

Hello and a warm welcome,

If you've noticed the music weaving through the show, I hope it caught your ear. Each track was handpicked to reflect the emotions expressed in the series. Curating it while staying mindful of copyright became a joyful, almost treasure-hunt-like part of producing the show. As I put together the credits for the show notes, I wanted to share a little behind-the-scenes peek, highlighting some of the pieces we used and why they were chosen, for the few of you curious enough to be reading this.

-Tal

Intro:

Our theme music was created especially for us by Dan Sacks of *Noodle Loaf*. We even break it down in Episode 4: *Belonging and Independence (Part 1)*, where you can hear more about Dan and his process.

Peter & The Wolf:

Growing up, I adored Prokofiev's *Peter and the Wolf*. My copy featured David Bowie as the narrator, and I listened to it endlessly. When my sons were young, I passed that love along, and now both are musicians. I hope this piece continues its journey, beyond my family and into yours, inspiring your children to feel with music, just as it inspired mine.

What I've always loved about this piece is how brilliantly it introduces orchestral instruments. In our show, we're not using it to teach emotions outright, but you'll hear echoes of its structure throughout. Patterns are there if you listen for them, along with exceptions that keep things interesting—because patterns ground us, but surprises keep us curious.

Fear and Bravery: French Horn (The Wolf)

Jealousy and Openness: Clarinet (The Cat)

Anger and Forgiveness: Bassoon (Grandfather)

Belonging and Independence: Strings (Peter)

Embarrassment and Pride: Oboe (The Duck)

Love and Sadness: Flute (The Bird)

Endings and Beginnings: Timpony (The Hunters)

[Peter and the Wolf](#) by Sergei Prokofiev. Performed by the All-American Youth Orchestra, conducted by Leopold Stokowski, with narration by Basil Rathbone. Original recording (1941) courtesy of Internet Archive (Transferred by Bob Varney).

Holst's planets:

The moment you realize your child has become your teacher is humbling and fills you with pride. In music, the roles flipped early: my firstborn explored, and I followed, his journey through orchestras and ensembles leading me forward to new music and back to the familiar vinyls my father played in my childhood.

While looking for emotive pieces for the show, I thought of his performance at the New England Conservatory, when he was 11, playing Holst's *The Planets*. Ben came home buzzing with nonstop chatter, captivated, moved, and full of new discoveries about the music. That experience stuck with me, and in many ways Ben's playing inspired the choices I made for this series. Holst in particular became a touchstone: as I curated the music, I realized the planets had aligned perfectly for the show.

Mars - Fear & Bravery

Venus - Jealousy & Openness

Uranus (and Mars again) Anger & Forgiveness

Mercury - Belonging & Independence

Saturn - Pride & Embarrassment

Neptune - Love & Sadness

Jupiter - Endings & Beginnings

[The Planets, Op. 32](#) by Gustav Holst, performed by The London Philharmonic Orchestra.
Public Domain / CC0

Familiar lines

As you may have noticed, there are repeating lines throughout the show. We intentionally built these lines into each host's script and wove them into every emotion pairing. Repetition is important because it reinforces key ideas, strengthens memory, and allows listeners, especially children, to notice patterns, make connections, and deepen their understanding of the emotions we explore. Familiarity breeds confidence, and we hope that once you have learned these lines, you will reach for them during moments of strong feelings, helping to guide, motivate, and support you through whatever emotions arise.

Get comfy, settle in

“But for now, get comfy, settle in, and let’s dive into these incredible stories about ____.”

[Take Your Time](#) by Dan Lebowitz, courtesy of Free Music Library. Used under Creative Commons / royalty-free license.

Through a morsel from each show

“This collaboration brings together our community of creators, each offering their own unique perspective on emotions. Through a morsel from each show, we introduce you to a new creative style. We hope you discover your new favorite podcast here! In this episode, you’ll hear from 6 different Kids Listen shows...”

[All the Things You Are](#) performed by Artie Shaw and His Orchestra, 1940. Public domain.
Source: Wikimedia Commons.

The Dance

“A thought can spark a feeling, and a feeling can lead to a thought. They dance together, helping us understand who we are and what matters to us. When we pay attention, we can start to learn about ourselves - what makes us happy, what worries us, and what we care about most. By noticing how our thoughts can shape our feelings, we can grow, also becoming more understanding of other people’s emotions.”

[Rondo in C minor, Op. 1](#) by Ludwig van Beethoven, performed by Musopen. Public domain.

“Emotions come and go, they flow through us. We don’t have to be afraid of them. We can sit with them, and watch them, and learn from them.. Even the uncomfortable ones.”

They tell us something

“Feelings are like smells - some are sweet, others are stinky, but none of them are “bad” or “wrong.” They just are. They’re all trying to tell us something. It’s okay to feel however we feel. What matters most is how we choose to react.”

[Samson and Delilah, Op. 47 – Danse Bacchanale](#) by Camille Saint-Saëns, performed by Musopen. Public domain.

Empathy and Compassion

“Empathy helps us understand how others feel, while compassion inspires us to show care and support. But it’s not just about others - we can practice compassion with ourselves too. By being kind and patient with our own feelings, we learn to accept who we are, even when things get tough. It takes courage to be gentle with yourself, but it helps us grow stronger and build better connections with others.”

[All the Things You Are](#) performed by Artie Shaw and His Orchestra, 1940. Public domain. Source: Wikimedia Commons.

Tiny whisper or a surging wave

“Feelings can come up inside us like a tiny whisper or a surging wave! Some gnaw at us, eroding our peace of mind bit by bit. Some flood in so powerfully, they take over, making it hard to think straight or be ourselves. Either way, they can affect our bodies, our relationships, and even the way we see the world. So it's important that we listen to them.”

[Charleston](#) performed by James P. Johnson and His Orchestra, 1925. Public domain. Source: Internet Archive.

The credits

“Thanks so much for listening and being part of this special Kids Listen Mash-Up. Until next time, stay curious, stay kind, and remember - big emotions aren't something to fear, they're something to feel.”

[Funk](#) by LiteSaturation. Licensed under Pixabay Content License. Source: Pixabay.

The question and the activity

“If this question got you thinking, let us know in the Spotify comments or in a review - we'd love to hear how it made you feel! And if you have your own thoughts or questions about this topic, our very own Dr Friendtastic will be joining the conversation in the Spotify comments too!”

[Camargue](#) House of the Gipsies performed by FreeChannel. Licensed under YouTube Standard License. Source: YouTube.

Intro - adjust the sails

In this series, we'll be exploring big feelings. They can be powerful, and so can we! Emotions are useful, they are a source of information. They are our connection to the world. So let's get to know them better, invite them in, and create space to choose how we respond to them. We cannot control the wind, but we can adjust the sails.

Rules shmules

Every rule has an exception and if it didn't have any exceptions, I wouldn't like it as a rule. The music that accompanies our intro line changes throughout the show, often featuring a song that reflects the feelings explored in each emotion pairing. You will find some repetitions, and cross overs, but when I began to look for music for the show, I looked for pieces that strongly emoted specific feelings:

Bravery

[Haitian fight song](#) written by Charles Mingus, performed by Big Band del Taller de SedaJazz, licensed under CC BY-NC-ND

Fear

[Carmina Burana](#) O Fortuna performed by London Symphony Orchestra. Licensed under SoundCloud Standard License. Source: SoundCloud.

Jealousy

[Lie Down In Darkness](#) (Photek Remix) by Moby. Licensed for non-commercial use under Mobygratis License ID 1m6crwcah. Source: Mobygratis.

Contentment

[All the Things You Are](#) performed by Artie Shaw and His Orchestra, 1940. Public domain. Source: Wikimedia Commons.

Openness

[Los Cabos](#) House of the Gipsies performed by FreeChannel. Licensed under YouTube Standard License. Source: YouTube.

Anger

[Symphony No. 5 in C Minor, Op. 67 – I. Allegro con brio](#) written by Ludwig van Beethoven, performed by Musopen Symphony. Public domain. Source: Wikimedia Commons.

Forgiveness

[Hallelujah](#) written by Leonard Cohen performed by John Cale, 1991. Public domain. Source: Internet Archive.

Belonging

[Danny Boy \(Londonderry Air\)](#) performed by Glenn Miller and His Orchestra, 1940. Licensed under CC0 1.0 Universal. Source: Internet Archive.

Independence

[Carmen Prelude, Act I](#) written by Georges Bizet, performed by Orchestre Symphonique de Musopen. Public domain. Source: Musopen.

Pride

[Don Perez Freire \(Tango\)](#) by Agustín Barrios Mangoré, performed by Edson Lopes. Public domain. Source: Musopen.

Hubris

[Symphony No. 41](#) by Wolfgang Amadeus Mozart, performed by Bruno Walter / New York Philharmonic Orchestra. Licensed under Creative Commons Attribution-ShareAlike 3.0. Source: Wikimedia Commons.

Love

[Romeo and Juliet](#) Overture-Fantasia performed by [Orchestra Name]. Public domain. Source: Musopen.

Sadness

[Ave Maria](#) written by Johann Sebastian Bach, performed by John Michel on cello. Public domain. Source: Wikimedia Commons.

Endings and Beginnings

[Swan Lake, Op. 20 – Act IV Introduction](#) written by Pyotr Ilyich Tchaikovsky, performed by the Musopen Symphony. Public domain. Source: Musopen.

[Swan Lake, Op. 20 – Final Scene](#) written by Pyotr Ilyich Tchaikovsky, performed by Eugene Ormandy and The Philadelphia Orchestra. Public domain. Source: Internet Archive

Misc:

[Deep Blue Sea Blues](#) written and performed by Clara Smith, 1920s. Public domain. Source: Open Music Archive.

[Hands Across the Sea](#) written by John Philip Sousa, performed by United States Marine Band. Public domain. Source: Musopen.

[Skylines](#) written and performed by NoStrikeBan. Licensed under Creative Commons Attribution 3.0. Source: YouTube.

[Dancing on the Ceiling](#) written by Richard Rodgers and Lorenz Hart, performed by Artie Shaw and His Orchestra, 1938. Public domain. Source: Wikimedia Commons.

[Yoga 30 Min – Meditation, Relaxation, Stress Relief](#) written and performed by No Copyright Meditation Music. Licensed under Creative Commons Attribution 3.0. Source: YouTube.

Thank you so much for your time and for listening, exploring, and feeling along with us. If you're still reading, I'm probably smiling right now, and I don't even know why.

Remember, big emotions aren't something to fear. They're something to feel, notice, and learn from. Stay curious, stay kind, and let the music guide you.

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