

# Books about mindfulness for kids



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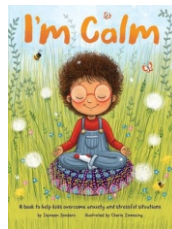
**Breathe like a bear: 30 mindful moments for kids to feel calm and focused anytime anywhere**  
by Kate Dopirak  
J158.1

We all want to bring more calm into our lives. We all want to feel more focused and positive. Mindfulness is the key to making it happen. Breathe like a bear guides us through fun exercises to help us relax and stretch our imaginations.



**Listening to my body...**  
by Gabi Garcia  
J150 GARCIA

Through a combination of story, and simple experiential activities, it guides them through the process of noticing and naming their feelings and the physical sensations that accompany them so that they can build on their capacity to engage mindfully, self-regulate and develop a deeper sense of well-being.



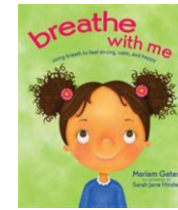
**I'm Calm: a book to help kids overcome anxiety and stressful situations**  
by Jayneen Sanders  
J152.4 SANDERS

A book to help children manage and overcome anxiety, anxious thoughts, stress and fearful situations



**Breathe and be: a book of mindfulness poems**  
by Kate Coombs  
J811.6 COOMBS

A collection of poems paired with imagery of the natural world reminds readers about the importance of staying calm, soothing emotions, and appreciating the world around them.



**Breathe with me: using breath to feel strong, calm, and happy**  
by Mariam Gates  
J615.8 GATES

A breathing practice book that teaches children breath awareness and how to use breathing in unpleasant situations to help them keep calm, relax, and focused.



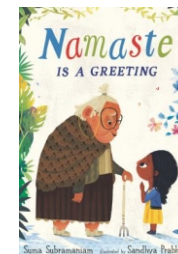
**The yoga dragon**  
by Steve Herman  
PICTURE BOOK HERMAN

You can teach your dragon to do tricks such as sit, stand, roll over, and you can even potty train him. But what if your dragon is feeling stressed and tired? What do you do? You teach him to do yoga! This children's book introduces the power of yoga to strengthen bodies and calm minds.



**Hurry up!: a book about slowing down**  
by Kate Dopirak  
PICTURE BOOK DOPIRACK

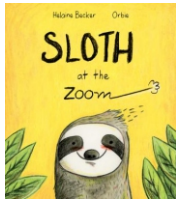
A busy boy and his dog learn to slow down and enjoy life together



**Namaste is a greeting**  
by Suma Subramaniam  
PICTURE BOOK SUBRAMANIAM

Discover namaste's many meanings in a simple, lyrical text, paired with a charmingly detailed visual narrative about a little girl's kindness. What is namaste? It's found in a smile, a friendship, a celebration. It exists in silence; it can be said when you're happy or when you're feeling low.





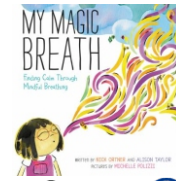
**Sloth at the zoom**  
by Helaine Becker  
PICTURE BOOK JEFFERS

"Sloth is a sloooooow creature. She's supposed to be going to the Zzzzzoo, but is mistakenly delivered to the ZOOM! She wants to make friends in her new home, but it seems like all the animals here are always busy, late, and in a rush. Finally, the sloth meets someone more to her speed: a tiny snail."



**A little peaceful spot: a story about mindfulness**  
by Dianne Alber  
PICTURE BOOK ALBER

"When the world feels overwhelming, find your PEACEFUL SPOT with this mindful story! Learn how to identify your emotions and bring them to your calm, peaceful spot"



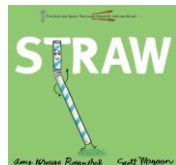
**My magic breath: finding calm through mindful breathing**  
by Nick Ortner  
PICTURE BOOK ORTNER

Encourages children to discover their magic breath and use it when they are sad, nervous, or worried, offering clear, simple instructions for using breathing and mindfulness to guide emotions.



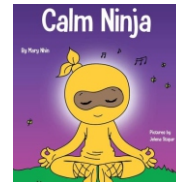
**What does it mean to be present**  
by Rana DiOrio  
PICTURE BOOK DIORIO

Teaches children about what it means to be present by discussing the important gift of appreciation, giving children and adults alike the opportunity to live more fully and richly.



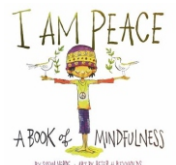
**Straw**  
by Amy Krouse Rosenthal  
PICTURE BOOK ROSENTHAL

A bendy drinking straw loves to speed through life, but he learns to appreciate taking it slow with the help of a friend.



**Calm Ninja**  
by Mary Nihn  
PICTURE BOOK NIHN

Calm Ninja experiences frustration and anxiety until he learns how to find his inner peace by finding his breath and practicing the Ninja Yoga Flow. He learns how to calm his worries and stay peaceful under extreme circumstances.



**I am at peace: a book of mindfulness**  
by Susan Verde  
PICTURE BOOK VERDE

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.



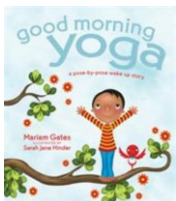
**Alphabreaths: the ABCs of mindful breathing**  
by Christopher Willard  
PICTURE BOOK WILLARD

Simple, playful, and with delightful illustrations, Alphabreaths is the perfect introduction to mindfulness and breath awareness.



**Baby loves calm: an ABC of mindfulness**  
by Jennifer Eckford  
BOARD BOOK

Calm Ninja experiences frustration and anxiety until he learns how to find his inner peace by finding his breath and practicing the Ninja Yoga Flow. He learns how to calm his worries and stay peaceful under extreme circumstances.



**Good morning yoga: a pose-by-pose wake-up story**  
by Mariam Gates  
PICTURE BOOK

Yoga helps children learn how to focus, relax, and both self-monitor and self-soothe. "Good Morning Yoga" instills these four skills and more, enabling children to jumpstart the day with excitement and meet the adventures that come with mindfulness and perspective.



**The mindful dragon**  
by Steve Herman  
PICTURE BOOK HERMAN

Drew helps his pet dragon Diggory Doo to focus on the present whenever he's sad or feeling overwhelmed.



**Sloth and smell the roses**  
by Tamara Ellis Smith  
BOARD BOOK

The world, itself, seems to bring together Henry, whose best friend died near their home in the mountains of Vermont, and Zavion, who lost his home in Hurricane Katrina, so that the boys can help each other heal.

