

Children's Book List

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

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

How Kind!	Murphy, Mary	Farm animals extend kindness to each other.		x				
I Am Enough	Beyers, Grace	A book celebrating loving who we are and being kind to one another.		x	x			
I Am Peace: A Book of Mindfulness	Verde, Susan	A girl explores feelings, thoughts and mindfulness.	x					
I Am Yoga	Verde, Susan	A girl finds strength to soothe her worries through yoga.	x					
I Feel Worried! Tips for Kids on Overcoming Anxiety	Briggs, Nadine; Shea, Donna	A book that helps children label and understand emotions, and cope with anxiety.						x
Jabari Jumps	Cornwall, Gaia	A little boy learns to find courage in himself, and with the support of his father.				x		x
King Calm: Mindful Gorilla In The City	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					
Last Stop on Market Street	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		
Listening to My Body	Garcia, Gabi	A story helping children explore the mind-body connection.	x				x	
Listening with My Heart	Garcia, Gabi	A story of kindness and self-compassion.		x	x			
Millie Fierce	Manning, Jane	A girl acts out to get attention, then learns that isn't the attention she wants.					x	
Mindful Games Activity Cards	Greenland, Susan Kaiser	55 activities that promote attention, balance, and compassion among children and teens.	x	x				
Mindful Games For Kids: 50 Fun Activities to Stay Present, Improve Concentration, and Understand Emotions	Sargent, Kristina	50 colorfully illustrated, imaginative exercises keep the fun coming while showing kids helpful techniques like deep breathing, visualization, meditation, and more.	x					
Mindful Kids: 50 Activities for Calm, Focus and Peace	Stewart, Whitney	A deck of 50 cards with short activities for children ranging from in-the-moment skills to guided practices.	x					
Mindful Tots: Loving Kindness	Stewart, Whitney	A board book that introduces toddlers to practices that nurture compassion for others and themselves.		x	x			

Mindful Tots: Tummy Ride	Stewart, Whitney	A board book that introduces toddlers to practices to manager early emotions.	x					
Most People	Leannah, Michael	With an emphasis on diversity, this book follows two families through their day to illustrate community.		x				
My Heart is a Zoo	Hall Michael	Heart shaped animals introduce toddlers and preschoolers to different feelings with a fun rhyme.					x	
Peace is an Offering	LeBox, Annette	Neighborhood children discover peace is all around if they look and share it with one another.		x				
Phileas's Fortune: A Story about Self-Expression	Lestrade, Agnès	This book reveals the power of language and self-expression and emotions.					x	
Puppy Mind	Nance, Andrew Jordan	Little ones learn about the nature of a wandering mind by following an adorable puppy on adventures.	x		x			
Quick As a Cricket	Wood, Audrey	A boy describes his feelings through animals.	x					
Relaxations: Big Tools For Little Warriors	Duch, Mamen	This book uses gentle affirmations to improve and enhance confidence, self-esteem, concentration, and creativity.	x					
Ruby's Worry	Percival, Tom	When Ruby tries to ignore her worries, they take over. Then she meets another child with worries.						x
Self-Compassion & Mindfulness for Teens Card Deck	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
Sloth at the Zoom	Becker, Helaine	A sloth shows others animals at the zoo how slowing down can let us connect.	x					
Sometimes I'm Bombaloo	Vail, Rachel	A little girl learns how to find calm when she loses her temper.					x	
Sumi's First Day of School Ever	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				
Thank You Body, Thank You Heart: A Gratitude and Self-Compassion Practice for Bedtime	Cohen Harper, Jennifer	Invite child to explore the many reasons to be grateful for their own body in this engaging bedtime practice.			x			

The Day You Begin	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	
The Hugging Tree: A Story About Resilience	Neimark, Jill	A little tree growing on the edge of a cliff finds strength and hope in the world around her.				x		
The Invisible Boy	Ludwig, Trudy	A boy feels invisible at school, until a new kid comes to his class and shows kindness.		x				
The Kids' Yoga Deck	Buckley, Annie	50 poses and games focused on strength, balance, and focus.	x					
The Listening Walk	Showers, Paul	A girl tunes into the sounds she hears while walking her dog.	x					
The Name Jar	Choi, Yangsook	A girl ashamed of her unique name comes to learn it is something to be proud of.				x		
The Way I Feel	Cain, Janan	A story illustrating how different emotions might be expresses.					x	
Under the Love Umbrella	Bell, Davina	No matter what challenges children may face, they can always rely on the love umbrella above them.				X	x	
Up and Down the Worry Hill	Wagner, Aureen Pinto	A story about a child understanding Obsessive-Compulsive Disorder and how to cope.						x
Visiting Feelings	Rubenstein, Lauren	This book invites children to sense, explore, and befriend all of their feelings with acceptance and equanimity.	x		x		x	
What Does It Mean to Be Present?	DiOrio, Rana	A group of friends explore what being "present" means for them.	x					
What is a Thought?	Kahofer, Amy; Pransky, Jack	A story about the power of our thoughts.	x					
What to Do When You Feel Too Shy		A Kid's Guide to Overcoming Social Anxiety (What-to-Do Guides for Kids).						x
What to Do When You Worry Too Much	Huebner, Dan	An interactive book sharing cognitive-behavioral techniques for coping with anxiety for children ages 6 - 12 and their parents.						x
What to Do When You're Scared and Worried	Crist, James J.	A manual for children (ages 9 - 13) and adults in addressing different forms of anxiety.						x

When Sadness is at Your Door	Eland, Eva	This picture book is a great primer in mindfulness and emotional literacy, perfect for kids navigating new feelings.					X	
Whoever You Are	Fox, Mem	Celebrates global diversity and promotes common humanity and compassion.		x				
Why am I me?	Britt, Paige	Two children ride the subway and contemplate themselves, diversity and others around them.		x				
Wilma Jean the Worry Machine	Cook, Julia	The book introduces the concept of anxiety to children and adults and offers strategies for coping.						x
Worry Says What?	Edwards, Allison	This book gives a glimpse into the ways worry whispers to young minds. It offers a powerful tool all children can use to silence those fears.						x
Yoga Pretzels	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					
Yoga Whale; Yoga Bear; Yoga Bug	Hinder, Sarah Jane	Three different board books with simple poses toddlers and preschoolers will enjoy doing over and over.	x					
You are a Lion!: And Other Fun Yoga Poses	Yoo, TaeEun	This picture book guides children through mindful yoga poses to find a sense of calm.	x					
Your Fantastic Elastic Brain: Stretch It, Shape It	Deak, JoAnne	A book exploring the ability and power of our brains to keep growing.	x			x		