

## 2019 CONSOLIDATED BOOKLIST:

### CHILDREN'S MENTAL HEALTH:

*\*from the Children's Hospital of Wisconsin Blog*

[\*\*Worries Are Not Forever\*\*](#) by Elizabeth Verdick; illustrated by Marieka Heinlen. Ages 0-4

- This reassuring board book understands the big emotions of toddlers and knows that sometimes their worries leave them feeling vulnerable and scared. But, as the title reminds readers, worries are not forever. Empathetic grownups—who also feel anxious from time to time—can help with a kind word and a listening ear. A version of this story for older children exists in picture book format.

[\*\*Death is Stupid\*\*](#) by Anastasia Higginbotham. Ages 4-10

- This picture book about loss and the grieving process is kind and kid-centric, acknowledging how confusing death can be and the conflicting feelings losing a loved one engenders. It also offers some practical tips for channeling those emotions in constructive and reverent ways.

### SOCIAL EMOTIONAL DEVELOPMENT:

*\*from the MPL Social Emotional Development Booklist*

[\*\*Making Faces: A First Book of Emotions\*\*](#) [photographs] by Molly Magnuson

[\*\*You Hold Me Up\*\*](#) by Monique Gray Smith and Danielle Daniel

[\*\*Be Kind\*\*](#) by Pat Zietlow Miller; illustrated by Jen Hill

[\*\*I Am Peace: A Book of Mindfulness\*\*](#) by Susan Verde; illustrated by Peter H. Reynolds

[\*\*Adrian Simcox Does Not Have a Horse\*\*](#) by Marcy Campbell

[\*\*Jabari Jumps\*\*](#) by Gaia Cornwall

[\*\*The Rabbit Listened\*\*](#) by Cori Doerrfeld

[\*\*All Are Welcome\*\*](#) by Alexandra Penfold and Suzanne Kaufman

*[\\*from the SLJ article, "Hearts and Minds: Picture Books that Strengthen Social Emotional Learning"](#)*

[\*\*Please, Mr. Panda\*\*](#) by Steve Antony

[\*\*Boats for Papa\*\*](#) by Jessixa Bagley

[\*\*Sam's Pet Temper\*\*](#) by Sangeeta Bhadra; illustrated by Marion Arbona

[\*\*Last Stop on Market Street\*\*](#) by Matt de la Peña; illustrated by Christian Robinson

[\*\*How to Heal a Broken Wing\*\*](#) by Bob Graham

[\*\*Thanks a Million\*\*](#) by Nikki Grimes; illustrated by Cozbi A Cabrera

[\*\*Red: A Crayon's Story\*\*](#) by Michael Hall

[\*\*Waiting\*\*](#) by Kevin Henkes

[\*\*I Like Being Me\*\*](#) by Judy Lalli

[\*\*The Invisible Boy\*\*](#) by Trudy Ludwig; illustrated by Patrice Barton

[\*\*The Honest-to-Goodness Truth\*\*](#) by Patricia McKissack; illustrated by Giselle Potter

[\*\*Move Your Mood\*\*](#) by Brenda S. Miles and Colleen A. Patterson; illustrated by Holly Clifton-Brown

[\*\*Wild Feelings\*\*](#) by David Milgrim

[\*\*Enemy Pie\*\*](#) by Derek Munson; illustrated by Tara Calahan King

[\*\*Zen Shorts\*\*](#) by Jon Muth

[\*\*I'm New Here\*\*](#) by Anne Sibley O'Brien

[\*\*Why Am I Here?\*\*](#) By Constance Ørbeck-Nilssen; illustrated by Akin Duzakin

[\*\*One\*\*](#) by Kathryn Otoshi

[\*\*The Feelings Book\*\*](#) by Todd Parr

[\*\*The Lion and the Mouse\*\*](#) by Jerry Pinkney

[\*\*Ish\*\*](#) by Peter H. Reynolds

[\*\*Anh's Anger\*\*](#) by Gail Silver; illustrated by Christianne Kromer

[\*\*The Dark\*\*](#) by Lemony Snicket; illustrated by Jon Klassen

[\*\*The Most Magnificent Thing\*\*](#) by Ashley Spires

[\*\*Is Everyone Ready for Fun?\*\*](#) by Jan Thomas

[\*\*The Forgiveness Garden\*\*](#) by Lauren Thompson; illustrated by Christy Hale

[\*\*Sometimes I'm Bombaloo\*\*](#) by Rachel Vail; illustrated by Yumi Heo

[\*\*And Two Boys Booed\*\*](#) by Judith Viorst; illustrated by Sophie Blackall

[\*\*A Chair for My Mother\*\*](#) by Vera B. Williams

[\*\*Each Kindness\*\*](#) by Jacqueline Woodson; illustrated by E.B. Lewis

[\*\*Hooray for Hat!\*\*](#) By Brian Won

[\*\*Jack's Worry\*\*](#) by Sam Zuppardi

*\*from Seattle Public Library website*

*Drum Dream Girl: How One Girl's Courage Changed Music* by Margarita Engle

*Pass it On* by Sophy Henn

*Glad Monster, Sad Monster: A Book About Feelings* by Ed Emberley

*Cry, Heart, But Never Break* by Glenn Ringtved

*Baby Cakes* by Karma Wilson

*Big Al* by Andrew Clements

*Guess How Much I Love You* by Sam McBratney

*I Can Share* by Karen Katz

*"I Have a Little Problem," Said the Bear* by Heinz Janisch

*Llama Llama Misses Mama* by Anna Dewdney

*Abiyoyo: Based on a South African Lullaby and Folk Story* by Pete Seeger

*Mouse Was Mad* by Linda Urban

*My Many Colored Days* by Suess

*No Biting!* By Karen Katz

*No Matter What* by Debi Gliori

*Hands Are Not For Hitting* by Martine Agassi

*Taking a Bath with the Dog and Other Things that Make Me Happy* by Scott Menchin

*The Kissing Hand* by Audrey Penn

*The Rainbow Fish* by Marcus Pfister

*When I Am/Cuando Estoy* by Gladys Rosa-Mendoza

*Quiet, Loud* by Leslie Patricelli

*Too Shy for Show-and-Tell* by Beth Bracken

*The Book of Mistakes* by Corinna Luyken

*Everyone Can Learn to Ride a Bicycle* by Christopher Raschka

*The Girl Who Never Made Mistakes* by Mark Pett

*The Dot* by Peter Reynolds

*Rulers of the Playground* by Joseph Kuefler

*A Sick Day for Amos McGee* by Philip Christian Stead

*Stick and Stone* by Beth Ferry

*I'm a Girl!* By Yasmeen Ismail

*Those Shoes* by Maribeth Boelts

[\*My Very Own Space\*](#) by Pippa Goodhart  
[\*The Crayon Box that Talked\*](#) by Shane DeRolf  
[\*Extraordinary Jane\*](#) by Hannah E. Harrison  
[\*Millie Fierce\*](#) by Jane Manning  
[\*My Blue is Happy\*](#) by Jessica Young  
[\*Life\*](#) by Cynthia Rylant  
[\*Because Amelia Smiled\*](#) by David Ezra Stein  
[\*We're All Wonders\*](#) by R.J. Palacio  
[\*The Heart and the Bottle\*](#) by Oliver Jeffers  
[\*When Sophie Gets Angry---Really, Really Angry\*](#) by Molly Bang  
[\*The Way I Feel\*](#) by Janan Cain  
[\*Ruthie and the \(not so\) Teeny Tiny Lie\*](#) by Laura Rankin  
[\*I Want My Hat Back\*](#) by Jon Klassen  
[\*Lilly's Purple Plastic Purse\*](#) by Kevin Henkes  
[\*David Gets in Trouble\*](#) by David Shannon  
[\*My Mouth is a Volcano!\*](#) by Julia Cook  
[\*You Will Be My Friend!\*](#) By Peter Brown  
[\*Giraffes Can't Dance\*](#) by Giles Andreae  
[\*Me, Too!\*](#) by Annika Dunklee  
[\*Today I Feel: An Alphabet of Feelings\*](#) by Madalena Moniz  
[\*Today I Feel Silly and Other Moods That Make My Day\*](#) by Jamie Lee Curtis

[\*\\*from the Publisher Weekly Social and Emotional Learning Booklist\*](#)

[\*\*\*Abacadabra!: The Magic of Trying\*\*\*](#) by Maria Loretta Giraldo, illus. by Nicoletta Bertelle (Magination), shines a light on perseverance and the discovery of one's inner magic. Ages 4–8

***Be Mindful, Donald!: A Mickey & Friends Story*** by Vickie Saxon (Lerner/Disney Learning) is one of four titles in the Disney Everyday Stories series, which features Disney characters tackling various SEL themes. Ages 4–7

[\*\*Being Edie Is Hard Today\*\*](#) by Ben Brashares, illus. by Elizabeth Bergeland (Little, Brown, spring 2019). A girl imagines transforming into different animals to deal with the challenge of managing her emotions at school.

[\*\*Being You\*\*](#) by Alex Pate, illus. by Soud (Capstone, Oct.). Two children discover that they have a choice about how the world sees them in a story that delivers a message of love, self-discovery, and optimism.

[\*\*The Big Umbrella\*\*](#) by Amy June Bates, illus. by Juniper Bates (S&S/Wiseman). A smiling umbrella grows wide enough to accommodate *everyone* who needs its shelter, no matter what they look like—even when it seems like there won't be room—in this picture book about tolerance and inclusion. Ages 4–8

[\*\*Boo-Boo!\*\*](#) by Carol Zeavin and Rhona Silverbush, illus. by Jon Davis (Magination, Oct.), launches the Terrific Toddlers board book series, in which readers see kids experiencing different emotions and learning to cope with them. Ages 2–3

[\*\*A Box of Butterflies\*\*](#) by Jo Rooks (Magination). Ruby explains emotions to her robot who doesn't know what they are or what they might feel like. Ages 4–8

[\*\*The Breaking News\*\*](#) by Sarah Lynne Reul (Roaring Brook). When bad news breaks over the TV and everyone becomes upset, a girl discovers how one small act of kindness can help unite a community in resilience and optimism. Ages 4–8

[\*\*The Color Monster: A Story About Emotions\*\*](#) by Anna Llenas (Little, Brown, Sept.). A girl helps Color Monster understand the jumble of emotions he's experiencing by explaining what each feeling means through color. Ages 3–6

[\*\*The Crocodile and the Dentist\*\*](#) by Taro Gomi (Chronicle, Aug. 21). Crocodile has a toothache but is afraid to go to the dentist. The dentist wants to help but is afraid of Crocodile. Both learn to overcome their fears. Ages 3–5

[\*\*Crunch, The Shy Dinosaur\*\*](#) by Cirocco Dunlap, illus. by Greg Pizzoli (Random House), features a sensitive and quiet brontosaurus who would like to make a new friend. Ages 3–7

[\*Give Me Back My Book!\*](#) by Travis Foster, illus. by Ethan Long (Chronicle, 2017), offers a humorous take on conflict resolution. Ages 3–5

[\*Good Rosie!\*](#) by Kate DiCamillo, illus. by Harry Bliss (Candlewick, Sept.). When Rosie, a timid dog, is taken to a dog park by her owner, she tries to figure out the trick to making friends.. Ages 5–8

[\*Grow Happy\*](#) by Jon Lasser and Sage Foster-Lasser, illus. by Christopher Lyles (Magination, 2017). Young Kiko demonstrates for readers how she grows happy, by doing such things as making good choices, taking care of her body and mind, and paying attention to her feelings. Ages 4–8

[\*Grumpy Monkey\*](#) by Suzanne Lang, illus. by Max Lang (Random House). Jim Panzee loudly insists he’s not grumpy when his friends try to cheer him out of a funk, realizing sometimes you just have to ride out a wave of unexpected emotions. Ages 3–7

[\*Harrison P. Spader, Personal Space Invader\*](#) by Christianne Jones, illus. by Cale Atkinson (Capstone/Picture Window). Harrison the hippo learns a “space saver” credo that helps him recognize appropriate personal space and change his behaviors of sitting too close, hugging too much, and high-fiving too hard. Ages 3–6

[\*Hazelnut Days\*](#) by Emmanuel Bourdier, illus. by Zaü Zaü (Minedition), chronicles a boy’s weekly visits with his father in prison. Ages 5–7

[\*How to Be a Lion\*](#) by Ed Vere (Doubleday). Leonard, a gentle lion, and his best friend Marianne, a duck, use thoughtfulness—and a poem—to stand up for their individuality and their friendship when a pack of bully lions questions whether it’s appropriate for a duck and lion to be pals. Ages 3–7

[\*I Feel Teal\*](#) by Lauren Rille, illus. by Aimée Sicuro (S&S/Beach Lane), encourages young readers to express their feelings through color. Ages 3–8

[\*I Just Like You\*](#) by Suzanne Bloom (Boyd’s Mills, Nov.) features a cast of animals who like and accept each other despite, and because of, their differences. Ages 4–8

***I'm Sad*** by Michael Ian Black, illus. by Debbie Ridpath Ohi (S&S). When Flamingo is sad, his friends—a girl and a potato—try to cheer him up, but more importantly they just stick by him, no matter how he feels. Ages 4–8

***I Walk with Vanessa: A Story About a Simple Act of Kindness*** by Kerascoët (Random/Schwartz & Wade). In this wordless picture book inspired by a true story, a fellow student sees new girl Vanessa beset upon by bullies and decides to go to her house and offer to walk her to school the next day. Ages 4–8

***In It Together: A Story of Fairness*** by Kristin Johnson, illus. by Mike Byrne (Lerner/Cloverleaf), is one of seven titles launched earlier this year in the Stories with Character series. Ages 4–8

***Ira Crumb Feels the Feelings*** by Naseem Hrab, illus. by Josh Holinaty (Owlkids, Oct.). Ira experiences a wave of emotions after a disagreement with his best friend. Ages 5–8

***Jack (Not Jackie)*** by Erica Silverman, illus. by Holly Hatam (Little Bee, Oct.). Jackie asserts that she doesn't like dresses or long hair and would rather be called Jack. Ages 4–8

***Julián Is a Mermaid*** by Jessica Love (Candlewick). When young Julián observes three women on the subway spectacularly dressed up as mermaids, he wants to do the same, and expresses himself with his own fabulous DIY mermaid costume. Ages 4–8

***Marwan's Journey*** by Patricia de Arias, illus. by Laura Borràs (Minedition), tells the tale of young Marwan, a child refugee bravely traveling an uncertain path fleeing war and in search of safety in a new land. Ages 5–7

***Mixed: A Colorful Story*** by Arree Chung (Henry Holt). An argument about which color is best leads to a resolution that provides a message of acceptance, unity, and embracing differences. Ages 4–8

***No Swimming for Nelly*** by Valeri Gorbachev (Holiday House). Nelly's swimming champion grandma helps her overcome her fear of the water. Ages 4–8

[\*\*\*Nothing Rhymes with Orange\*\*\*](#) by Adam Rex (Chronicle, 2017). Orange feels left out when a fruit parade makes up rhyming songs about how wonderful they are in this book about celebrating difference and inclusion. Ages 5–8

[\*\*\*One Wave at a Time: A Story about Grief and Healing\*\*\*](#) by Holly Thompson, illus. by Ashley Crowley (Albert Whitman). Kai experiences a variety of feelings after his father dies and his family tries to adjust to life without Dad. Ages 4–8

[\*\*\*Quiet\*\*\*](#) by Tomie DePaola (S&S, Oct.), reminds readers that in a busy, hurried world, mindfulness—described as “being quiet, still, and present with one another”—is a special and important thing. Ages 4–8

[\*\*\*Quiet Please, Owen McPhee!\*\*\*](#) by Trudy Ludwig and Patrice Barton (Knopf). The creators of *The Invisible Boy* introduce a boy who won’t stop talking, until he gets laryngitis and can finally hear what other people have to say. Ages 5–8

[\*\*\*Rescue and Jessica: A Life Changing Friendship\*\*\*](#) by Jessica Kensky and Patrick Downes, illus. by Scott Magoon (Candlewick, 2017). Jessica, whose left leg was recently amputated, forms a close bond with her service dog, Rescue, as they overcome their fears together. The authors are both survivors of the Boston Marathon bombing and are both amputees. Ages 5–9

[\*\*\*Rice from Heaven: The Secret Mission to Feed North Koreans\*\*\*](#) by Tina Cho, illus. by Keum Jin Song (Little Bee), is a true story of bravery and compassion as a girl and her community in South Korea deliver rice via balloons to their starving neighbors to the north. Ages 4–8

[\*\*\*Something Happened in Our Town\*\*\*](#) by Marianne Celano, Marietta Collins, and Ann Hazzard, illus. by Jennifer Zivoin (Magination), follows two families—one black, one white—as they discuss the shooting of a black man in their community by a police officer. Ages 4–8

[\*\*\*The Story Circle/El círculo de cuentos\*\*\*](#) by Diane Gonzalez Bertrand, illus. by Wendy Martin, trans. by Caroline E. Alonso (Arte Público/Piñata, 2016), depicts a teacher and a classroom of children coping with the devastation from the flood that ravaged their school. Ages 4–7

[\*\*\*The Thank You Book\*\*\*](#) by Mary Lyn Ray, illus. by Stephanie Graegin (Houghton Mifflin Harcourt, Sept.), celebrates the positive impact of gratitude and explores the numerous ways that thankfulness can manifest during a child’s day. Ages 4–8



[\*\*\*This Is How We Do It: One Day in the Lives of Seven Kids from Around the World\*\*\*](#) by Matt Lamothe (Chronicle, 2017) depicts how children from various places may play different games or eat different food, but all have a similar rhythm to their days. Ages 4–9

[\*\*\*This Is Me: A Story of Who We Are and Where We Came From\*\*\*](#) by Jamie Lee Curtis, illus. by Laura Cornell (Workman, 2016), which addresses immigration and identity issues in a story that encourages readers to imagine what they might pack in a small suitcase if it was all they could take from their home when they moved to a new country. Ages - Transitional Kindergarten (TK)

[\*\*\*What Can a Citizen Do?\*\*\*](#) by Dave Eggers, illus. by Shawn Harris (Chronicle, Sept.), explores what it means to be a good citizen and challenges readers to get involved. Ages 5–8

[\*\*\*What Happens Next\*\*\*](#) by Susan Hughes, illus. by Carey Sookocheff (Owlkids). An unnamed narrator relates the experience of being bullied at school and how they confront the bully with an opportunity to find common ground. Ages 4–up

[\*\*\*When the Cousins Came\*\*\*](#) by Katie Yamasaki (Holiday House). Lila's great expectations for a fun visit with her cousins are dampened when they arrive and she realizes how different they are from her: they eat with chopsticks, they prefer skateboards to bikes, and they don't want to camp outside. But the trio of kids, who are based on the author's own multicultural family, become friends as they introduce each other to new ideas. Ages 4–8

[\*\*\*Where Do They Go?\*\*\*](#) by Julia Alvarez, illus. by Sabra Field (Triangle Square, 2016), is a poem about the questions and emotions that manifest when coping with death and grief. Ages 3–7

[\*\*\*Who Needs a Hug?: A Finding Dory Story\*\*\*](#) by Beth Sycamore (Lerner/Disney Learning) is one of four titles in the Disney Everyday Stories series, which features Disney characters tackling various SEL themes. Ages 4-7

[\*\*\*Why the Face?\*\*\*](#) by Jean Jullien (Phaidon), provides a guessing game of facial reactions that encourages readers to practice empathy and build emotional intelligence. Ages 2–4

[\*\*\*Will Bear Share?\*\*\*](#) (Scholastic/Cartwheel) and [\*\*\*Will Giraffe Laugh?\*\*\*](#) (Scholastic/Cartwheel, Jan. 2019) by Hilary Lueng are two board books in a series that introduces the concept of paying it forward. Ages 1-4

## FEAR AND WORRY:

*\*from the Fear Booklist*

[\*There Might be Lobsters\*](#) by Carolyn Crimi; illustrated by Laurel Molk. Ages 4-6.

[\*After the Fall: How Humpty Dumpty Got Back Up Again\*](#) by Dan Santat

[\*Feeling Scared!\*](#) by Kay Barnham; illustrated by Mike Gordon

[\*Worry, A Smart Girl's Guide: How to Feel Less Stressed and Have More Fun\*](#) by Judy Woodburn and Nancy Holyoke; illustrated by Brenna Vaughan

[\*When I Feel Afraid\*](#) by Cheri J. Meiners; illustrated by Meredith Johnson

[\*Alvin Ho: Allergic to Girls, School, and Other Scary Things\*](#) by Lenore Look; pictures by LyUyen Pham

[\*Archie and the Daredevil Penguin\*](#) by Andy Rash

[\*Bear Feels Scared\*](#) by Karma Wilson; illustrated by Jane Chapman

[\*Chester the Brave\*](#) by Audrey Penn; illustrated by Barbara L. Gibson

[\*I Am \(Not\) Scared\*](#) by Anna Kang; illustrated by Christopher Weyant

[\*I Used to be Afraid\*](#) by Laura Vaccaro Seeger

[\*The I'm Not Scared Book\*](#) by Todd Parr

[\*Night Animals\*](#) by Gianna Marino

[\*Sam the Most Scaredy-Cat Kid in the Whole World\*](#) by Mo Willems

[\*Lily's Cat Mask\*](#) by Julie Fortenberry

[\*Wemberly Worried\*](#) by Kevin Henkes

## FEELINGS AND EMOTIONS:

*\*from the Jbrary list, "2019 Picture Books: Feelings and Emotions"*

[\*Angry Cookie\*](#) by Laura Dockrill; illustrated by Maria Karipidou

[\*The Kindness Book\*](#) by Todd Parr

[\*Kindness Makes Us Strong\*](#) by Sophie Beer

[\*Nobody Hugs a Cactus\*](#) by Carter Goodrich

[\*How Do You Feel?\*](#) By Lizzy Rockwell

[\*I Will Be Fierce!\*](#) by Bea Birdsong; illustrated by Nidhi Chani

[\*My Heart\*](#) by Corinna Luyken

[\*Get Me Out of this Book: Rules and Tools for Being Brave\*](#) by Kali Dakos and Deborah Cholette; illustrated by Sara Infante

[\*Layla's Happiness\*](#) by Mariahadessa Ekere Tallie; illustrated by Ashleigh Corrin

[\*Happy Right Now\*](#) by Julie Berry; illustrated by Holly Hatam

[\*HANGRY\*](#) by Drew Brockington

[\*Kindness Rules!\*](#) by Eunice Moyle and Sabrina Moyle

[\*Anxious Charlie to the Rescue\*](#) by Terry Milne

[\*When Sadness is at Your Door\*](#) by Eva Eland

[\*Sweep\*](#) by Louise Greig and Julia Sarda

[\*My Love is for You\*](#) by Susan Musgrave and Marilyn Faucher

[\*Superbuns: Kindness is Her Superpower\*](#) by Diane Kredensor

[\*Let's Scare Bear\*](#) by Yuko Katakawa

[\*I'm Worried\*](#) by Michael Ian Black

[\*I Am Love: A Book of Compassion\*](#) by Susan Verde; illustrated by Peter H. Reynolds

[\*Out of Love Comes Hope\*](#) by Matthew Cordell

[\*Everyone Walks Away\*](#) by Eva Lindstrom

[\*One More Hug\*](#) by Megan Alexander; illustrated by Hiroe Nakata

[\*The Unbudgeable Curmudgeon\*](#) by Matthew Burgess; illustrated by Fiona Woodcock

[\*Hungry Jim\*](#) by Laurel Snyder' illustrated by Chuck Groenink

[\*The Boring Book\*](#) by Shinsuke Yoshitake

[\*My Big Bad Monster\*](#) by A. N. Kang

[\*Don't Call Me Bear!\*](#) by Aaron Blabey

[\*Big Boys Cry\*](#) by Jonty Howley

[\*The Bad Mood\*](#) by Moritz Petz; illustrated by Amelie Jackowski

[\*Happy Hair\*](#) by Mechal Renee Roe

[\*Hair Love\*](#) by Matthew A. Cherry; illustrated by Vashti Harrison

***I Am: A Book About Feelings*** by Alice Melvin

[\*Ruby Finds A Worry\*](#) by Tom Percival

[\*Lasting Love\*](#) by Caroline Wright; illustrated by Willow Heath

[\*Little Thor Gets Mad\*](#) by Victoria Watson Nguyen; illustrated by Rubin Pingk

[\*The Happy Book: And Other Feelings\*](#) by Andy Rash

[\*Grumpy Monkey Party Time!\*](#) by Suzanne Lang; illustrated by Max Lang

[\*When Molly Drew Dogs\*](#) by Deborah Kerbel; illustrated by Lis Xu

***Fierce Grey Mouse*** by Chantal Bourgonje

***Your Mind is Like the Sky*** by Bronwen Ballard and Laura Carlin

[\*All You Need is Love\*](#) by John Lennon and Paul McCartney; illustrated by Marc Rosenthal

[\*Brave Molly\*](#) by Brooke Boynton-Hughes

[\*When You Are Brave\*](#) by Pat Zietlow Miller; illustrated by Eliza Wheeler

[\*Fear the Bunny\*](#) by Richard T. Morris and Priscilla Burris

[\*My Happy Year by E. Bluebird\*](#) by Paul Meisel

[\*The Very Impatient Caterpillar\*](#) by Ross Burach

***A Book of Love*** by Emma Randall

## **MINDFULNESS:**

*\*from the 2018 MetroParent: March Mindfulness Booklist*

[\*Baby Present\*](#) by Rachel Neumann. Ages 0-2

- Calming and reaffirming text accompanied by photographs of adorable babies make this board book a perfect primer in mindfulness for the youngest audience.

**[Yoga Bug: Simple Poses for Little Ones](#)** by Sarah Jane Hinder. Ages 1-3

- Toddlers can do yoga by mimicking bugs in this cheerfully illustrated board book. Instructions for each pose are included in the back, rounding out this delightful introduction to yoga.

**[My First Yoga Class](#)** by Alyssa Satin Capucilli; photographs by Jill Wachter. Ages 3-7

- With simple text, photographs, and basic poses, this beginning reader is great for a read aloud or independent read to prepare children for their first yoga session.

**[Good Morning Yoga: A Pose-by-Pose Wake-Up Story](#)** by Mariam Gates; illustrated by Sarah Jane Hinder. Ages 3-8

- Soothing and illustrative text combine with charming images to create an ideal guided yoga session for children.

**[A World of Pausabilities](#)** by Frank J. Sileo; illustrated by Jennifer Zivoin. Ages 4-8

- In a busy world, sometimes one needs to pause. This picture book introduces the concept of mindfulness and shows caregivers easy ways to incorporate the practice into a child's life.

**[Zoo Zen: A Yoga Story for Kids](#)** by Kristen Fischer; illustrated by Susi Schaefer. Ages 4-9

- Lyla embarks on a new adventure by learning yoga poses with help from her friends from the zoo. This gorgeous book includes explanations of the poses at the end.

**[Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere](#)** by Kira Willey; illustrated by Anni Betts. Ages 4-10

- This delightful book is filled with fun and easy mindfulness exercises to help kids get a handle on their bodies and emotions anytime, anywhere.

**[Breathe and Be: A Book of Mindfulness Poems](#)** by Kate Coombs; illustrated by Anna Emilia Laitinen. Ages 5-9

- Simple yet creative poems and bright illustrations help children learn to regulate their emotions and better understand the world around them.