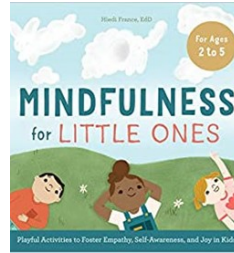


Rodale Kids
2017

Breathe Like a Bear

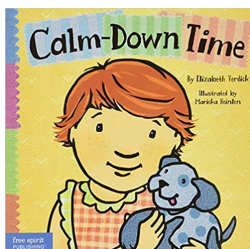
Kira Willey (Author)
Anni Betts (Illustrator)
Age: 2-6 years
A beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions.



Rockbridge Press
2020

Mindfulness for Little Ones

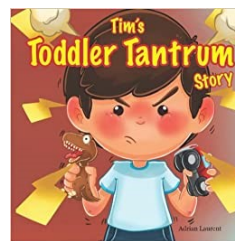
Hiedi France Ed.D (Author)
Age: 2-5 years
Helps children ages 2 - 5 move toward healthy coping skills and behaviors with playful, developmentally appropriate activities.



Free Spirit Publishing
2010

Calm-Down Time

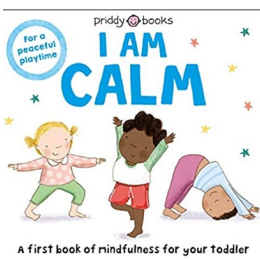
Elizabeth Verdick (Author)
Marieka Heinlen (Illustrator)
Age: 1-3 years
Through rhythmic text and warm illustrations, this gentle, reassuring book offers toddlers simple tools to release strong feelings, express them, and calm themselves down.



Bradem Press
2021

Tim's Toddler Tantrum Story

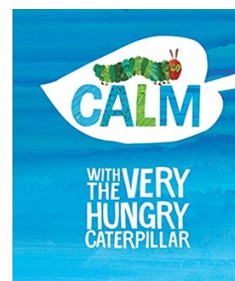
by Adrian Laurent (Author)
Age: 2-6 years
By using different anger self-regulation techniques and talking about his feelings, Tim calms his mad feelings and overcomes his big emotions.



Priddy Books
2021

I Am Calm

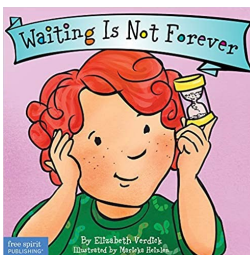
Roger Priddy (Author)
Age: 2-4 years
Encourage young children to find inner peace and happiness in fun and practical ways.



World of Eric Carle
2019

Calm with the Very Hungry Caterpillar

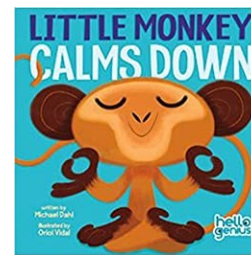
Eric Carle (Author, Illustrator)
Age: 3-5 years
Little ones can learn how to handle confusing feelings, regain focus, and be happy. This book is an excellent reminder to take a moment, breathe deep, and smile!



Free Spirit Publishing
2019

Waiting is Not Forever

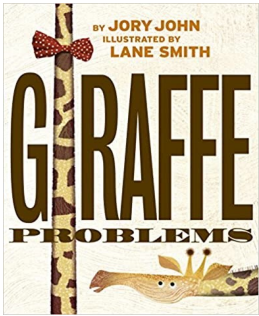
Elizabeth Verdick (Author)
Marieka Heinlen (Illustrator)
Age: 1-4 years
Toddlers learn skills for being patient that make waiting easier for everyone.



Picture Window Books
2014

Little Monkey Calms Down

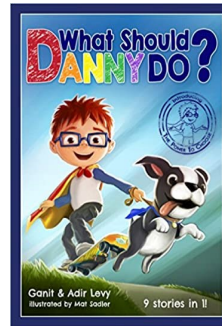
Michael Dahl (Author)
Oriol Vidal (Illustrator)
Age: 1-3 years
A relatable book for toddlers that teaches self soothing in an effective way.



Random House Books
for Young Readers
2018

Giraffe Problems

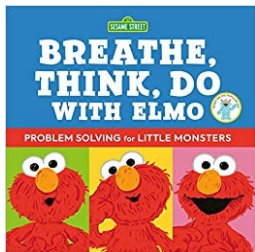
Jory John (Author)
Lane Smith (Illustrator)
Age: 3-7 years
Edward the giraffe can't understand why his neck is as long and bendy and, well, ridiculous as it is. No other animal has a neck this absurd.



Elon Books
2017

What Should Danny Do?

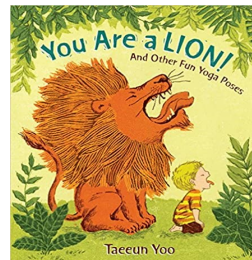
Adir Levy (Author)
Age: 4-7 years
Boys and girls both love and relate to Danny, while enjoying the interactive nature of the book they never know what will come next!



Running Press Kids
2021

Breathe, Think, Do with Elmo

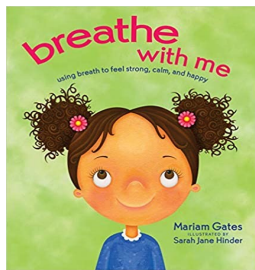
Robin Newman (Author)
Ernest G Kwiat (Illustrator)
Age: 4-8 years
Kids will laugh and learn as they help Elmo calm down, be mindful, and face everyday challenges with Sesame Street's simple approach to problem-solving.



Nancy Paulsen Books
2012

You Are a Lion!

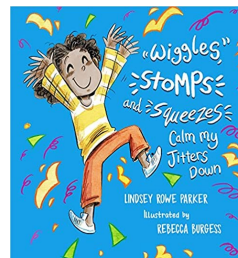
Tae-eun Yoo (Author, Illustrator)
Age: 3-5 years
The charming pictures of children and animals and the lyrical text make this gentle introduction to yoga a book to be treasured.



Sounds True
2019

Breathe With Me

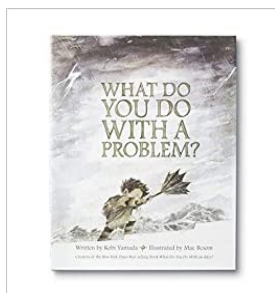
Mariam Gates (Author)
Sarah Jane Hinder (Illustrator)
Age: 4-8 years
When you're mad or worried or can't wake up in the morning, what can you do? Use the amazing superpower that you already have—breathing.



BQB Publishing
2021

Wiggles, Stomps and Squeezes

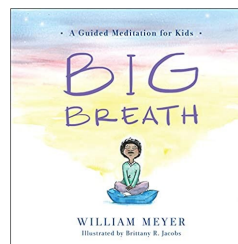
Lindsey Rowe Parker (Author)
Rebecca Burgess (Illustrator)
Age: 5-7 years
The vibration in her feet when she runs, the tap-tap-tap of her fork on the table at mealtime, the trickle of cool water running over her hands--these are the things that calm her jitters down.



Compendium Inc
2016

What Do You Do With a Problem?

Kobi Yamada (Author)
Mae Besom (Illustrator)
Age: 5-8 years
This is the story of a persistent problem and the child who isn't so sure what to make of it. But when the child finally musters up the courage to face it, the problem turns out to be something quite different than it appeared.



New World Library
2019

Big Breath

William Meyer (Author)
Brittany Jacobs (Illustrator)
Age: 4-10 years
All day long, you breathe – in and out, in and out – without even thinking about it. But did you know that you can play with your breath, use it to take you on an adventure? All you have to do is find a comfy spot and close your eyes.