

We asked Kaia ...

How did you start playing and singing music?

I started playing music when I was little, about 6 years old. I took piano lessons and cello lessons, and eventually I really fell in love with the banjo and guitar in my teens. Mostly music has helped me express what I'm feeling. It's a powerful tool to be able to write your emotions down on a page and then be able to sing them, and have them come to life.

What is your favorite food?

My father is from Grenada, which is an island in the Caribbean. My favorite food, Salt Fish Bake, comes from there. It's so delicious! The salt fish dish is a mixture of salted cod, thyme, onion, garlic, diced tomatoes, and chili peppers. Usually people serve this with bake, which is fried dough. It's my absolute favorite food; I could eat it every day for a month.

Do you ever get nervous when you sing or play music?

I get nervous all the time when I'm about to sing or play music. It's a normal thing and nothing to be ashamed about. I usually try to make friends with my nerves—to treat them as a part of me rather than something to get rid of. I think of it like this: My nerves and I will play this show together. And even if we make mistakes, we'll still have fun and everything will be alright!

Where is your favorite place that you've played music?

Tell us what that was like.

I played in Carnegie Hall in New York City this year! I played with a band; we had acoustic bass and electric guitar. It was so fun to be on the big stage with my friends, playing the songs I wrote. I'd do it again anytime!

