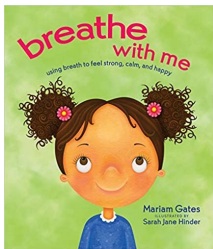


J 158.13 Ri

Ritchie, Scot.
[Follow Your Breath! A First Book of Mindfulness](#)

An introduction to mindfulness and how kids can make it part of their everyday lives.



J 615.836 Ga

Gates, Mariam.
[Breathe With Me: Using Breath to Feel Strong, Calm, and Happy](#)

A breathing practice book that teaches children breath awareness and how to use breathing in unpleasant situations to help them keep calm, relax, and focused.



Compiled by

Kathleen Ageton, Youth Services Librarian

Tammy Ching, Youth Services Librarian

Jessica Gleason, Bookmobile Librarian

Hawai'i State Public Library System

May 2023

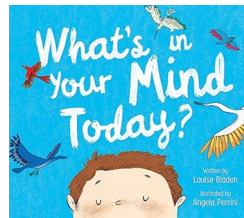
GROWING MY GARDEN: KEIKI SELF-CARE TOOLKIT

AIR

Just like seeds need a clean, clear space to grow, we need clear minds to make space for healthy thoughts and feelings to thrive. Read these books as a family to practice breathing techniques to calm and focus your minds.

Recommended for ages 4 and up.

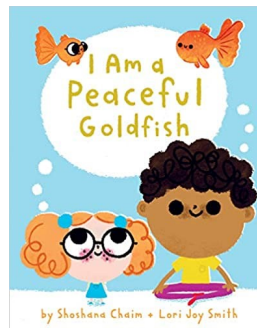
Easy Fiction



E Bladen

Bladen, Louise.
[What's in Your Mind Today?](#)

Children who struggle with negative thoughts may wonder how to make them go away. This guided, illustrated meditation for kids offers a simple mindfulness practice to breathe and feel calm in the midst of thoughts that come and go. Interactive back matter includes prompts for a mindfulness walk that engages all five senses as well as a guided breathing exercise.



E Chaim

Chaim, Shoshana.
[I Am a Peaceful Goldfish](#)

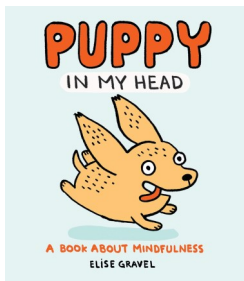
Two children learn how to settle their difficult feelings with imaginative breathing techniques, pretending they are elephants, flowers, and even dragons!



E Gianferrari

Gianferrari, Maria.
[Being a Dog: A Tail of Mindfulness](#)

Join a young child and their dog as they experience every minute of the day to its fullest—from the second they wake up to the moment they fall asleep. Readers will love barking, wagging, and sniffing along with the gentle cues in the book.



E Gravel

Gravel, Elise. [Puppy in My Head](#)

Kids experience anxiety and can feel overwhelmed just like adults do and this picture book serves as both a story and a step-by-step guide to help calm kids down. Ollie is the puppy living

inside of our narrator's head. When Ollie panics or is too energetic the narrator feels that way too! But she learns to handle the situation with her breath, mindfulness, and by talking it out with an adult.

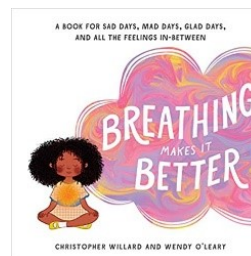


E Willard

Willard, Christopher. [Alphabreaths: the ABCs of Mindful Breathing](#)

In Alphabreaths, children will learn their ABCs and the basics of mindfulness through playful breathing exercises.

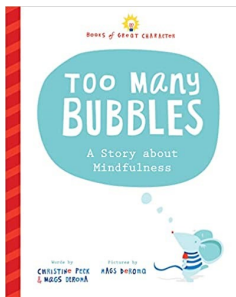
Non-Fiction



J 155.4124 Wi

[Breathing Makes it Better: A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between](#)

Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness.

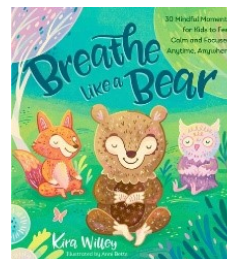


E Peck

Peck, Christine. [Too Many Bubbles](#)

Izzy the Mouse has grumpy thought bubbles hanging over her head, so when she sees a bear blowing bubbles and realizes a deep breath helps

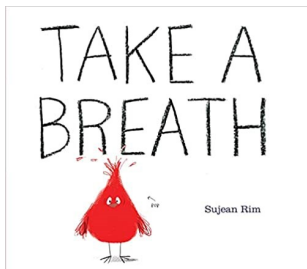
them float away, she tries a breathing exercise which helps her get rid of her negative thoughts for good.



J 158.12 Wi

Willey, Kira. [Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere](#)

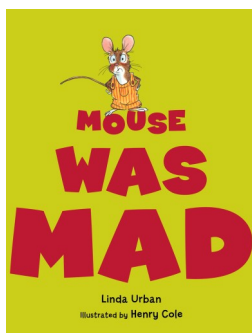
Beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions.



E Rim

Rim, Sujean. [Take a Breath](#)

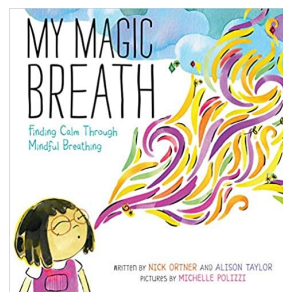
Bob the bird keeps trying to fly, but is beginning to worry that he will never succeed when Crow comes by with a suggestion to "just breathe."



E Urban

Urban, Lisa. [Mouse Was Mad](#)

Who knows the best way to be mad? Bear stomps. Hare hops. Bobcat screams. Mouse? He just can't get it right. But when he finds the way that works for him--still and quiet--he discovers that his own way might be the best of all.



J 158.12083 Or

Ortner, Nick. [My Magic Breath: Finding Calm Through Mindful Breathing](#)

Encourages children to discover their magic breath and use it when they are sad, nervous, or worried, offering clear, simple instructions for using breathing and mindfulness to guide emotions.