

## Children's Book List

Title	Author(s)	Summary	Mindfulness	Compassion	Self-Compassion	Resilience	Emotions	Anxiety
<b>1-2-3 A Calmer Me: Helping Children Cope When Emotions Get Out Of Control</b>	Patterson, Colleen A.; Miles, Brenda S.	This book introduces children to a simple rhyme they can use to slow down their bodies and stop feelings from spinning out of control.	x				x	
<b>A Box Of Butterflies</b>	Rooks, Jo	This book is an introduction to social-emotional learning and affective education for kids					x	
<b>A Handful of Quiet: Happiness in Four Pebbles</b>	Nhat Hanh, Thich	A introduction to pebble meditation, a playful and creative way to share mindfulness with children.	x					
<b>A Quiet Place</b>	Wood, Douglas	A boy searches for a quiet place and finds it once he looks inside.	x					
<b>ABCs of Mindfulness</b>	Engel, Christian	A fun book that introduces toddlers to fun poses and movements of animals they adore.	x					
<b>ABCs of Yoga</b>	Engel, Christian	A fun book that introduces toddlers to fun concepts and ideas related to mindfulness and compassion.	x					
<b>Alphabreaths: The ABCs of Mindful Breathing</b>	Willard, Christopher	A collection of playful breathing practices.	x					
<b>Bounce Back: How To Be A Resilient Kid</b>	Moss, Wendy L.	Introduces children to resiliency and offers practical tools, real-life stories and reflective quizzes.				x		
<b>Brave as a Mountain Lion</b>	Scott, Ann Herbert	A boy overcomes his fears of public speaking at the school spelling bee.						x

<b>Breathe</b>	Castel-Branco, Inês	A collection of illustrated exercises to help little ones become aware of their breath and their body.	x					
<b>Breathe and Be: A Book of Mindfulness Poems</b>	Coombs, Kate	Lovely illustrations and short poems bring the spirit of mindfulness alive.	x					
<b>Breathe Like a Bear</b>	Willey, Kira	A collection of 30 mindfulness exercises that teach children practices to connect with their body, breath, and emotions.	x					
<b>Can You Say Peace?</b>	Katz, Karen	This book highlights peace in many languages and how children all over wish for peace.		x				
<b>Charlotte and the Quiet Place</b>	Sosin, Deborah	A school-girl learns practices to help her feel calm and find quiet even when the world around her is noisy.	x					
<b>Don't Think About Purple Elephants</b>	Merritt, Susanne	A girl finds ways to ease her worries.						x
<b>Down the Road</b>	Schertle, Alice	A girl has an accident and worries about disappointing her parents.			x		x	
<b>Flight of the Hummingbird</b>	Yahgulanaas, Michael Nicoll	A hummingbird does all she can to save her forest, with afterword by the Dalia Lama.				x		
<b>Giraffes Can't Dance</b>	Andrea, Giles	A giraffe learns to find his own beat in the jungle dance despite being told he can't dance.		x		x		
<b>Gracias/Thanks</b>	Mora, Pat	A boy shares all that he is grateful for in the day.	x	x				
<b>Happiness Doesn't Come from Headstands</b>	Levitt, Tamara	A girl overcomes feelings of failure when she can't do headstands.	x		x	x		
<b>Hey, Little Ant</b>	Hoose, Phillip; Hoose, Hannah	A little boy tries squishing an ant on the sidewalk, who starts a conversation with him about compassion.		x				
<b>How Big Are Your Worries, Little Bear?</b>	Jayneen Sanders	Mama Bear helps Little Bear learn ways to overcome fears. Includes caregiver talking points for each.						x
<b>How is Daniel Feeling?</b>	Testa, Maggie	Daniel Tiger shares the range of feelings he has throughout the day.					x	
<b>How Kind!</b>	Murphy, Mary	Farm animals extend kindness to each other.		x				
<b>I Am Enough</b>	Beyers, Grace	A book celebrating loving who we are and being kind to one another.		x	x			

<b>I Am Peace: A Book of Mindfulness</b>	Verde, Susan	A girl explores feelings, thoughts and mindfulness.	x					
<b>I Am Yoga</b>	Verde, Susan	A girl finds strength to soothe her worries through yoga.	x					
<b>I Feel Worried! Tips for Kids on Overcoming Anxiety</b>	Briggs, Nadine; Shea, Donna	A book that helps children label and understand emotions, and cope with anxiety.						x
<b>Jabari Jumps</b>	Cornwall, Gaia	A little boy learns to find courage in himself, and with the support of his father.				x		x
<b>King Calm: Mindful Gorilla In The City</b>	Sweet, Susan D.; Miles, Brenda S.	This book introduces readers to the concept of living mindfully in a creative and practical and easy to apply way.	x					
<b>Last Stop on Market Street</b>	de la Pena, Matt	A boy questions why he doesn't have the things other kids do, and his nana's answers offer insight on appreciating the world around us.		x		x		
<b>Listening to My Body</b>	Garcia, Gabi	A story helping children explore the mind-body connection.	x				x	
<b>Listening with My Heart</b>	Garcia, Gabi	A story of kindness and self-compassion.		x	x			
<b>Millie Fierce</b>	Manning, Jane	A girl acts out to get attention, then learns that isn't the attention she wants.					x	
<b>Mindful Games Activity Cards</b>	Greenland, Susan Kaiser	55 activities that promote attention, balance, and compassion among children and teens.	x	x				
<b>Mindful Kids: 50 Activities for Calm, Focus and Peace</b>	Stewart, Whitney	A deck of 50 cards with short activities for children ranging from in-the-moment skills to guided practices.	x					
<b>Mindful Tots: Loving Kindness</b>	Stewart, Whitney	A board book that introduces toddlers to practices that nurture compassion for others and themselves.		x	x			
<b>Mindful Tots: Tummy Ride</b>	Stewart, Whitney	A board book that introduces toddlers to practices to manager early emotions.	x					
<b>Most People</b>	Leannah, Michael	With an emphasis on diversity, this book follows two families through their day to illustrate community.		x				
<b>My Heart is a Zoo</b>	Hall Michael	Heart shaped animals introduce toddlers and preschoolers to different feelings with a fun rhyme.					x	

<b>Peace is an Offering</b>	LeBox, Annette	Neighborhood children discover peace is all around if they look and share it with one another.		x				
<b>Phileas's Fortune: A Story about Self-Expression</b>	Lestrade, Agnès	This book reveals the power of language and self-expression and emotions.					x	
<b>Puppy Mind</b>	Nance, Andrew Jordan	Little ones learn about the nature of a wandering mind by following an adorable puppy on adventures.	x		x			
<b>Quick As a Cricket</b>	Wood, Audrey	A boy describes his feelings through animals.	x					
<b>Relaxations: Big Tools For Little Warriors</b>	Duch, Mamen	This book uses gentle affirmations to improve and enhance confidence, self-esteem, concentration, and creativity.	x					
<b>Self-Compassion &amp; Mindfulness for Teens Card Desk</b>	Gray, Lee-Anne	A card deck with 54 activities and conversation starters on topics including anxiety, depression, LGBTQI, school, body image, and more.	x	x	x			x
<b>Sometimes I'm Bombaloo</b>	Vail, Rachel	A little girl learns how to find calm when she loses her temper.					x	
<b>Sumi's First Day of School Ever</b>	Kim, Joung Un; Pak, Soyung	Sumi is worried about her first day of school, but the kindness of one child and a teacher help her feel welcome.		x				
<b>The Day You Begin</b>	Woodson, Jacqueline	A book about what it's like to feel different and how we can share our stories with others to be brave.				x	x	
<b>The Hugging Tree: A Story About Resilience</b>	Neimark, Jill	A little tree growing on the edge of a cliff finds strength and hope in the world around her.				x		
<b>The Invisible Boy</b>	Ludwig, Trudy	A boy feels invisible at school, until a new kid comes to his class and shows kindness.		x				
<b>The Kids' Yoga Deck</b>	Buckley, Annie	50 poses and games focused on strength, balance, and focus.	x					
<b>The Listening Walk</b>	Showers, Paul	A girl tunes into the sounds she hears while walking her dog.	x					
<b>The Name Jar</b>	Choi, Yangsook	A girl ashamed of her unique name comes to learn it is something to be proud of.				x		
<b>The Way I Feel</b>	Cain, Janan	A story illustrating how different emotions might be expresses.					x	

<b>Up and Down the Worry Hill</b>	Wagner, Aureen Pinto	A story about a child understanding Obsessive-Compulsive Disorder and how to cope.								x
<b>Visiting Feelings</b>	Rubenstein, Lauren	This book invites children to sense, explore, and befriend all of their feelings with acceptance and equanimity.	x		x			x		
<b>What Does It Mean to Be Present?</b>	DiOrio, Rana	A group of friends explore what being “present” means for them.	x							
<b>What is a Thought?</b>	Kahofer, Amy; Pransky, Jack	A story about the power of our thoughts.	x							
<b>What to Do When You Feel Too Shy</b>		A Kid's Guide to Overcoming Social Anxiety (What-to-Do Guides for Kids).								x
<b>What to Do When You Worry Too Much</b>	Huebner, Dan	An interactive book sharing cognitive-behavioral techniques for coping with anxiety for children ages 6 - 12 and their parents.								x
<b>What to Do When You're Scared and Worried</b>	Crist, James J.	A manual for children (ages 9 - 13) and adults in addressing different forms of anxiety.								x
<b>Whoever You Are</b>	Fox, Mem	Celebrates global diversity and promotes common humanity and compassion.		x						
<b>Why am I me?</b>	Britt, Paige	Two children ride the subway and contemplate themselves, diversity and others around them.		x						
<b>Wilma Jean the Worry Machine</b>	Cook, Julia	The book introduces the concept of anxiety to children and adults and offers strategies for coping.								x
<b>Yoga Pretzels</b>	Guber, Tara; Kalish, Leah	A card deck from the founders of Yoga Ed. with 50 poses and activities to promote mindfulness, balance, and calm.	x							
<b>Yoga Whale; Yoga Bear; Yoga Bug</b>	Hinder, Sarah Jane	Three different board books with simple poses toddlers and preschoolers will enjoy doing over and over.	x							
<b>You are a Lion!: And Other Fun Yoga Poses</b>	Yoo, TaeEun	This picture book guides children through mindful yoga poses to find a sense of calm.	x							
<b>Your Fantastic Elastic Brain: Stretch It, Shape It</b>	Deak, JoAnne	A book exploring the ability and power of our brains to keep growing.	x				x			