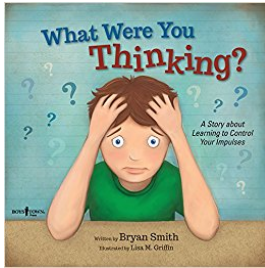


Books on Helping Your Child Cope with Big Emotions

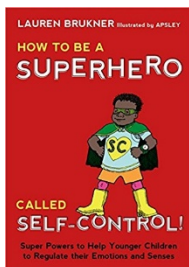
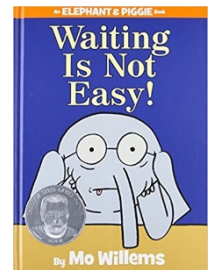


What Were You Thinking? by Bryan Smith and illustrated by Lisa M. Griffen

Third-grader Braden loves to be the center of attention. His comic genius, as he sees it, causes his friends to look at him in awe. But some poor decision-making, like ill-timed jokes in class and an impulsive reaction during gym that left a classmate teary-eyed and crumpled on the floor, forces the adults in Braden's life to teach him about impulse control. But will the lessons shared by his teachers and his mom really help Braden manage his impulses?

Waiting Is Not Easy! by Mo Willems

Gerald is careful. Piggie is not. Piggie cannot help smiling. Gerald can. Gerald worries so that Piggie does not have to. Gerald and Piggie are best friends. In *Waiting Is Not Easy!*, Piggie has a surprise for Gerald, but he is going to have to wait for it. And Wait. And wait some more...

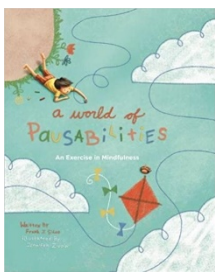
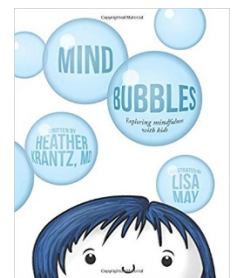


How to Be a Superhero Called Self-Control, by Lauren Brukner and illustrated by Apsley

Meet Self-Control, a superhero who wants to teach young children his super powers of self-control! Anxiety, frustration, anger, and other difficult feelings won't stand a chance against their new-found powers. This illustrated book also features an appendix with photocopiable super power charts, reinforcers, and reminder tools to ensure that parents, teachers, and other professionals can support children in upholding superhero strategies even after the book has been read.

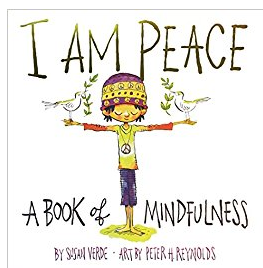
Mind Bubbles: Exploring mindfulness with kids

Mind Bubbles presents an easy way for young children to work with their breath while noting thoughts and feelings passing and popping like bubbles. The book is a clear, concise, and secular explanation of mindfulness that children ages 4-8 will understand and want to try for themselves. It may be read by or to young children and includes a guided mindful breathing script for teachers and parents to read so everyone can practice their new skills.



A World of Pausabilities: An Exercise in Mindfulness, by Frank J. Sileo and illustrated by Jennifer Zivoin

This rhyming guide introduces children to mindfulness and shows them how to live mindfully by taking pauses in their lives. Pausabilities encourage children to take a breath and be present and pay attention to their thoughts, feelings, sensations, and the world around them. Includes a "Note to Parents and Caregivers" by the author which explains mindfulness and provides tips for implementing pausabilities in their children's lives.

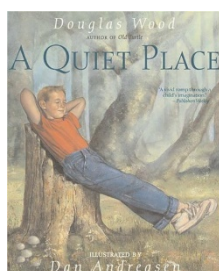
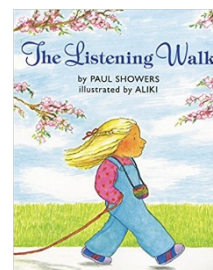


I Am Peace: A Book of Mindfulness, by Susan Verde and illustrated by Peter H. Reynolds

When the world feels chaotic, find peace within through an accessible mindfulness practice. Express emotions through direct speech. Find empathy through imagination. Connect with the earth. Wonder at the beauty of the natural world. Breathe, taste, smell, touch, and be present.

The Listening Walk, by Paul Showers and illustrated by Alike

Put on your socks and shoes -- and don't forget your ears! We're going on a listening walk. *Shhhhh*. Do not talk. Do not hurry. Get ready to fill your ears with a world of wonderful and surprising sounds.

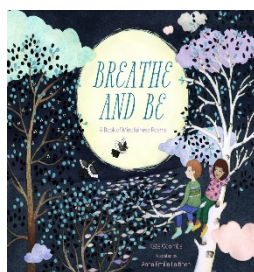
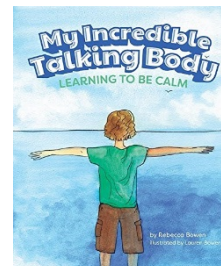


A Quiet Place, by Douglas Wood and illustrated by Dan Andreasen

"Sometimes a person needs a quiet place." A place that's far away from the hustle and bustle of everyday life -- a place that isn't ringing or talking or roaring or playing. But sometimes that place isn't easy to find. Explore what it's like to find a special someplace where we all can think our own thoughts and feel our own feelings.

My Incredible Talking Body, by Rebecca Bowen

This is a beautifully illustrated picture book created to help children understand emotions and how to manage them. This book focuses on cultivating mindfulness of the body's signals about feelings, encouraging acceptance of all types of emotions, and developing strategies for calming strong or uncomfortable feelings. Included in the book is a learning guide designed especially for parents, educators, counselors, and other adults that are supporting children as they build skills to manage their emotions.

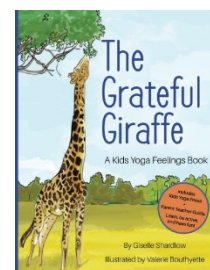


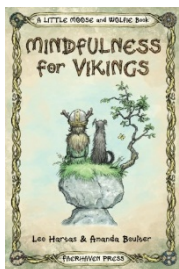
Breathe and Be: A Book of Mindfulness Poems, by Kate Coombs and illustrated by Anna Emilia Laitinen

Hear thunder crash, feel your toes touch sand, and watch leaves drift softly away on a quiet stream. The simple poems in *Breathe and Be* help children learn mindfulness as they connect to the beauty of the natural world. The thoughtful words and the lovely art of *Breathe and Be* remind us how much joy we can find by simply living with awareness and inner peace.

The Grateful Giraffe: A Kids Yoga Feelings Book, by Giselle Shardlow

This feelings yoga book for toddlers and preschoolers visits countries around the world to learn about various animals and talk about feelings!



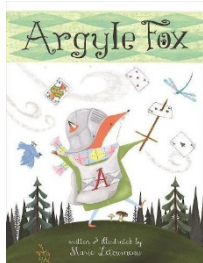


Mindfulness for Vikings: Inspirational quotes and pictures encouraging a happy stress-free life for adults and kids, by *Amanda Boulter and illustrated by Leo Hartas*

Little Moose and his dog Wolfie are having fun and loving life! This unique book contains over 45 delightful black and white drawings and inspirational sayings that will appeal to everyone from toddlers to Zen masters. It's a perfect book to share with young children or for older children to read on their own. Adults love it too because it's simple joy in life just lifts your heart and makes you smile.

The Most Magnificent Thing, by *Ashley Spires*

A charming picture book about an unnamed girl and her very best friend, who happens to be a dog. The girl has a wonderful idea. "She is going to make the most MAGNIFICENT thing!" But making her magnificent thing is anything but easy, and the girl tries and fails, repeatedly. Eventually, the girl gets really, really mad. For the early grades' exploration of character education, this funny book offers a perfect example of the rewards of perseverance and creativity.

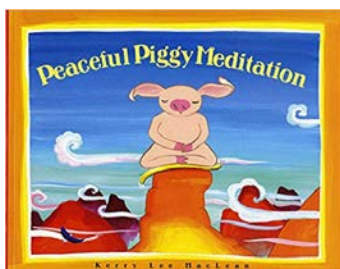
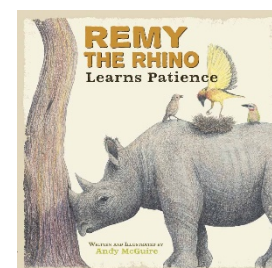


Argyle Fox, by *Marie Letourneau*

Argyle Fox, with his signature style, wants to play outside on a springtime day, but the wind is wreaking havoc with his fun and games. As soon as he builds a card tower, climbs into a giant spider web, or takes up his pirate sword, here comes the wind: Woosh! The story of Argyle teaches that failure is often a path to success and celebrates perseverance, creative thinking, and an old-fashioned springtime activity.

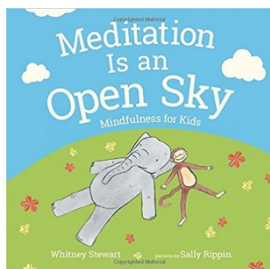
Remy the Rhino Learns Patience, by *Andy McGuire*

Enchanting art and rhymes books about Remy, the impatient Rhino. When the other animals annoy him, he snorts and charges right for them. One day, an aardvark decides not to run, and Remy's horn gets stuck in a tree! The forgiving aardvark gathers termites to slowly eat away the wood and free Remy—not only of his situation but of his impatient ways. This hilarious story shows children ages 1 to 5 how to get unstuck from their impatience and enjoy peace and the people around them.



Peaceful Piggy Meditation, by *Kerry Lee MacLean and illustrated by Kerry Maclean (Illustrator)*

Sometimes life seems like it's all about hurrying--so many places to go! And sometimes it's hard when things don't go your way--it can make a piggy angry and sad. So how do young piggies find a peaceful place in a frustrating world? They meditate!

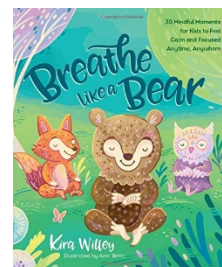


Meditation Is an Open Sky: Mindfulness for Kids, by Whitney Stewart and illustrated by Sally Rippin

Kids of any age will learn simple exercises to help manage stress and emotions, find focus, and face challenges. They'll discover how to feel safe when scared, relax when anxious, spread kindness, and calm anger when frustrated.

Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere, by Kira Willey and illustrated by Anni Betts

Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at a child's desk at school.



Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)

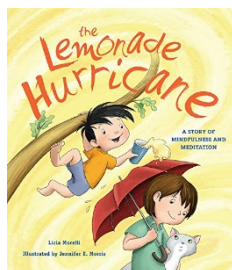
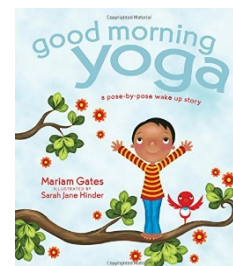


Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents), by Eline Snel

This little book is a very appealing introduction to mindfulness meditation for children and their parents. In a simple and accessible way, it describes what mindfulness is and how mindfulness-based practices can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware.

Good Morning Yoga: A Pose-By-Pose Wake Up, by Mariam Gates and illustrated by Sarah Jane Hinder

This "wake up" story is so much more than a story. It's a practice for kids and parents to greet the morning with joy and embark on their daily adventures with intention and confidence. Turn the page and reach up to the sky, press your feet into the earth, and get ready for a great day!



The Lemonade Hurricane, by Licia Morelli and illustrated by Jennifer Morris

Henry is a lot of fun when he's not storming through the house, so Emma decides to teach him how to be still. By showing him how to sit, bow, and breathe, Emma is able to calm the hurricane within Henry.

ABC Yoga, by Christiane Engel

Pairing simplified yoga poses with alphabetized animals and objects, ABC Yoga features colorful illustrations of children and animals practicing yoga along with playful rhymes to explain each movement. A fun family read, this interactive title is perfect for teaching toddlers their ABCs, as well as introducing them to familiar animals and basic, simplified yoga poses that promote health and well-being.

