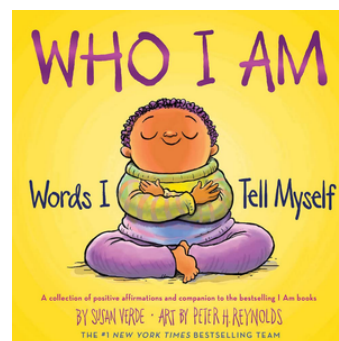
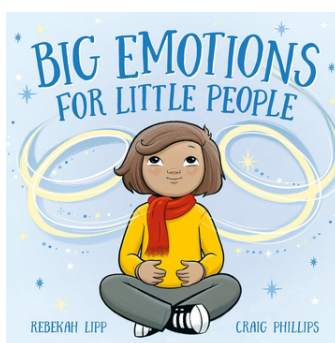
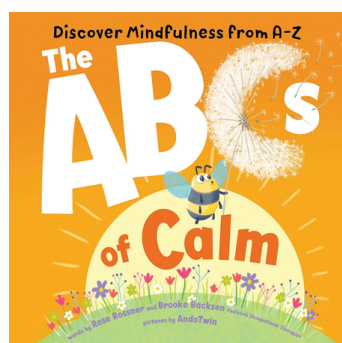
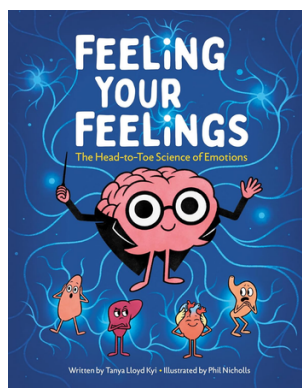
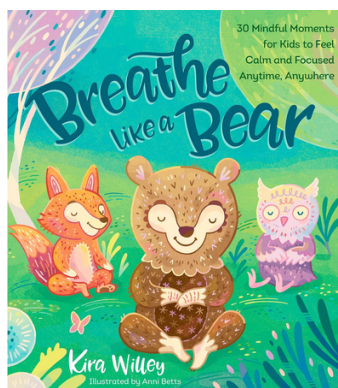


Books to Encourage Mindfulness and Calming Anxiety for Young Readers

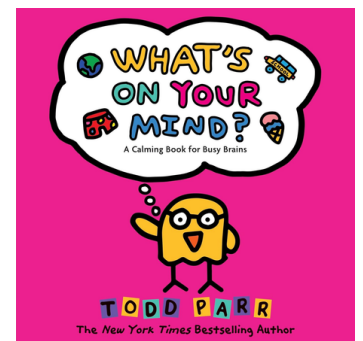
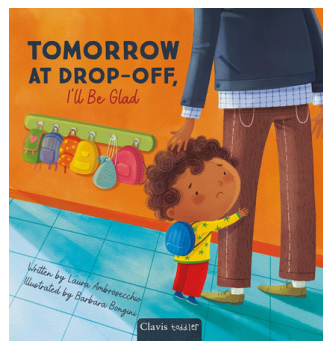
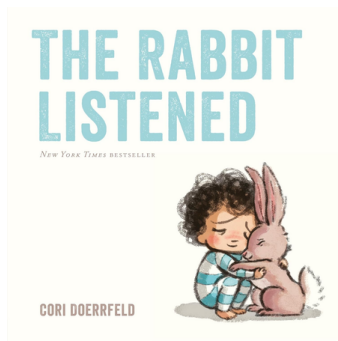
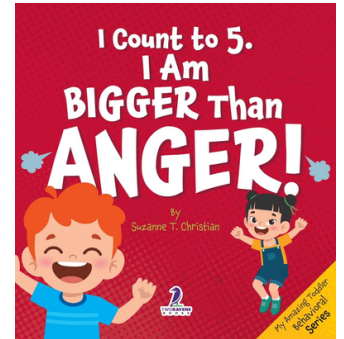
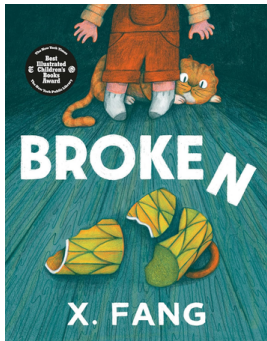
Board Books



Nonfiction Books



Picture Books



Board Books

The ABCs of Calm: Discover Mindfulness from A-Z

by Rose Rossner (9781728250700)

Big Emotions for Little People

by Rebekah Lipp (9781761214721)

Bluey: Bad Mood

by Penguin Young Readers (9780593891308)

What to Do When You Feel Like Hitting

by Cara Goodwin (9798886081657)

Alphabreaths: The ABCs of Mindful Breathing

by Christopher Willard & Daniel Rechtschaffen
(9781683648529)

Big Feelings (All Are Welcome)

by Alexandra Penfold (9780593900734)

Can You Do This? (Bedtime Edition): An Imagination Play Book

by Megan Roy (9781963183412)

Who I Am: Words I Tell Myself

by Susan Verde (9781419770920)

Nonfiction Books

Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere

by Kira Wiley (9781623368852)

Make a Plan, Scooby-Doo!: A Guide to Home Safety

by Steve Korté (9798875220463)

Feeling Your Feelings: The Head-To-Toe Science of Emotions

by Tanya Lloyd Kyi (9781525311277)

Picture Books

Broken

by X. Fang (9781774882009)

How to Tantrum Like a Champion: Ten Small Ways to Temper Big Feelings

by Allan Wolf (9781536223477)

I Hate Everything!

by Sophy Henn (9781665980494)

The Marvelous Now

by Angela Diterlizzi (9780316500036)

The Rabbit Listened

by Cori Doerrfeld (9780735229358)

What Will I Do If I Miss You?: A Picture Book for Separation Anxiety

by Melissa T. Shultz (9798893960037)

Everything's Wrong!: A Bear, a Hare, and Trouble Everywhere

by Jory John (9780374392147)

I Count to 5. I Am Bigger Than Anger!: Calming Affirmations for Big Feelings

by Suzanne T. Christian & Two Little Ravens
(9781968080433)

Leave Me Alone!: A Good Inside Story about Deeply Feeling Kids

by Becky Kennedy (9781250413116)

Ms. Rachel and Bean and the Bedtime Routine: Encouraging a Calm and Comforting Good Night

by Ms. Rachel & Mr. Aron (9798217031306)

Tomorrow at Drop-Off, I'll Be Glad

by Laura Ambrosechio (9798890631213)

What's on Your Mind?: A Calming Book for Busy Brains

by Todd Parr (9780316596329)