculture.org. Support for The Children's Hour is provided by Electric Playhouse. Learn more at electricplayhouse.com

TCH CREW: I like all of the podcasts because they help me learn a lot. I'm Brooklyn Elder from Albuquerque. Find hundreds of educational podcasts at childrenshour.org or anywhere you listen to podcasts. Look for The Children's Hour.

[MUSIC, Ashley Mills Monaghan, If I tell myself I can]

[00:22:06]

KATIE STONE: If I tell myself I can is Ashley Mills Monaghan. Over the break you were hearing Ketza and before that Floor Bromley from her 2021 release Pachamama with Luz. All the sounds is Lucy Calantari and the Jazz Cats and that was a Grammy winning CD. You're listening to The Children's Hour. Today on the show we're talking about meditation and keeping our cool. It can be hard to keep your cool with all of the pressures in the world today but there are some simple tricks and we're learning them here on the show including breathing and feeling a sense of connectedness to the earth below us and a feeling from the sky above us and we've practiced a little bit with our guest Michelle Peltier and the kids have some questions for you from the crew.

TCH CREW: Why is meditation a good thing to do?

MICHELLE RENEE PELTIER: Here's a great example for my son. So when he was learning and he was eight. He was just beginning to play soccer and he wanted to kick a goal in a game and I said to him why don't you have your grounding cord when you're just about to kick that goal, take one second, imagine that connection into the earth and when he did, that's when he would kick the ball into the goal. So there's really simple and concrete ways that our connection within ourselves affects our life.

TCH CREW: I was wondering for some people if it was hard for them to meditate.

MICHELLE RENEE PELTIER: I would say for most of us when we begin it's uncomfortable because we start to notice that loop of thoughts or all the different places where our attention is that's outside of the present moment. So if our brains work really quickly we can be thinking about 10 different things at once and that can be harder than if our brains work slightly differently and they're not as loud. So those of us with loud brains who fancy ourselves as multi-taskers we really maybe have a hard time learning to sit quietly and

just let the thoughts go. Like anything, it's a muscle Lucy so the more we practice the stronger we get.

TCH CREW: Is there a specific way to do meditation like lying down or in a chair? Is there a natural way people can do it?

MICHELLE RENEE PELTIER: That's great, Melissa. A lot of mindfulness meditation, people are sitting cross-legged. I really love this connection with my grounding cord from my body just that straight down into the earth and then I also bring in some earth energy through my feet. So I have this whole just very simple lines of energy through my body. So it's easier for me to sit upright but people do it in all different ways and there really is no right way to do it. Sometimes we have a walking meditation.

TCH CREW: What does a walking meditation look like?

MICHELLE RENEE PELTIER: Well, what I have found for myself over the years is when I walk through a forest I am able to focus more within my own body within my breath with my feet touching the earth and I have the sense of coming down and landing within myself. So with mindfulness we can use our breath, we can use walking. Sometimes people will use a candle. They have a point of focus to attach their mind to in a way so that the busyness has something to do.

TCH CREW: Do you feel energized after your meditating or do you feel kind of calm and just content?

MICHELLE RENEE PELTIER: Both. When I take the time in my meditation to envision what I want to create in my life then I fill myself up with that and I feel so jazzed for the rest of the day. And if what I really need in meditation is if I'm experiencing overwhelm or anxiety and I need to get to that calm then that's what I take away and also a sense of strength and purpose within myself. And we can do that with one minute of meditation or we can do that with one hour but definitely when we're younger five minutes is really all we need in the

beginning. And even starting with just one minute at a time just breathing in and breathing out and imagining that you are connected to the world because you are.

KATIE STONE: Michelle, thank you so much for being with us on The Children's Hour.

MICHELLE RENEE PELTIER: Thanks for having me,

TCH CREW: Thanks everybody.

KATIE STONE: Thank you.

[MUSIC, Cross Pulse Percussion Ensemble, Breaths]

[00:39:37]

KATIE STONE: You're listening to The Children's Hour. That was the Cross Pulse Percussion Ensemble with a CD called I Like Everything About You I Do. The song was called Breaths. And here on The Children's Hour today we're thinking about our breaths and they're used to help us control our very strong emotions that we may have and to keep our cool when things feel stressful. We're going to hear an excerpt from Peace Talks Radio. It's a radio program that's produced here in Albuquerque, New Mexico like The Children's Hour. And like us, it's produced by an independent producer. His name is Paul Ingalls. And Paul has a program on kids and mindfulness. You're going to hear from 10-year-old Evan. He's an elementary kid here in Albuquerque, New Mexico who learned mindfulness from an organization called Families for Peace. The co-director Scott Cameron also speaks up on this clip. But Evan is first and he's going to tell us what mindfulness is doing for him while he's at school.

EVAN from PEACE TALKS: Well, it helps me clear my thoughts and it would make me calm by like changing what I would think about.

Like if I think about something like schoolwork then I could come to think about food. So at the beginning he would tell us what we do like mindful breathing or mindful listening. And then he would tell us what you need to focus on like focus on your breath going in and out. And so we would think of our breath going in and out.

KATIE STONE: That's 10-year-old Evan in a clip from Peace Talks Radio. Later on in that program his mindfulness teacher Scott Cameron speaks to what he thinks mindfulness does for kids.

SCOTT CAMERON: I think that teaching it to kids is a means of reducing violence. I think that children are much closer to their own innate mindfulness so it's easier to teach it to them and get them to connect to it. And I think that children a lot of times are raised with a lack of awareness of their own emotions and of how to deal with their own emotions. And that leads to, at times as they get older, violence.

KATIE STONE: You're listening to The Children's Hour. That excerpt is from Peace Talks Radio. Many thanks to Paul Ingalls for allowing us to excerpt his work. And you can find more about Peace Talks and mindfulness and meditation all of this is at our website childrenshour.org. Look for this episode, Keeping Our Cool. In the meantime, coming up we're going to have an exercise in mindfulness and we have a book review by our Evan from our crew. This is Lindsay Monroe from Frogs and Birds right here on The Children's Hour. The Children's Hour, provided by the City of Albuquerque and the Urban Enhancement Trust Fund. Support for The Children's Hour provided by the County of Bernalillo, New Mexico. Many thanks to the users at Tokenibus.org, who direct funds to The Children's Hour every week. Keep up with The Children's Hour and subscribe to our monthly newsletter The Children's Hour.

[MUSIC, Snooknuk, Inside of You]

[00:45:48]

KATIE STONE: That's the teenage band Snook Nook and their single Which is called Inside of You and over the break you heard Dragonfly, that's Second Sky. Mr. Nature brought us Deep Breath. Our exercise in mindfulness together. And Lindsay Monroe way back when, Take a Breath from her brand new release Frogs and Birds. You're listening to The Children's Hour. I'm Katie Stone. And Evan from our crew has a book review coming right up. We're learning about mindfulness and meditation and you can find lots of links and other information at childrenshour.org. Look for this episode Keeping Our Cool. This is the Dreyer Family Band Right here on The Children's Hour.

[MUSIC, Dreyer Family Band, Peace & Love]

[00:45:48]

EVAN DATES: I first heard The Boy, The Mole, The Fox, and The Horse as an audio recording. I heard it over and over again at bedtime until I'd memorized the words. It's just that kind of book. The author and illustrator, Charlie Mackesy was also the narrator and there were lots of beautiful sound effects that helped me imagine a story without pictures. Months later, I got the actual printed book published by HarperOne for my birthday and the messy but magical illustrations revealed a whole new world to me. Hi, I'm Evan Daitz and this week, I'm reviewing the book The Boy, The Mole, The Fox, and The Horse for The Children's Hour. The wonderful thing about this book is that I can imagine kids of all ages and even adults loving it. This story of friendship and love and even adults loving it. This story of friendship and adventure also includes some cool new twists on old sayings like when The Mole says, "If at first you don't succeed, have some cake." I can't say enough good stuff about The Boy, The Mole, The Fox, and The Horse written and illustrated by Charlie Mackesy and published by HarperOne. You just need to read it for

yourself or to someone else. It makes a really sweet gift too. For The Children’s Hour, this is Evan Daitz.

[MUSIC, Twinkle Time, It's Okay to Be Me]

[00:50:27]

[MUSIC, Elizabeth Mitchell and Suni Paz, Paz Como un Río]

[00:52:51]

KATIE STONE: Elizabeth Mitchell and Suni Paz from a CD called Tu Eres Mi Flor, Songs for Children in Español. That's Peace Like a River, Paz Como un Río and before that you heard Twinkle Time, Twinkles, It's Okay to Be Me. That's the single of the remix and many thanks to Evan Dates and his mom Vanessa for making that piece for us today on The Children’s Hour. You can find links and so much more information about our guests and all the things you've heard on The Children’s Hour including our playlists at childrenshour.org. This episode is called Keeping Our Cool. We're going to go out with one more. This is Megan Schoenbaum from a CD called Bubba and Boo, a 2020 release. This is Peace and Love and I wish that for all of you. We'll catch you next time for another edition of The Children’s Hour.

[MUSIC, Megan Schoenbaum, Peace and Love]

[00:56:54]

TCH CREW: The Children's Hour is produced by The Children's Hour Incorporated, a New Mexico non-profit. You can find photos, links, learn-along guides, and more about us at ChildrensHour.org.

KATIE STONE: Many thanks to Michelle Renee Pelletier for being with us on the show today, and also to Peace Talks Radio and Paul Ingles. We had production help today from Christina Stella.

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