|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | **MINDFULNESS for KIDS** | | | Sorted by Call Number / Author. | | | **152.4 RUB**  Cover image | Rubenstein, Lauren. **Visiting feelings**. Washington, DC : Magination Press, [2014]. A picture book that encourages emotional awareness and mindfulness in children, inviting them to sense, explore, and befriend all of their feelings with acceptance and equanimity. | | **155.4 NAN**  Cover image | Nance, Andrew. **Puppy mind.** Berkeley, Calif. : Plum Blossom Books, [2016]. "A young boy discovers his mind is like a puppy, always wandering away, into the past or the future. He sets about learning to train his puppy mind to heel to the present moment. Through remembering to breathe, the boy becomes a stronger and more caring master of his puppy mind, keeping it in the present, if only for a moment. Includes a link to a discussion guide for parents and teachers"--Provided by publisher. | | **155.42 ROE**  Cover image | Roegiers, Maud, 1982-.**Take the time : mindfulness for kids.** Washington, DC : Magination Press, [2010]. Simple text and illustrations urge children to become deliberate with their day-to-day actions and thoughts, helping guide them toward self-awareness and mindfulness. | | **158.1 GAT**  Cover image | Gates, Mariam**. Meditate with me : a step-by-step mindfulness journey.** New York, NY : Dial Books for Young Readers, [2017]. "A classroom full of animals demonstrates the principles of mindfulness in this guide to meditation for children."--Provided by publisher. | | **158.1 STE**  Cover image | Stewart, Whitney, 1959-. **Meditation is an open sky : mindfulness for kids.** Chicago, Ill. : Albert Whitman & Co., 2015. "Nine simple mindfulness exercises designed to manage stress and emotions"--Provided by publisher. | | **179 DIO** Cover image | DiOrio, Rana. **What does it mean to be present?** 1st ed. Belvedere, CA : Little Pickle Press, 2010. Simple text and illustrations define what it means to be present and describes ways to enjoy life by being more aware of people and events. | | **613.7 GAT**  Cover image | Gates, Mariam, author. **Good morning yoga : a pose-by-pose wake up story.** "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"--Dust jacket. | | **613.7 GAT**  Cover image | Gates, Mariam, author**. Good night yoga : a pose-by-pose bedtime story.** Presents a bedtime story and series of simple yoga poses for children to relax at bedtime. | | **EASY ALD**  Cover image | Alderfer, Lauren, 1955-. **Mindful Monkey, Happy Panda**. Boston : Wisdom Publications, [2011]. Monkey asks Panda what he does to seem so happy and peaceful all the time, and Panda replies that he brings his attention to whatever he is doing at a given time, whether eating, walking, or resting. | | **EASY COO**  Cover image | Cook, Julia, 1964-. **Bubble gum brain : ready, get mindset-- grow!** Chattanooga, TN : National Center for Youth Issues, [2017]. "Meet Bubble Gum Brain and Brick Brain: two kids with two very different mindsets. Bubble Gum Brain likes to have fun adventures, learn new things, and doesn't worry about making great mistakes. Brick Brain is convinced that things are just fine the way they are and there's not much he can do to change them, so why try? When Bubble Gum Brain shows Brick Brain how to peel off his wrapper, Brick Brain begins to realize just how much more fun school...and life... can be!"--Back cover. | | **EASY GOL**  Cover image | Goldsaito, Katrina, author. **The sound of silence**. First edition: August 2016. Yoshio delights in the everyday sounds of Tokyo, but when a musician tells him that her favorite sound is ma, the Japanese word for silence, Yoshio sets out to hear this sound for himself among the hustle and bustle of the city. Includes information on the Japanese concept of ma. | | **EASY LEM**  Cover image | Lemniscates. **Silence**. Washington, DC : Magination Press, [2012]. Simple text encourages the reader to be silent and listen for sounds often not heard, such as the wind playing with a kite, or the chattering of trees. | | **EASY MOR**  Cover image | Morelli, Licia, 1978-. **The lemonade hurricane : a story of mindfulness and meditation.** 1st hardcover ed.: August 2015. Thomaston, Me. : Tilbury House Publishers, 2015. "Emma's little brother Henry is a good kid--but when his day has been too busy and too full, Henry can become a hurricane! Emma wishes that she could teach Henry to be still. One day, she shows Henry how meditation can make a big difference in both their lives"--Provided by publisher. | | **EASY MUT**  Cover image | Muth, Jon J. **Zen shorts.** 1st ed. New York : Scholastic Press, 2005. When Stillwater the bear moves into the neighborhood, the stories he tells to three siblings teach them to look at the world in new ways. | | **EASY PAL**  Cover image | Palacio, R. J. **We're all wonders.** 1st ed. "Augie enjoys the company of his dog, Daisy, and using his imagination, but painfully endures the taunts of his peers because of his facial deformity"--OCLC. | | **EASY SHO**  Cover image | Showers, Paul. **The listening walk.** New ed. New York : HarperCollins, [1993]. A little girl and her father take a quiet walk and identify the sounds around them. | | **EASY SIL**  Cover image | Sileo, Frank J., 1967-. **A world of pausabilities : an exercise in mindfulness.**Washington, DC : Magination Press, [2017]. "Children (and adults) live in a fast-paced, demanding and stressful world. It is often difficult to slow-down our children's minds and bodies. This book was written to teach children to take a pause in their lives, to stop activity, to understand quiet time, and to think about what they are doing and where they are going"--Provided by publisher. | | **EASY SIL**  Cover image | Silver, Gail. **Anh's anger**. Berkeley, CA : Plum Blossom Books, [2009]. When Anh becomes angry and says hurtful things, his grandfather tells him to go to his room and sit with his anger, which allows Anh to feel better. Based on teachings about mindfulness and Buddhism by Thich Nhat Hanh. | | **EASY SPI**  Cover image | Spinelli, Eileen. **Peace Week in Miss Fox's class**. Morton Grove, Ill. : Albert Whitman & Co., 2009. For "Peace Week," the animals in Miss Fox's class find ways to be peaceful instead of squabbling with each other. | | **EASY SPI**  Cover image | Spinelli, Eileen. **Someday**. New York : Dial Books for Young Readers, c2007. A young girl contrasts the exciting things she might someday do, like digging for dinosaur bones and swimming with dolphins, with her present-day activities of finding loose change in the sofa cushions and feeding her goldfish. | | **EASY VER**  Cover image | Verde, Susan. **I am peace : a book of mindfulness**. New York : Abrams Books for Young Readers, 2017. A young girl shares ways she is mindful and how it helps promote peace in her life. | | **EASY VER**  Cover image | Verde, Susan. **I am yoga.** New York : Abrams Books for Young Readers, 2015. As a young girl practices various standard yoga poses, she imagines herself as a tree touching the sky, a playful dog, a warrior, and more while relaxing and seeing how she fits into the world. | | **EASY YOO**  Cover image | Yoo, Taeeun.**You are a lion! : and other fun yoga poses**. New York : Nancy Paulsen Books, [2012]. Text and illustrations describe animal yoga poses designed to promote flexibility and focus in children. | |