

Kathryn the Grape Releases STOP SLOW GO, a Music-Based Social-Emotional Learning Album for Children

New 13-track album combines music, movement, and meaningful messages with practical social-emotional learning tools

SAN DIEGO, CA, UNITED STATES, August 20, 2026 /EINPresswire.com/ -- Award-winning children's recording artist Kathryn "the Grape" Cloward, who is also a bestselling author and Certified Social-Emotional Learning Instructor (Rutgers University), announces the release of [STOP SLOW GO](#), a 13-track Kathryn the Grape® children's album intentionally written, created, and organized to provide engaging, [music](#)-based tools for social-emotional learning and character development.

Each song connects with one or more of the five core competencies identified in the CASEL framework: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

STOP SLOW GO aligns with research-based approaches shown to support positive outcomes in children's social-emotional development through music, movement, active engagement, and participation. Kathryn the Grape's work brings music, movement, and meaningful messages together to make social-emotional learning engaging, memorable, and accessible for children.

The title track, STOP SLOW GO, uses a familiar traffic-signal concept to help children build foundational awareness of self-regulation and responsible decision-making. Children are



Kathryn the Grape's new 13-track STOP SLOW GO album combines music, movement, and meaningful messages with practical social-emotional learning tools.

encouraged to notice what their bodies and emotions are signaling to them as they stop, slow down, or go, making an intentional choice about what to do next. Self-management and responsible decision-making are among the areas parents and educators frequently seek additional support for, and STOP SLOW GO was created to help meet that need through music children can actively engage with and remember.

“Social-emotional learning and character development aren’t a one-and-done worksheet or workshop. They are an ongoing practice we use every day,” Cloward said. “Just like an athlete practices to strengthen their skills, we strengthen our social-emotional skills through practice and participation. Music gives children and the adults in their lives an engaging way to practice together and carry meaningful conversations beyond the song.”

Drawing from Cloward’s extensive experience performing engaging and educational shows for children, STOP SLOW GO is intentionally sequenced much like a Kathryn the Grape live show. The album begins with upbeat dance-along and hand-motion songs that encourage active participation, transitions into vibrant, message-focused songs, and wraps up with three acoustic tracks that slow the experience down and allow the messages to take center stage. The album concludes with Daily Goodness, a seven-minute guided mindfulness experience featuring breathwork, affirmations, and positive statements.

The album experience extends through interactive dance-along and hand-motion [videos](#), as well as supplemental learning tools that encourage active participation while reinforcing foundational skills, including body awareness, listening, self-regulation, self-control, and following cues.

Cloward’s work is intentionally centered on children, families, and educators. Children’s music and media are not a seasonal project or an extension of other creative work. Helping children grow and learn is the primary focus of her work. In addition to writing and producing music, books, and videos, Cloward performs regularly for children and families throughout Southern California. In 2025, she performed 153 Kathryn the Grape shows, with 210 performances



Kathryn the Grape performing at Fiesta del Sol Music Festival in Solana Beach, California on May 30 2026



Kathryn Cloward is Kathryn the Grape. An Award-Winning Children's Recording Artist, Best-Selling Author, and Certified Social Emotional Character Development Instructor



Just like an athlete practices to strengthen their skills, we strengthen our social-emotional skills through practice and participation. Music provides an engaging way to practice and grow together.”

Kathryn Cloward

completed or contracted for 2026. From schools and libraries to malls, festivals, and community events, Cloward goes where children and families gather, bringing the same mission to every setting: helping children develop practical tools they can carry with them through life.

STOP SLOW GO is available on major digital music platforms beginning August 21, 2026. Videos and supplemental learning resources are available at KathryntheGrape.com.

STOP SLOW GO Tracklist

1. Friends Forever (Dance Party)
2. Stop Slow Go
3. Choosing Kindness (Dance Party)
4. Shine Shine Shine (Dance Party)
5. Boomerang
6. I Am Unique
7. Freeze Dance
8. Love Kindness and Peace
9. Love Makes a Family
10. Stop Slow Go (Acoustic)
11. Choosing Kindness (Acoustic)
12. Shine Shine Shine (Acoustic)
13. Daily Goodness

About Kathryn the Grape®

Kathryn the Grape® is an award-winning children’s music and media brand created by Kathryn Cloward to help children feel good about themselves and develop practical tools for navigating life. Cloward is a bestselling author, award-winning songwriter and recording artist, producer, educator, and Certified Social-Emotional Learning Instructor. Through original music, books, videos, live performances, and learning resources, Kathryn the Grape combines music, movement, and meaningful messages to support confidence, kindness, emotional awareness, self-regulation, connection, and responsible choices.

More at KathryntheGrape.com

Kathryn Cloward

Kathryn the Grape (Kandon Unlimited, Inc.)

kathryn@kathrynthegrape.com

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

Facebook

YouTube

TikTok

Other

This press release can be viewed online at: <https://www.einpresswire.com/article/935692159>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.