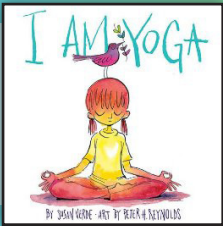


# BOOK LIST

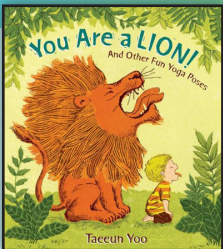
## SPAGHETTI TOES: RELAXATION, STRESS CONTROL, MINDFULNESS



**I Am Yoga**  
Verde, Susan

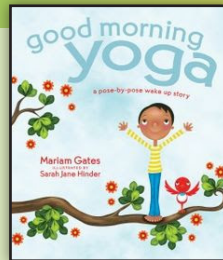
As a young girl practices various yoga poses, she imagines herself as different things and how she fits into the world.

## ANIMAL YOGA: YOGA



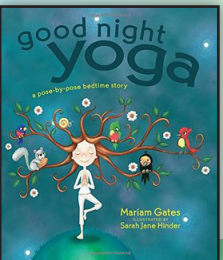
**You Are A Lion!**  
And Other Fun Yoga Poses  
Yoo, Tae-eun

Children pretend to be many different animals as they do various yoga poses.



**Good Morning Yoga**  
A Pose-by-pose Wake-up Story  
Gates, Mariam

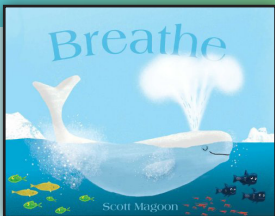
A series of simple, calming, and mindful poses for welcoming the natural world as day begins.



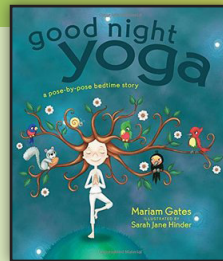
**Good Night Yoga**  
A Pose-by-pose Wake-up Story  
Gates, Mariam

A series of simple, calming, and mindful poses for saying good night to the natural world at bedtime.

## JELLY BELLY: DEEP BREATHING, RELAXATION, STRESS CONTROL

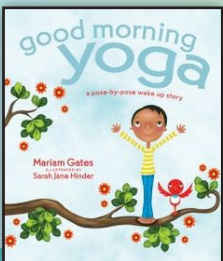


**Breathe**  
Magoon, Scott  
A young whale enjoys its first day of independence.



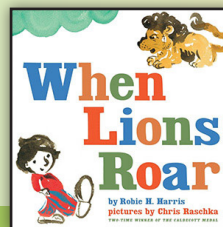
**Good Night Yoga**  
A Pose-by-pose Wake-up Story  
Gates, Mariam

A series of simple, calming, and mindful poses for saying good night to the natural world at bedtime.



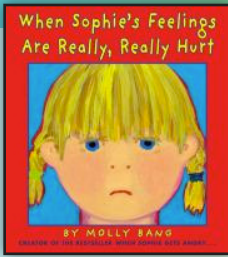
**Good Morning Yoga**  
A Pose-by-pose Wake-up Story  
Gates, Mariam

A series of simple, calming, and mindful poses for welcoming the natural world as day begins.



**When Lions Roar**  
Harris, Robie H.  
Loud, scary noises frighten a child until quiet and calmness return.

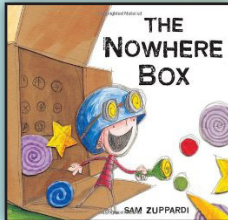
## SPECIAL PLACE: IMAGERY, POSITIVE THINKING



### When Sophie's Feelings Are Really, Really Hurt

Bang, Molly

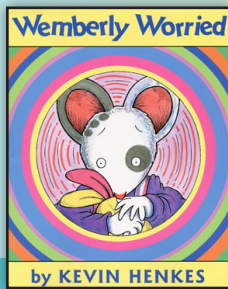
Sophie is hurt when the other children laugh at her painting but after she explains her painting everybody understands what she was trying to do.



### The Nowhere Box

Zuppardi, Sam

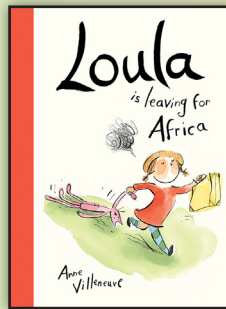
George uses an empty washing machine box for an imaginative escape from pirates and bothersome younger siblings.



### Wemberly Worried

Henkes, Kevin

A mouse named Wemberly, who worries about everything, finds that she has a whole list of things to worry about when she faces the first day of nursery school.



### Loula is Leaving for Africa

Villeneuve, Anne

Loula has had enough of her terrible triplet brothers and decides to run away to Africa. Together, Loula and Gilbert use heaps of imagination in this heartwarming adventure.

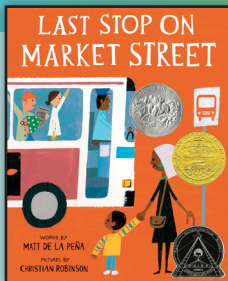


### Virginia Wolf

Maclear, Kyo

When her sister succumbs to a mood that makes the whole family feel topsy-turvy, Vanessa paints a wonderful imaginary place — a beautiful garden complete with a ladder and a swing.

## TREASURE HUNTING: IMAGERY, POSITIVE THINKING, OPTIMISM, INSPIRATION



### Last Stop on Market Street

de la Peña, Matt

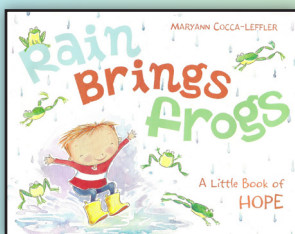
A young boy, CJ, rides the bus across town with his grandmother and learns to appreciate the beauty in everyday things.



### My Blue is Happy

Young, Jessica

Explore the infinite possibilities of emotional expression through color and how these experiences help broaden the world in wonderful new ways.

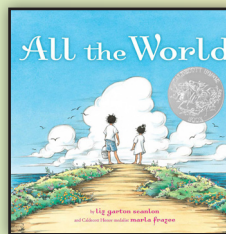


### Rain Brings Frogs

A Little Book of Hope

Cocca-Leffler, Maryann

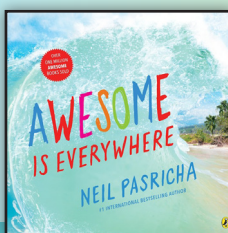
When his friends and family see the bad in a situation, Nate sees a bright side to everything.



### All the World

Scanlon, Elizabeth Garton

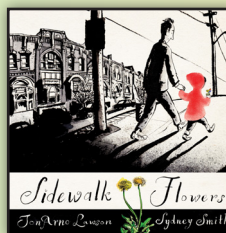
Following a circle of family and friends through the course of a day from morning till night, this book affirms the importance of all things great and small in our world.



### Awesome is Everywhere

Pasricha, Neil

With the simple touch of your fingers go on a stunning interactive journey to see the world as you never have before.

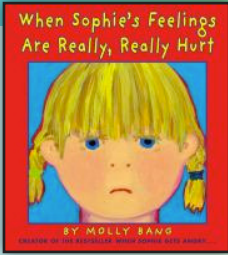


### Sidewalk Flowers

Lawson, JonArno

A little girl collects wildflowers while walking through town with her father.

## UMBALAKIKI: SETTING ASIDE/WORKING THROUGH UNCOMFORTABLE FEELINGS



### When Sophie's Feelings Are Really, Really Hurt

Bang, Molly

Sophie hurt when the other children laugh at her painting but after she explains her painting everybody understands what she was trying to do.



### The Most Magnificent Thing

Spires, Ashley

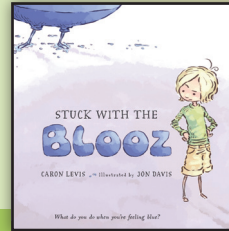
With the help of her canine assistant, she is going to make the most magnificent thing, but it turns out to be harder than she thinks.



### Scardy Squirrel

Watt, Mélanie

Scardy Squirrel never leaves his nut tree. But in his tree, every day is the same and if danger comes along, he's well-prepared.

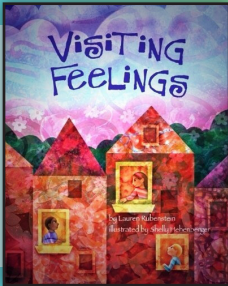


### Stuck with the Blooz

Levis, Caron

When a monster named the Blooz comes to visit, a little girl tries everything she can think of to get rid of the feelings of sadness it brings.

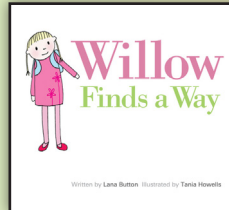
## CHANGING CHANNELS: POSITIVE SOLUTIONS, CHANGING EMOTIONS/CHANNELS



### Visiting Feelings

Rubenstein, Lauren

Sense, explore, and befriend any feeling with acceptance and mindfulness. Gaining this objectivity allows space for a more considered response to the feelings.

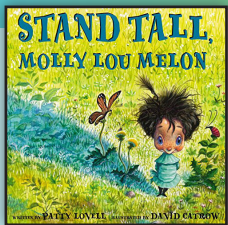


### Willow Finds a Way

Button, Lana

Willow is dismayed when the bossy birthday girl begins crossing guests off the invitation list if they do anything she doesn't like.

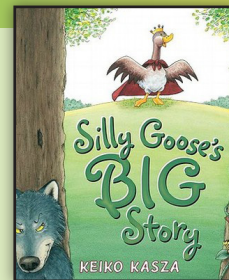
## FRIENDSHIP CHAIN: FININDG POSITIVES IN ONESELF AND IN OTHERS



### Stand Tall, Molly Lou Melon

Lovell, Patty

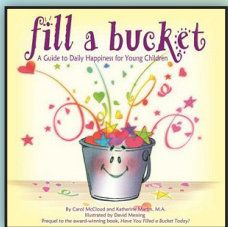
Even when the class bully at her new school makes fun of her, Molly remembers what her grandmother told her and she feels good about herself.



### Silly Goose's Big Story

Kasza, Keiko

Silly Goose tells wonderful stories that lead to great adventures, but soon after his friends complain that he always gets to play the hero, Silly Goose learns that his friends can be truly heroic.



### Fill a Bucket

A Guide to Daily Happiness for Young Children

McCloud, Carol

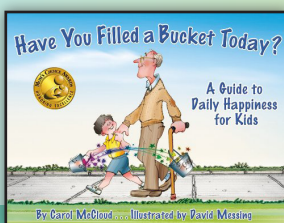
A full bucket is an effective metaphor for a child's healthy self-concept and happiness.



### One

Otoshi, Kathryn

A number/color book reminding us that it just takes one to make everyone count.



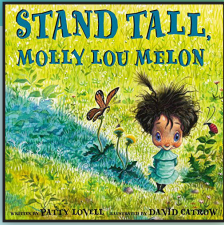
### Have you Filled a Bucket Today?

A Guide to Daily Happiness for Kids

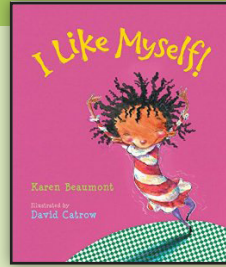
McCloud, Carol

Uses the metaphor of a bucket filled with good feelings show how easy and rewarding it is to express kindness, appreciation, and love on a daily basis.

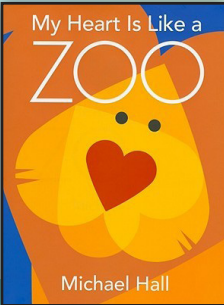
## I AM: FINDING POSITIVES IN ONESELF, POSITIVE STATEMENTS



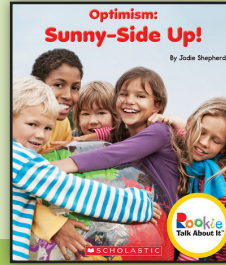
**Stand Tall, Molly Lou Melon**  
Lovell, Patty  
Even when the class bully at her new school makes fun of her, Molly remembers what her grandmother told her and she feels good about herself.



**I Like Myself!**  
Beaumont, Karen  
In rhyming text, a little girl expresses confidence and joy in her uniqueness, no matter her outward appearance.

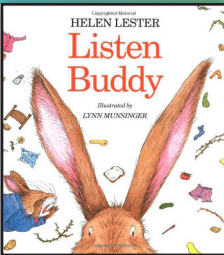


**My Heart is like a Zoo**  
Hall, Michael  
Depicts in rhyming text how love can be many different things, such as eager as a beaver, steady as a yak, or silly as a seal.

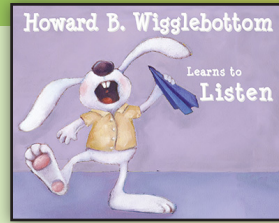


**Optimism: Sunny-Side Up!**  
Shepard, Jodie  
Chock full of familiar situations and helpful hints, this book gives readers the tools they need to develop this important character strength.

## GREAT LITTLE LISTENER: IMPORTANCE OF LISTENING

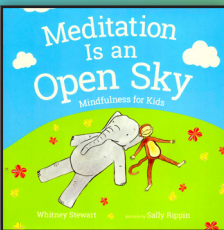


**Listen, Buddy**  
Lester, Helen  
A lop-eared rabbit named Buddy finds himself in trouble with the Scruffy Varmint because he never listens.

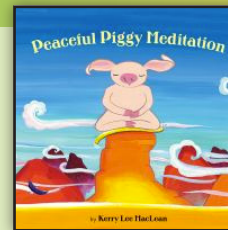


**Howard B. Wigglebottom Learns to Listen**  
Binkow, Howard  
When Howard starts feeling sad about getting into trouble at school for not listening, he decides to change.

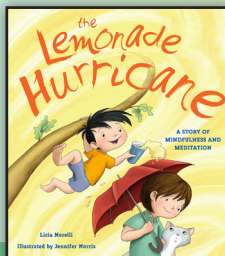
## MINDFUL MOVEMENT: MINDFULNESS, LISTENING



**Meditation is an Open Sky**  
Mindfulness for Kids  
Stewart, Whitney  
Nine simple mindfulness exercises designed to manage stress and emotions.

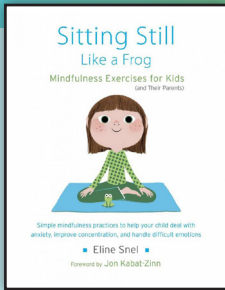


**Peaceful Piggy Meditation**  
MacLean, Kerry Lee  
Peaceful pigs demonstrate the many benefits of meditation.

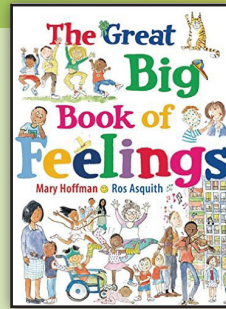


**The Lemonade Hurricane**  
A Story About Mindfulness and Meditation  
Morelli, Licia  
When Emma's little brother Henry has a day that is too busy and too full, Henry becomes a hurricane. Emma shows him how meditation can make a big difference in both their lives.

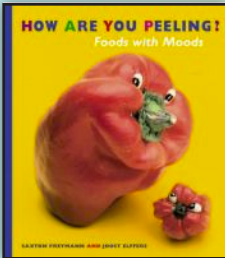
## GENERAL



**Sitting Still Like a Frog**  
Mindfulness Exercises for Kids (and their Parents)  
Snel, Eline  
Simple mindfulness practices to help your child deal with anxiety, concentration, and difficult emotions.



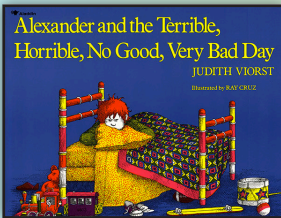
**The Great Big Book of Feelings**  
Hoffman, Mary  
Explores the host of emotions that children can feel, including happiness, sadness, anger, loneliness, fear, and embarrassment.



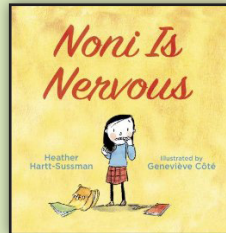
**How Are You Peeling?**  
Foods with Moods  
Freyemann, Saxton  
Brief text and photographs of carvings made from vegetables introduce the world of emotions by presenting leading questions.



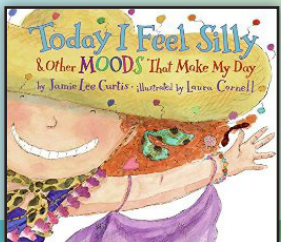
**In My Heart**  
A Book of Feelings  
Witek, Jo  
A young girl explores what different emotions feel like.



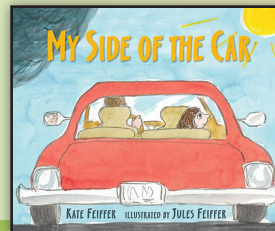
**Alexander and the Terrible, Horrible... Very Bad Day**  
Viorst, Judith  
On a day when everything goes wrong, Alexander realizes that other people have bad days too.



**Noni is Nervous**  
Hartt-Sussman, Heather  
Noni finds a way to control her nerves and work through her anxiety, making life much more bearable for everyone!



**Today I Feel Silly & Other Moods That Make My Day**  
Curtis, Jamie Lee  
A child's emotions range from silliness to anger to excitement, coloring and changing each day.



**My Side of the Car**  
Kate, Feiffer  
Sadie and her father have been planning a trip to the zoo for a long time but something always gets in the way.

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