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, Taeeun
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 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.

When Lions Roar
Harris, Robie H.
Loud, scary noises frighten a child until quiet and calmness return.
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 topsyturvy, Vanessa paints a wonderful imaginary place — a beautiful garden complete with a ladder and a swing.

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.

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.

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.

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.

**Scaredy Squirrel**
Watt, Mélanie
Scaredy 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: FINDING 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.

**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.

**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.

**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.
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.

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.

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

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.

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.

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.
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.

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

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.

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.

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.

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

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!

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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