



Children's TV Show Concept

Ages 5 - 8

Lucy and her bohemian friends invite
children to play beyond this realm

Created by Jenna Chusid &
Lucy Helen McQuilkan

A Mindfulness Show for Children



Sacred Feminine

Honoring feminine qualities
such as collaboration,
receptivity and vulnerability



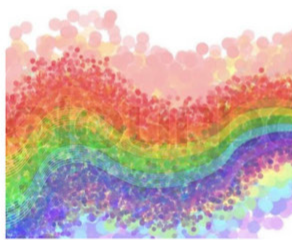
Music

Raising children's vibration
through the magical lyrics
and tones of music



Mindfulness

The first television show for
children dedicated purely to
the pursuit of mindfulness



Diversity

Embracing a diverse cast
of characters for every
child to easily relate to



Nature

Nurturing childrens' innate
connection with the wonder
of Mother Earth



Humor

Introducing mindfulness
in a way that make
children laugh

**"If every 8 year old in the world is taught
meditation, we will eliminate violence from the
world within one generation."**

Dalai Lama



Lucy & the Mischievous Goddesses



Charming and quirky, Lucy has come from somewhere unknown, following a powerful hunch that leads her to an old school bus!

Unbeknownst to her, the bus is not exactly as it appears—and buying it is about to change her life completely...

Lucy soon discovers she is not alone. The bus already has seven colorful residents: the Mischievous Goddesses! It is also home to a mysterious printing press that produces a magical newspaper for children everywhere.

As the new driver and editor of The Mystic Express, Lucy embraces the lessons in mindfulness and mysticism that she learns along the way, sharing them with the audience in a candid, funny and relatable way.



The Mischievous Goddesses



Roco

Roco is a passionate environmental activist. Deeply connected to the natural world, she uses her conch shell to express her very strong views about protecting the planet—and she isn't afraid to get loud when nature needs someone to



Amber

Amber is the life of the party! She is high octane, flamboyant, and never goes unnoticed. Amber takes pride in her self expression and inspires others to do the same.



Sunny

Sunny is a New Age hippie chick oozing with confidence who conducts herself like a motivational speaker! (A female, Californian version of a young Tony Robbins) She's the over-the-top, all- American, puppet of positivity.



Madame Lotus

Madame Lotus is our sensual and very loving Mischievous Goddess. She is a master potion maker and spreads the power of love and kindness wherever she goes!



Melody

With her raspy voice and blunt honesty Melody is a straight shooter. She has a love for words, singing, and has no problem speaking her mind. A soul sister of Janis Joplin.



Grandma Woo

Grandma Woo is the wise elder Mischievous Goddess. Although very forgetful (and a sporadic farter!) she expresses incredible words of wisdom. Woo is the beloved grandmother of the show.



Mama Mojo

Mama Mojo is wise and deep with a nurturing energy (think Maya Angelou). She is in tune with the language of the Universe – which she likes to express through her magical culinary expertise.



Synopsis

Welcome aboard The Mystic Express! My name is Lucy, and this whole adventure began when I had a very strong hunch to buy an old school bus. Was it practical? Absolutely not. Did I buy it anyway? Yes. And that's when things became extremely strange.

For starters, the bus wasn't empty! Living inside were seven colorful and rather opinionated Mischievous Goddesses: Sunny, Amber, Melody, Roco, Madame Lotus, Mama Mojo and Grandma Woo. They each have their own special talents. Sunny always finds the bright side, Amber celebrates self-expression, Roco talks to trees, Madame Lotus gives scrumptious hugs, Melody has a song for every occasion, Mama Mojo makes magical food—and Grandma Woo knows ancient secrets that the rest of us are still trying to understand.

Aside from all of that completely normal behavior (yeah right!), there is something else hiding inside the bus: a mysterious printing press. It produces The Mystic Express, a magical newspaper filled with stories that children need to hear. Every edition must be finished before midnight so the newspapers can fly across the world and arrive by sunrise.

Simple enough—except the bus has ideas of its own.

It doesn't always go where I tell it to go, the stories are rarely what they first appear to be, and the printer refuses to start until our adventure is truly complete. Apparently, whoever drives the bus is also the newspaper's editor—which is a lot of responsibility for someone who still isn't sure what half the mysterious buttons do!

Together, we travel through a lush and magical corner of the Pacific, following curious clues and trying to finish each edition on time. Life aboard The Mystic Express is full of friendship, music, mindfulness, mysteries and a fair share of mischief. Along the way, I'm learning to follow my intuition, trust my unusual new friends and accept that being the editor doesn't mean I can control everything. Sometimes the story finds us!



Structure

Episodes are standalone and follow Lucy and the Mischievous Goddesses as they travel through a mysterious corner of the Pacific aboard their magical bus, searching for the next story for The Mystic Express newspaper.

Each episode explores a theme such as bravery, intuition, cooperation or trusting the timing. Lucy begins with a plan to finish the newspaper before midnight, but the bus soon carries the group somewhere unexpected. As a curious story unfolds, the Mischievous Goddesses use their unique talents to investigate—and Lucy discovers that things are rarely what they first appear to be.

Episodes end with the mystery solved, the lesson learned and the magical printer springing to life. The finished newspapers fly off to reach children everywhere by sunrise, leaving Lucy to wonder where the bus will take them next.

Tone & Style

The Mystic Express feels mystical, magical and earthy, with muted psychedelic colors reminiscent of analog films from the late 1960s. The lush Pacific landscape creates a world that feels wild, timeless and slightly removed from ordinary reality. The show combines handcrafted puppetry with playful live-action effects, including kaleidoscopes turning before the lens and newspapers flying through the air. The bus has a tactile, avant-garde quality, filled with mysterious compartments, curious objects and colorful details.

Humor allows meaningful lessons to be delivered lightly. The show explores intuition, mindfulness and divine timing while happily poking fun at itself. Lucy's sensible plans are continually interrupted by a bus with ideas of its own and seven Mischievous Goddesses who rarely behave as expected.

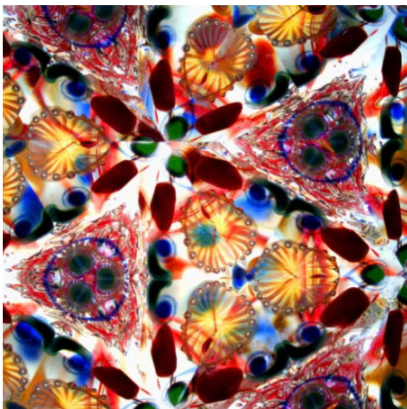
Costumes and sets are bohemian, dreamy and richly detailed. The cozy bus interior contrasts with the jungles, beaches and winding roads of its mysterious Pacific setting.

Original music plays a leading role. Each episode features groovy, timeless songs performed by Lucy or the Mischievous Goddesses, adding humor, emotion and another creative layer.

Playful, glamorous and full of heart, The Mystic Express makes life's biggest questions accessible while celebrating kindness, courage and trust. Its diverse cast honors the many cultures, appearances and ways of being found throughout the Pacific, helping every child feel seen and welcome.



Mood Board





Episodes

Pilot: Lucy and the Bus

Lucy follows a powerful hunch and buys a mysterious old school bus—even though her head is shouting, “No!” With a little encouragement from Sunny, she learns that bravery sometimes means trusting yourself and taking the first step.

Episode 2: Bus for Sale

Lucy wakes to discover seven colorful Mischievous Goddesses living inside her new bus! Convinced it must be haunted, she immediately puts it up for sale—but the bus and its residents have other plans.

Episode 3: We Go to Print

Lucy discovers that the bus produces *The Mystic Express*, a magical newspaper that must reach children everywhere by sunrise. With only six hours until printing, Lucy and the goddesses scramble to complete their very first edition.

Episode 4: Trust the Timing

Determined to prevent another chaotic print day, Lucy creates a minute-by-minute plan. But when the bus refuses to cooperate and the printer remains mysteriously silent, she learns to prepare, do what she can—and trust what she cannot control.

THE NEW YORKER

BAREFOOT DEPT. JULY 24, 2017 ISSUE

By Marisa Meltzer

July 17, 2017

TEACHING GIRLS TO BE GODDESSES

In Clinton Hill, a former fashion designer from New Zealand helps her young students “play beyond this realm.”

By Marisa Meltzer





THE TIMES

Girl power lessons for four-year-olds at Mischievous Goddess



Lucie McQuilkan and one of her little goddesses



Mischievous Goddess Parties

Things to do , Birthday parties ★★★★★

Kid Testing

Lucy has worked with children in the realm of mindfulness for over 10 years as a Mindfulness Entertainer & Educator through her company Mischievous Goddess (oftentimes with Jenna at her side). Hosting hundreds of birthday parties, workshops, classes and Summer Camps, all under the umbrella of mindfulness and mysticism, have proven to be a huge hit with children. Giving children a glimpse of how they can access their own inner peace through a lense of humor, beauty and mystery - Lucy and Jenna have a tried-and-tested recipe to bring the lifelong skills of mindfulness to children in a fun and captivating way! We love kids and we understand them, because we are still children at heart ourselves!

We have shown the trailer to over 50 children between the ages 5 - 8 and the reaction is unanimous: focused attention, LOTS of laughter & giggles, followed by -

“Can I watch it again?!”



A few snapshots of our 10+ year experience providing children mindfulness tools

Benefits of Mindfulness for Children

Reduces
Anxiety



Improves
Social Skills



Builds
Confidence



Feelings of
Oneness



Enhances
Focus



Emotional
Regulation



“[Children] learn how to pause and respond to situations rather than react. They have a better understanding of the ways that their brains work and have an increased sense of curiosity and wonder about their own thoughts, emotions, and body sensations.”

— Parents.com

“In the last few years mindfulness has emerged as a way of treating children and adolescents with conditions ranging from ADHD to anxiety, autism spectrum disorders, depression and stress. And the benefits are proving to be tremendous.”

— Childmind

“Part of the reason why mindfulness is so effective for children can be explained by the way the brain develops. While our brains are constantly developing throughout our lives, connections in the prefrontal circuits are created at their fastest rate during childhood.”

— New York Times

Creators

The Mystic Express is five years in the making. Lucy & Jenna serendipitously first met at NYC's mystical cafe The Alchemist's Kitchen in 2016. The goddess tutus and wands bursting out of Lucy's bag caught the eye of Jenna and sparked a conversation about magic, children and mindfulness - the first of many more conversations to come ... and finally leading to the amazing show concept that you see here today!



Lucy

Lucy Helen McQuilkan's mystical work with children has been featured in The New Yorker, The Times (UK), and Time Out Kids. She is the founder of Mischievous Goddess - an educational and entertainment company for children with a focus on mindfulness. Mischievous Goddess provides summer camp, birthday parties and goddess classes for children between the ages of 3 - 11. With a diverse background in the arts including drama, ballet, singing and fashion, and a passion in personal development, mindfulness practices and yoga - Lucy is on a mission to help children find a deeper sense of self through nature and meditation all within the realms of playfulness. Originally from Aotearoa, New Zealand, she spent 13 years living in New York City before moving to Maui where she currently resides with her partner and three year old daughter.

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Jenna

Jenna Chusid is a producer based in New York City, where she's worked on a wide variety of projects, from producing live fitness streaming to casting major network television shows.

Currently, Jenna is a creative producer for an E-Learning company. The world that Jenna sees today was heavily influenced by the television programs of her childhood, making it her lifelong passion to be a creator in the children's media space. She believes children's television is the ultimate medium of expression, with its effortless ability to blend clever humor and educational value. These fundamental aspects also provide the perfect platform for Jenna's main goal: to spread love and positive vibrations! In her day-to-day, she devoutly practices kundalini yoga, is always jamming to music, and never stops trying to learn more about how the universe works.

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