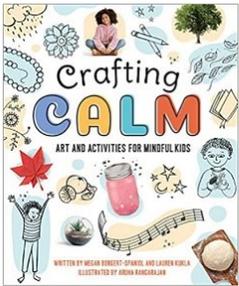


E Yoo
Yoo, Taeun.
[You Are a Lion!: and Other Fun Yoga Poses](#)

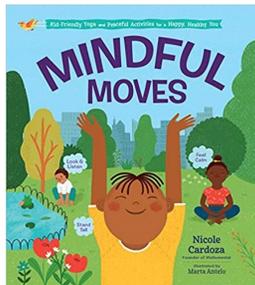
With simple instructions and bright, clear illustrations, award-winning artist Taeun Yoo invites children to enjoy yoga by assuming playful animal poses.

Non-Fiction



J 158.1 Bo
Borgert-Spaniol, Megan.
[Crafting Calm: Art and Activities for Mindful Kids](#)

Perfect for kids to do alone or with the help of an adult, the activities in Crafting Calm will have kids playing, tinkering, creating, and doodling their way to peaceful, balanced minds.



J 613.7046 Ca
Cardoza, Nicole.
[Mindful Moves: Kid-Friendly Yoga and Peaceful Activities for A Happy, Healthy You](#)

With delightful illustrations and kid-friendly language, Mindful Moves introduces kids to simple mindfulness activities and yoga.



Compiled by
Kathleen Ageton, Youth Services Librarian
Tammy Ching, Youth Services Librarian
Jessica Gleason, Bookmobile Librarian
Hawai'i State Public Library System
May 2023

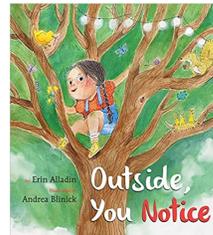
GROWING MY GARDEN:
KEIKI SELF-CARE TOOLKIT

WATER

Much like water nourishes, refreshes and encourages seeds to grow, we need activities that nourish and refresh our minds and bodies. Read these books as a family, reminding yourself to find and practice activities that replenish your mind, body, and spirit.

Recommended for ages 4 and up.

Easy Fiction



E Alladin
Alladin, Erin. [Outside You Notice](#)

"Poetic nonfiction text describes a child's sensory experience of various kinds of outdoor space. On each spread, facts related to observation center on a particular theme, including rain, animal homes, fruit, soil, flowers, seeds, water, roots, leaves, vegetables, pollinators, and the benefits of spending time outdoors."



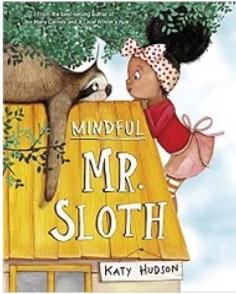
E Dopirak
Dopirak, Kate.
[Hurry Up!: A Book About Slowing Down](#)

A busy boy and his dog learn to slow down and enjoy life together in this lyrical, rhyming picture book perfect for hurried families everywhere.



E Galliez
Galliez, Roxane Marie.
[Thank You, Miyuki](#)

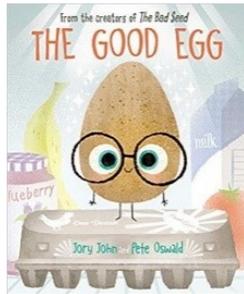
Grandfather enjoys the warm sun and stops to smell a rose, inviting Miyuki to join him. Their walk in the garden, filled with many tender moments, heightens their gratitude for each other and for the world around them. Miyuki comes to understand that in the small acts of mindfulness throughout her day, she learned how to meditate.



E Hudson

Hudson, Katy. [Mindful Mr. Sloth](#)

This mindfulness tale about the unlikely friendship between an energetic girl and a sloth encourages children to stop, breathe, and be present in every moment.

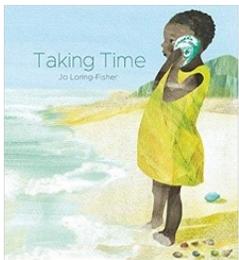


E John

John, Jory. [The Good Egg](#)

How does it feel to be the one "Good Egg" in a carton full of rotten ones? Turns out it is very frustrating and stressful. This clever, funny, and poignant book teaches the importance of self-care and learning to accept the imperfections in others and ourselves.

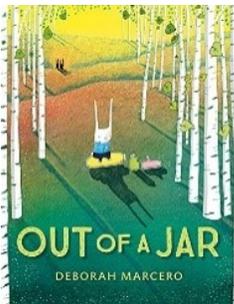
Also available as an [eBook](#) and [eAudiobook](#).



E Loring-Fisher

Loring-Fisher, Jo. [Taking Time](#)

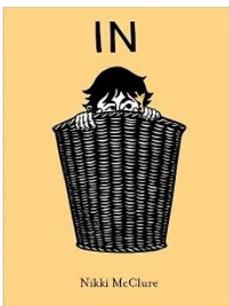
A young girl takes time to celebrate the sights and sounds around her, including her dog's soft fur, a flock of birds that passes by, waving blossoms on a tree, and the sound of the sea in a seashell.



E Marcero

Marcero, Deborah. [Out of a Jar](#)

Llewellyn, a little rabbit overwhelmed by his emotions, hides away his feelings in glass jars, until he discovers life is more colorful when he sets his emotions free.



E McClure

McClure, Nikki. [In](#)

Through minimal text and cut-paper illustrations, shows the many things a boy can enjoy while inside his house, then outside, then in again. Includes a list of the author's favorite owls.

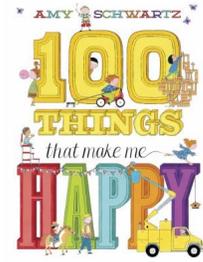
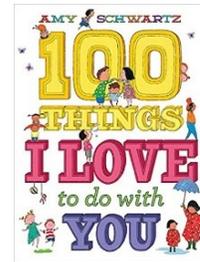
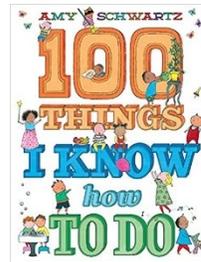
Also available as an [eBook](#).



E Perdomo

Perdomo, Juliana. [Sometimes All I Need is Me](#)

"A young girl finds comfort and confidence within as she makes the best of any situation, in a text that highlights the themes of resiliency, mindfulness, and self-care."



E Schwartz

Schwartz, Amy.

[100 Things Series](#)

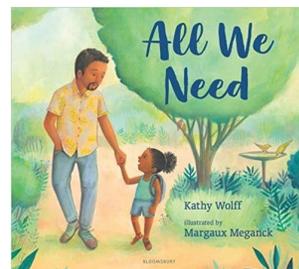
Remember, discover, and celebrate all the things you know how to do, love to do, and have fun doing with friends. 100 Things That Make Me Happy also available as a [Read-Along eBook](#)



E Waddell

Waddell, Martin. [The Big, Big Sea](#)

A young girl and her mother take a nighttime walk to the sea, creating beautiful memories of a special experience.



E Wolff

Wolff, Kathy. [All We Need](#)

Illustrations and easy-to-read, rhyming text celebrate the littlest things one needs to be happy, and the beauty of sharing with others when one has more than enough.