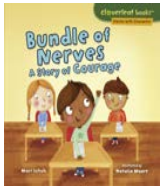



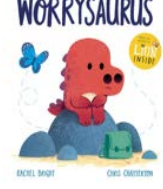
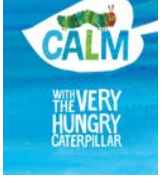


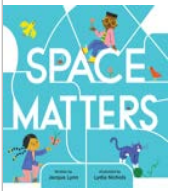
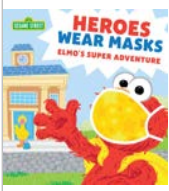
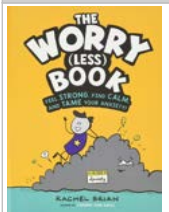
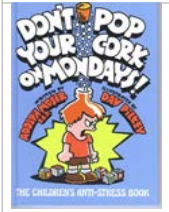
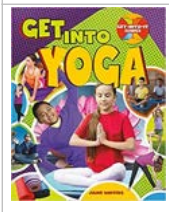
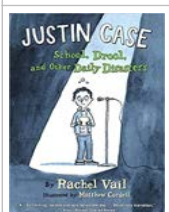
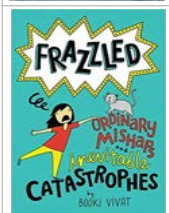

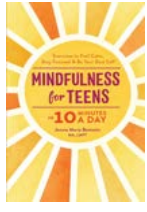
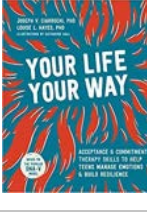
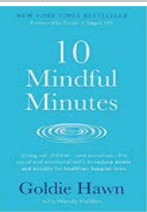
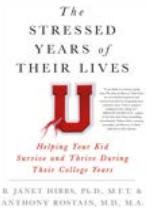
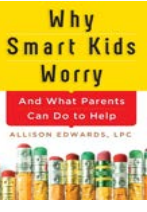




"Be Mindful" Booklist for Kids, Teens & Parents

TITLE (Click to view in library)	AUTHOR	CALL #	DESCRIPTION	EASY PICTURE BOOKS
 <p>Take the Time: Mindfulness for Kids</p>	Roegiers, Maud	E 155.42 ROE	Via rhythms and imagery, guides a child toward self-awareness and mindfulness, tools which may help him or her calm down and feel better when out-of-sorts.	
 <p>Bundle of Nerves: A Story of Courage</p>	Schuh, Mari	E 179.9 SCH	Luis is very nervous about the first day of school, but finds many ways to be brave. Includes an activity and glossary.	
 <p>Way Past Worried</p>	Adelman, Hallee	E Adelman, Hallee	Brock is worried about going to his friend's superhero birthday party alone, but while he is hiding he meets Nelly, who is just as frightened as he is.	
 <p>Captain Starfish</p>	Bell, Davina	E Bell, Davina	Alfie's anxiety often keeps him from engaging in fun activities, but he learns a valuable lesson at the aquarium that shows Alfie there is a happy medium between hiding away and being a star.	
 <p>I'm Worried</p>	Black, Michael Ian	E Black, Michael Ian	Potato is worried about what might happen in the future, causing Flamingo to worry, too, but their friend, encourages them to focus on enjoying the present, instead.	
 <p>The Worrysaurus</p>	Bright, Rachel	E Bright, Rachel	An anxiety-prone little dinosaur's special picnic plans are complicated by fears about what could go wrong. A little support from a loved one helps him find ways to soothe his butterflies.	
 <p>Calm With the Very Hungry Caterpillar</p>	Carle, Eric	E Carle, Eric	When the Very Hungry Caterpillar gets anxious, he takes a moment to breathe and calm himself.	

	Here And Now	Denos, Julia	E Denos, Julia	Illustrations and easy-to-read text celebrate mindfulness and the connectedness of everything on Earth.
	Space Matters	Lynn, Jacque	E Lynn, Jacque	Gently encourages mindfulness and critical thinking through a playful and witty exploration of negative space.
	Sesame Street. Heroes Wear Masks: Elmo's Super Adventure	Sesame Street	E Sesame Street	With the help of Elmo and his mommy, this story will help children combat school anxiety and understand new experiences like wearing masks, frequent hand washing, and social distancing.
	The Worry (less) Book: Feel Strong, Find Calm, and Tame Your Anxiety	Brian, Rachel	J 152.4 BRI	This guide shares reassurance about how everyone gets worried sometimes and what to do when anxiety gets in the way.
	Don't Pop Your Cork On Mondays!: The Children's Anti-Stress Book	Moser, Adolph	J 155.9 MOS	Explores the causes and effects of stress and offers practical approaches for dealing with stress in daily life.
	Get Into Yoga	Winters, Jaime	J 613.7 WIN	Introduces children to yoga with clear, step-by-step instructions. From breathing techniques and meditation to yoga poses and flows, explore the mind-and-body benefits of practicing yoga.
	Justin Case: School, Drool, And Other Daily Disasters	Vail, Rachel	J Fic Vail, Rachel	It's a new school year, and nothing feels right to Justin. He didn't get the teacher he wanted & he's not in the same class as his best friend. He's very nervous about starting the third grade.
	Frazzled: Ordinary Mishaps and Inevitable Catastrophes	Vivat, Booki	J Fic Vivat, Booki	Abbie Wu is FRAZZLED as she navigates locker thieves, diabolical cats, and other hazards of middle school.

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	Be More Yoda	Blauvelt, Christian	158.1 BLA	Inspiring words of wisdom from Master Yoda and a host of other Star Wars mentors will guide you to a more mindful and fulfilling path in life. Make you one with the Force, we will!	TEENS
	Mindfulness for Teens in 10 Minutes A Day: Exercises to Feel Calm, Stay Focused and Be Your Best	Battistin Jennie Marie	158.13 BAT	Simple and effective exercises -- that fit perfectly into your daily routine -- make it easy to keep yourself in the here and now, tackle challenges one at a time, and make the most of every minute.	
	Your Life, Your Way: Skills to Help Teens Manage Emotions, and Build Resilience	Ciarrochi, Joseph	NEW 305.235 CIA	With this fun and illustrated guide, teen readers will find solid and actionable skills to help them overcome these challenges, increase psychological flexibility, and achieve their goals.	
	10 Mindful Minutes: Giving our Children--and Ourselves--the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happier Lives	Hawn, Goldie	158.1 HAW	By understanding how their brains work, children discover where their emotions come from and become more self-aware.	FOR PARENTS
	The Stressed Years of Their Lives: Helping Your Kid Survive and Thrive During Their College Years	Hibbs, Janet	616.89 HIB	Leading adolescent mental health experts guide parents of college and college-bound students who want to know what's normal mental health and behavior, what's not, and how to intervene before it's too late.	
	Why Smart Kids Worry and What Parents Can Do to Help	Edwards, Allison	J Parent's Shelf 155.4 EDW	In this practical parenting resource, Edwards guides you through the mental and emotional process of where your child's fears come from and why they are so hard to move past.	
	The Worried Child: Recognizing Anxiety in Children and Helping Them Heal	Foxman, Paul	J Parent's Shelf 155.4 FOX	Anxiety is preventable, or can at least be minimized, by raising children's self confidence, increasing social & self-control skills, & teaching them how to play, relax, and communicate their feelings.	
	Freeing Your Child From Anxiety: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared For Life	Chansky, Tamar	J Parent's Shelf 618.92 CHA	An authoritative resource written by a prominent childhood-anxiety expert guides parents through a proven program that will help their children overcome their fears, worries and anxieties to lead happier, healthier lives.	

This booklist is meant to compliment the library's "Be Mindful" program. This program is supported by a grant from the Institute of Museum and Library Services (IMLS) and the Oklahoma Department of Libraries (ODL). The opinions and content of activities and materials do not necessarily reflect the position or policy of ODL or IMLS, and no official endorsement should be inferred.