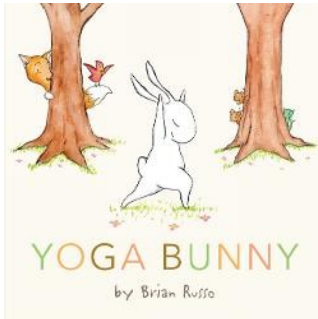


Mindfulness

Compiled by Joan Pearce

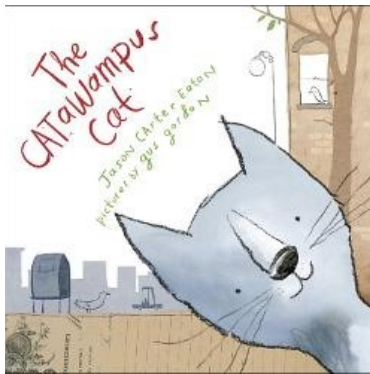
Picture Books



Yoga Bunny

by Brian Russo

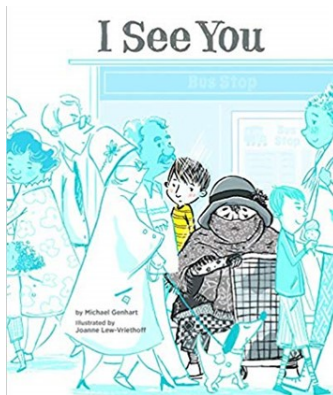
"It's a perfect day for yoga, and Bunny is practicing his poses and wishes his friends would do yoga with him! But Lizard is too tired, Fox is in a rush, and Bird has the hiccups. Will Bunny ever be able to get his friends to slow down and realize that yoga just might be the solution to their problems? Yoga Bunny helps readers relax and unwind as they learn beginning yoga poses." — *From Publisher*



The Catawampus Cat

by Jason Carter Eaton

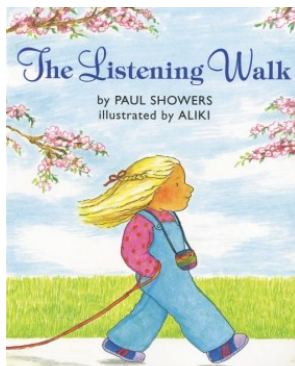
"The catawampus cat walks with a slant. And his skewed point of view has everyone in town looking at everything with fresh eyes. Even Bushy Brows Billiam who never notices *anything*, including what time class is over, spots the catawampus cat, and now he's a star student! And when the town librarian sees the catawampus cat, she pulls the "wrong" book from the shelf, sending her into a life of adventure." — *From Publisher*



I See You

by Michael Genhart

"*I See You* is a wordless picture book that depicts a homeless woman who is not seen by everyone around her - except for a little boy. Over the course of a year, the boy is witness to all that she endures. Ultimately, in a gesture of compassion, the boy acknowledges her in an exchange in which he sees her and she experiences being seen. This book opens the door for kids and parents to begin a conversation about homelessness." - *Amazon.ca*



The Listening Walk

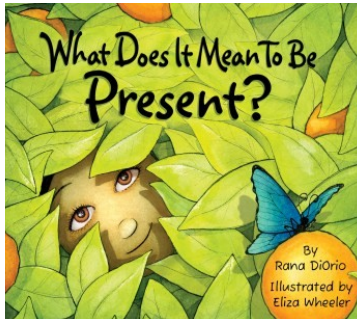
by Paul Showers

"With art by home and classroom favorite Alik, *The Listening Walk* will remind both adults and kids of the wonders all around them...if they slow down and listen." - *Follett*

Mindfulness

Compiled by Joan Pearce

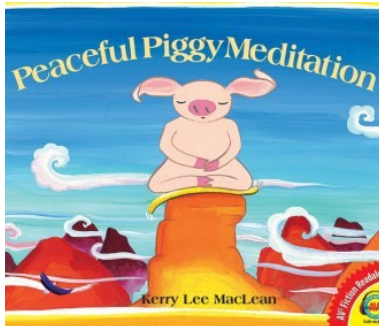
Picture Books



What Does It Mean to Be Present?

by Rana DiOrio

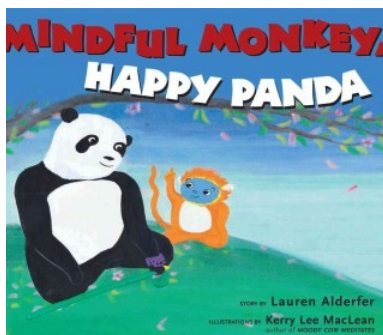
"Simple text and illustrations define what it means to be present and describes ways to enjoy life by being more aware of people and events." - *Follett*



Peaceful Piggy Meditation

by Kerry Lee MacLean

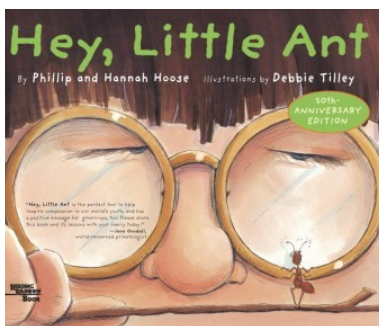
"Sometimes life seems like it's all about hurrying-too many places for a piggy to go! And sometimes it's hard when things don't go your way-it can make a piggy angry and sad. How can young piggies find a peaceful way to relax and regroup? They can meditate!" - *back of book*



Mindful Monkey, Happy Panda

by Lauren Alderfer

"This wonderful picture book for children and adults alike introduces the powerful practice of mindfulness in a fun and exciting way. With the delightful Monkey and his serene friend Happy Panda guiding readers to a calmer and more attentive mind, this whimsical yet warm presentation will delight all readers." - *Publisher*



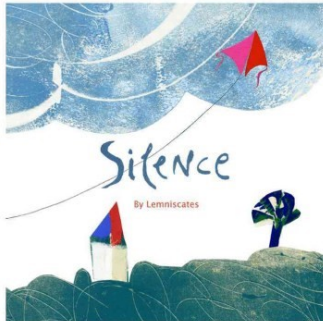
Hey, Little Ant

by Phillip and Hannah Hoose

"What would you do if the ant you were about to step on looked up and started talking? Would you stop and listen? What if your friends saw you hesitate? That's what happens in this funny, thought-provoking book." - *Publisher*

Mindfulness

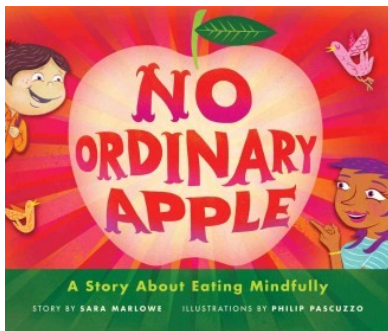
Compiled by Joan Pearce
Picture Books



Silence

by Lemniscates

"What can you hear when you are completely silent? Beautifully illustrated and gently written, *Silence* encourages children to stop, listen, and reflect on their experiences and the world around them. Using qualities of mindfulness, readers are asked to pay attention to what otherwise gets drowned-out in our noisy environment and use those sounds as a means to develop imagination and curiosity, and learn a little more about themselves." - *Publisher*



No Ordinary Apple: A Story About Eating Mindfully

by Sara Marlowe

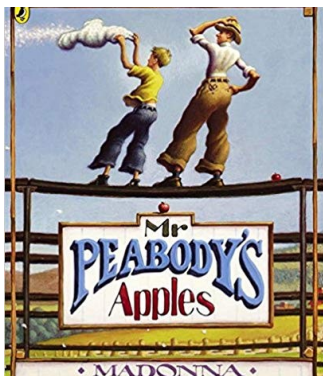
"On an otherwise ordinary day, Elliot discovers something extraordinary: the power of mindfulness. When he asks his neighbor Carmen for a snack, he's at first disappointed when she hands him an apple-he wanted candy! But when encouraged to carefully and attentively look, feel, smell, taste, and even listen to the apple, Elliot discovers that this apple is not ordinary at all." - *Publisher*



Take the Time: Mindfulness for Kids

by Maud Roegiers

"What do you notice when you take the time to stop, listen, and experience? This pensive and peaceful book encourages children to slow down and become deliberate with their day-to-day actions and thoughts. With gentle rhythms and soothing imagery, kids may be guided toward a quiet self-awareness and mindfulness. And when a day feels stressful or topsy-turvy, kids can use such self-awareness to calm down and feel better." - *Publisher*



Mr. Peabody's Apples by Madonna

"Tommy Tittlebottom sees Mr Peabody taking an apple from Mr Funkadeli's fruit market and is very surprised that he doesn't pay. Then Tommy sees it happen again and decides that Mr Peabody is a thief. Word spreads quickly around the town. When Mr Peabody arrives at the baseball ground, ready for the usual Saturday game, only Billy Little turns up and he soon explains what has happened. It is then up to Mr Peabody to teach Tommy about the importance of truth and the power of words." - *Amazon.ca*

Mindfulness

Compiled by Joan Pearce

Non-fiction

Sitting Still

Like a Frog

Mindfulness Exercises for Kids
(and Their Parents)



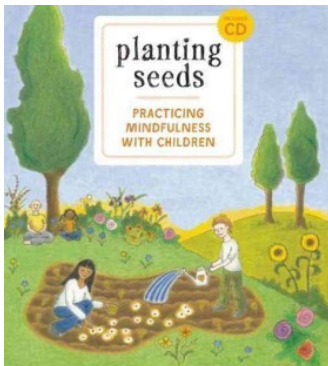
Simple mindfulness practices to help your child deal with anxiety, improve concentration, and handle difficult emotions

• Eline Snel •

Foreword by Jon Kabat-Zinn

Sitting Still Like a Frog: Mindfulness Exercises for Kids by Eline Snel

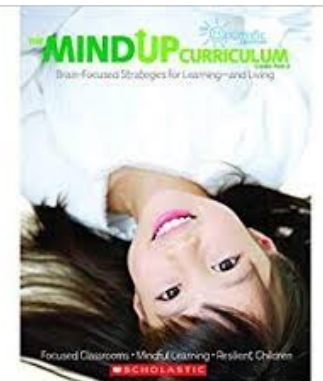
"Mindfulness the quality of attention that combines full awareness with acceptance of each moment, just as it is is gaining broad acceptance among mental health professionals as an adjunct to treatment. This little book is a very appealing introduction to mindfulness meditation for children and their 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..." - *Publisher*



Planting Seeds: Practicing Mindfulness With Children

by Thich Nhat Hanh & the Plum Village Community

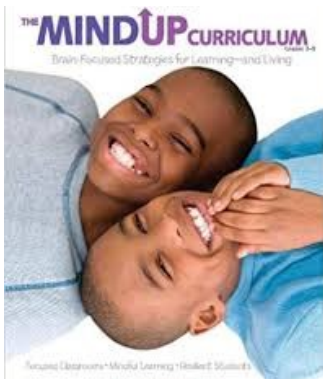
"Based on Thich Nhat Hanh's thirty years of teaching mindfulness and compassion to parents, teachers, and children, the book and enclosed CD cover a wide range of contemplative and fun activities parents and educators can do with their children or students. The activities are designed to help relieve stress, increase concentration, nourish gratitude and confidence, deal with difficult emotions, touch our interconnection with nature, and improve communication." - *Publisher*



The MindUp Curriculum: Brain-Focused Strategies for Learning and Living Grades Pre-K-2

by The Hawm Foundation

"Published by Scholastic, this 15-lesson series is based on four pillars: neuroscience, social-emotional learning (SEL), positive psychology and mindful awareness. These lessons work together to build awareness and self-regulation that increases a child's academic performance, self-control, empathy, and optimism." - *from <https://mindup.org>*



The MindUp Curriculum: Brain-Focused Strategies for Learning and Living Grades 3-5

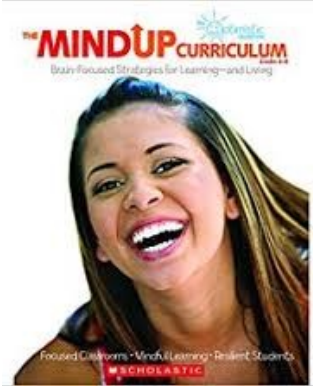
by The Hawm Foundation

"Published by Scholastic, this 15-lesson series is based on four pillars: neuroscience, social-emotional learning (SEL), positive psychology and mindful awareness. These lessons work together to build awareness and self-regulation that increases a child's academic performance, self-control, empathy, and optimism." - *from <https://mindup.org>*

Mindfulness

Compiled by Joan Pearce

Non-fiction



The MindUp Curriculum: Brain-Focused Strategies for Learning—and Living Grades 6-8

by The Hawn Foundation

"Published by Scholastic, this 15-lesson series is based on four pillars: neuroscience, social-emotional learning (SEL), positive psychology and mindful awareness.

These lessons work together to build awareness and self-regulation that increases a child's academic performance, self-control, empathy, and optimism." - from <https://mindup.org>