

## Suggested Mindfulness Books for Kids

Following is a list of mindfulness books for children. Some are available to read on You-Tube.

### 1. Listening to My Body

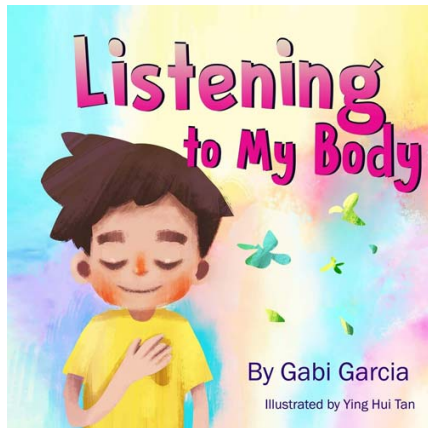
**Amazon.com:** [https://www.amazon.com/Listening-Body-understand-connection-sensations/dp/099895800X/ref=sr\\_1\\_1\\_sspa?keywords=listening+to+my+body&qid=1585319223&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExWU9UU1ZXVzJXTERBJmVuY3J5cHRIZElkPUewMTMxMjg1MkdJQ0RKMkw2Q05RUCZlbnNyeXB0ZW50ZWRBZEIkPUewNDQyNjczM0paSFdGQ0QxNUZFUyZ3aWRnZXROYW1IPXNwX2FOZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=](https://www.amazon.com/Listening-Body-understand-connection-sensations/dp/099895800X/ref=sr_1_1_sspa?keywords=listening+to+my+body&qid=1585319223&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExWU9UU1ZXVzJXTERBJmVuY3J5cHRIZElkPUewMTMxMjg1MkdJQ0RKMkw2Q05RUCZlbnNyeXB0ZW50ZWRBZEIkPUewNDQyNjczM0paSFdGQ0QxNUZFUyZ3aWRnZXROYW1IPXNwX2FOZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=)

#### Book overview:

Curiosity is normal in children, but most often, their feelings and sensations about people and things remain unexplained.

Listening to My Body is an interactive book that engages children and helps them name their feelings and sensations and understand the connection between them. This book makes use of mindfulness activities to help kids develop emotional resilience.

**Age group:** 8-12 years old



### 2. I Am Peace: A Book of Mindfulness

Free on Kindle freetime unlimited app on Amazon.com

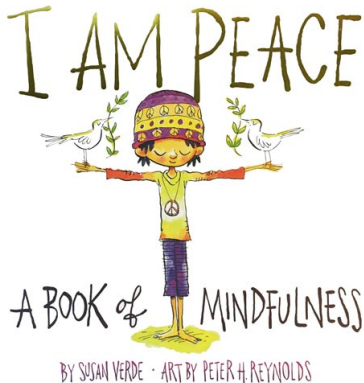
**Amazon.com:** [https://www.amazon.com/I-Am-Peace-Book-Mindfulness-ebook/dp/B06XPZD9JW/ref=pd\\_sim\\_ebk\\_14\\_1/143-3122634-1950634?\\_encoding=UTF8&pd\\_rd\\_i=B06XPZD9JW&pd\\_rd\\_r=478a9069-0ff3-425c-81d1-7b0beacff6f4&pd\\_rd\\_w=bPjqb&pd\\_rd\\_wg=mK1GC&pf\\_rd\\_p=dc5f8131-4953-4e94-b701-14887e2f8999&pf\\_rd\\_r=T4TFCW204B7QHWKMJH4W&psc=1&refRID=T4TFCW204B7QHWKMJH4W](https://www.amazon.com/I-Am-Peace-Book-Mindfulness-ebook/dp/B06XPZD9JW/ref=pd_sim_ebk_14_1/143-3122634-1950634?_encoding=UTF8&pd_rd_i=B06XPZD9JW&pd_rd_r=478a9069-0ff3-425c-81d1-7b0beacff6f4&pd_rd_w=bPjqb&pd_rd_wg=mK1GC&pf_rd_p=dc5f8131-4953-4e94-b701-14887e2f8999&pf_rd_r=T4TFCW204B7QHWKMJH4W&psc=1&refRID=T4TFCW204B7QHWKMJH4W)

**Book overview:**

I Am Peace is a wonderful picture book that helps children find peace within through mindful practice. It is an ideal tool for teachers in the classroom and moms and dads at bedtime, as it brings a simple clear message of awareness and understanding in a manner perfect for kids.

Connect your kids with the earth. Enhance their imagination. Develop the expression of their emotions. Be present in the present.

**Age group:** 4-8 years old

**3. Cassidy's Present**

[https://www.amazon.com/Cassidys-Present-Sue-Mateer/dp/194425580X/ref=sr\\_1\\_1?keywords=cassidy%27s+present&qid=1585319569&sr=8-1](https://www.amazon.com/Cassidys-Present-Sue-Mateer/dp/194425580X/ref=sr_1_1?keywords=cassidy%27s+present&qid=1585319569&sr=8-1)

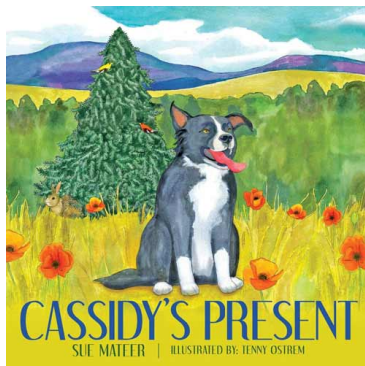
**Book overview:**

If your child loves dogs this is a great book to inspire mindfulness. Cassidy is a playful pup who likes the smell of flowers, the feel of the warm sun, and the taste of a snowflake on her tongue.

But her human friends, Anna and Charlie, seem too distracted by the cares and concerns of their everyday life to join Cassidy as she plays through the seasons.

Cassidy helps her friends to appreciate the present moment and everything it has to offer.

**Age group:** 5-12 years old

**4. Listening with My Heart: A Story of Kindness and Self-Compassion**

[https://www.amazon.com/Listening-My-Heart-kindness-self-compassion/dp/0998958034/ref=sr\\_1\\_1\\_sspa?keywords=listening+with+my+heart&qid=1585319632&sr=8-1-](https://www.amazon.com/Listening-My-Heart-kindness-self-compassion/dp/0998958034/ref=sr_1_1_sspa?keywords=listening+with+my+heart&qid=1585319632&sr=8-1-)

[spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFHMU9HV09QMURJlomZW5jcnlwdGVkSWQ9QTAWMDQyNzRmZjZkQktLWUJURTYmZW5jcnlwdGVkQWRJZD1BMDU5ODc5NVRVSczRQVIE2S1k0WiZ3aWRnZXROYW1lPXNwX2F0ZiZlY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNRPXRydWU=](https://www.amazon.com/dp/B000APR004?psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFHMU9HV09QMURJlomZW5jcnlwdGVkSWQ9QTAWMDQyNzRmZjZkQktLWUJURTYmZW5jcnlwdGVkQWRJZD1BMDU5ODc5NVRVSczRQVIE2S1k0WiZ3aWRnZXROYW1lPXNwX2F0ZiZlY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNRPXRydWU=)

**Book overview:**

As much as it is necessary and important to teach our kids to be friendly to others, it is essential to talk to them about being friends to themselves.

This friendly book regards self-acceptance and positive self-talk to be helpful in building a child's emotional resilience and develop a happy and strong mentality.

Listening to My Heart also touches on other subjects of empathy, friendship, and kindness. As a bonus, mindfulness and self-compassion activities are also included in this small yet beautiful book.

**Age group:** 5-10 years old



**5.The Mindful Dragon: A Dragon Book about Mindfulness**

[https://www.amazon.com/Mindful-Dragon-Mindfulness-Mindful-Mindfulness/dp/1948040107/ref=redir\\_mobile\\_desktop?ie=UTF8&aaxitk=epsZ.ZYHC-OGBKAF1eFrLA&hsa\\_cr\\_id=4006537650701&ref\\_=sb\\_s\\_sparkle](https://www.amazon.com/Mindful-Dragon-Mindfulness-Mindful-Mindfulness/dp/1948040107/ref=redir_mobile_desktop?ie=UTF8&aaxitk=epsZ.ZYHC-OGBKAF1eFrLA&hsa_cr_id=4006537650701&ref_=sb_s_sparkle)

**Book overview:**

Kids love dragons, and, with the help of cute and entertaining creative illustrations, the Mindful Dragon teaches kids the importance of focus and peace, and helps them develop an understanding of their present emotions. **Age group:** 4-8 years old

What if your dragon is worried about many things? Well, grab this fun book and train him to be mindful!



**6. Sitting Still Like a Frog: Mindfulness Exercises for Kids**

[https://www.amazon.com/Mindful-Dragon-Mindfulness-Mindful-Mindfulness/dp/1948040107/ref=redir\\_mobile\\_desktop?ie=UTF8&aaxitk=epsZ.ZYHC-OGBKAF1eFrLA&hsa\\_cr\\_id=4006537650701&ref\\_=sb\\_s\\_sparkle](https://www.amazon.com/Mindful-Dragon-Mindfulness-Mindful-Mindfulness/dp/1948040107/ref=redir_mobile_desktop?ie=UTF8&aaxitk=epsZ.ZYHC-OGBKAF1eFrLA&hsa_cr_id=4006537650701&ref_=sb_s_sparkle)

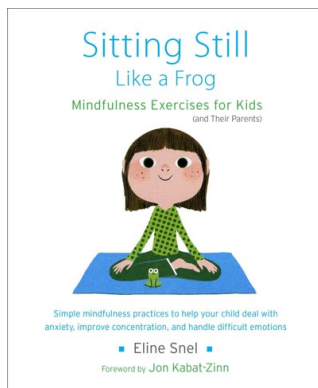
**Book overview:**

Even kids have anxieties and worries. *Sitting Like a Frog* presents mindfulness practices in a simple, kid-friendly way to help children learn concentration, deal with anxiety and stress, and handle demanding emotions.

The book also contains practices that are focused on certain common scenarios to help youngsters get a grip on their feelings, manage anger, become more aware, and exercise patience. Along with the book is a 60-minute audio CD of guided exercises.

This lovely book is the perfect introduction to mindfulness meditation.

**Age group:** 5-12 years old



## 7. Master of Mindfulness: How to Be Your Own Superhero in Times of Stress

[https://www.amazon.com/Master-Mindfulness-Superhero-Times-Stress/dp/1626254648/ref=sr\\_1\\_1?keywords=master+of+mindfulness&qid=1585319765&s=books&sr=1-1](https://www.amazon.com/Master-Mindfulness-Superhero-Times-Stress/dp/1626254648/ref=sr_1_1?keywords=master+of+mindfulness&qid=1585319765&s=books&sr=1-1)

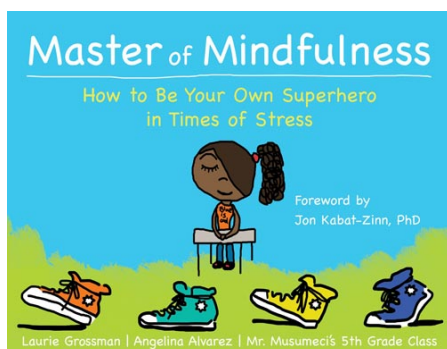
### Book overview:

Childhood is supposed to be all about unicorns and rainbows, but what if it's not? In this world that gets more chaotic and stressful day by day, kids would greatly benefit from child-friendly resources that increase their wellness.

An empowering book that uses cool illustrations, *Master of Mindfulness* is ideal for showing kids how to be focussed, stay calm, be confident, and channel and use their inner strength to be their own superhero!

In any scenario, a child could use some superpowers, and this is what this little book aims to fulfill — to give children the skills they need to handle their emotions the mindful way.

**Age group:** 5-12 years old



## 8. Marmalade the Moose's Mindful Meanders

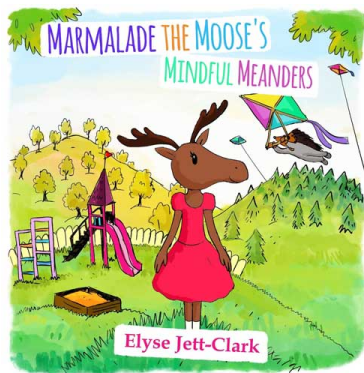
[https://www.amazon.com/Marmalade-Mooses-Mindful-Meanders-Jett-Clark/dp/0692179550/ref=sr\\_1\\_1?keywords=marmalade+the+moose&qid=1585319799&s=books&sr=1-1](https://www.amazon.com/Marmalade-Mooses-Mindful-Meanders-Jett-Clark/dp/0692179550/ref=sr_1_1?keywords=marmalade+the+moose&qid=1585319799&s=books&sr=1-1)

### Book overview:

Walking in mindfulness is what Marmalade the Moose likes to do! Join her as she navigates to fun places such as the beach, a farm, and a forest.

She also enjoys going on an exciting hike with her friends and just lives in the present and is aware of everything little thing that happens in the background — the tweeting of the bird or the swaying of tree leaves. This book is perfect for both kids and adults to learn more about gratitude, mindfulness, and happiness!

**Age group:** 0-10 years old



## 9. Mind Bubbles: Exploring Mindfulness with Kids

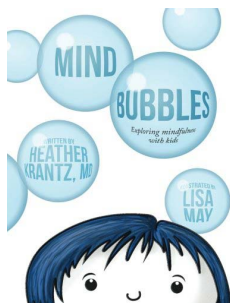
[https://www.amazon.com/Mind-Bubbles-Exploring-mindfulness-kids/dp/0998703710/ref=sr\\_1\\_1?keywords=mind+bubbles&qid=1585319839&s=books&sr=1-1](https://www.amazon.com/Mind-Bubbles-Exploring-mindfulness-kids/dp/0998703710/ref=sr_1_1?keywords=mind+bubbles&qid=1585319839&s=books&sr=1-1)

### Book overview:

Children today are engaged in a fast-paced, media-driven, competitive society that can lead to increased stress and stress-related problems such as anxiety and depression. Mindfulness is a way to deal with this stress and can help children calm themselves and focus their attention.

Mind Bubbles presents an easy way for young children to work with their breath while noting thoughts and feelings passing and popping like bubbles. The book is a clear, concise, and secular explanation of mindfulness.

**Age group:** 4-8 years old



## 10. Crab and Whale

[https://www.amazon.com/Crab-Whale-introduce-mindfulness-Storytime-ebook/dp/B07CZRX99C/ref=sr\\_1\\_1?keywords=crab+and+whale&qid=1585319867&s=books&sr=1-1](https://www.amazon.com/Crab-Whale-introduce-mindfulness-Storytime-ebook/dp/B07CZRX99C/ref=sr_1_1?keywords=crab+and+whale&qid=1585319867&s=books&sr=1-1)

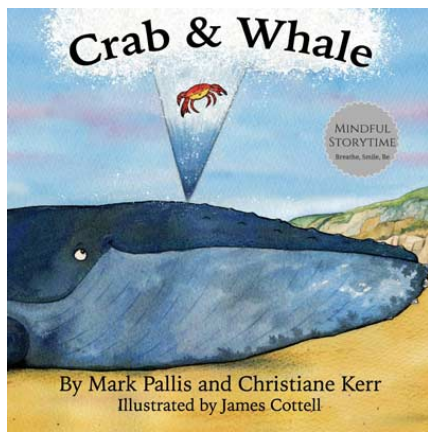
### Book overview:

It's never too early to start! Designed to gently introduce kids to the practice of mindfulness, Crab and Whale is a wonderfully illustrated story perfect for playtime or bedtime.

The story of the crab and the whale touches on the values of mindfulness: acceptance, generosity, gratitude, kindness, patience, and trust.

This book helps children become more relaxed and resilient in an imaginative and interactive way.

**Age group:** 2-11 years old



## 11. What Does It Mean to Be Present?

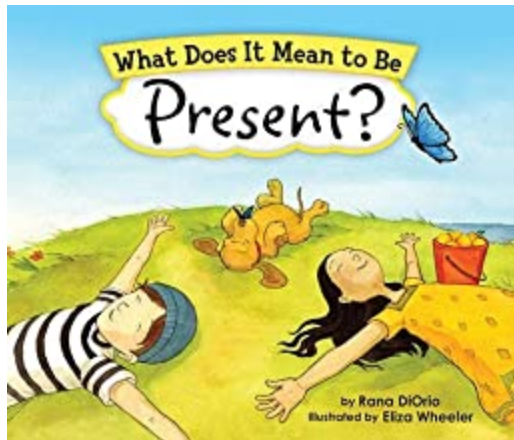
[https://www.amazon.com/What-Does-Mean-Be-Present/dp/0984080686/ref=sr\\_1\\_1?keywords=what+does+it+mean+to+be+present&qid=1585319903&s=books&sr=1-1](https://www.amazon.com/What-Does-Mean-Be-Present/dp/0984080686/ref=sr_1_1?keywords=what+does+it+mean+to+be+present&qid=1585319903&s=books&sr=1-1)

### Book overview:

Join a group of friends in this interactive book as they navigate through childhood in school, at home, and at the beach! Follow their experiences as they learn how to be in the present, such as waiting patiently for their turn, focusing on what is happening at the moment, and noticing and taking action when someone needs help.

For parents and teachers, this book is a great tool to help children start mindfulness early and set the tone for their lives!

**Age group:** 4-8 years old



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

[https://www.amazon.com/Breathe-Like-Bear-Mindful-Anywhere/dp/1623368839/ref=sr\\_1\\_1?keywords=breathe+like+a+bear&qid=1585319997&s=books&sr=1-1](https://www.amazon.com/Breathe-Like-Bear-Mindful-Anywhere/dp/1623368839/ref=sr_1_1?keywords=breathe+like+a+bear&qid=1585319997&s=books&sr=1-1)

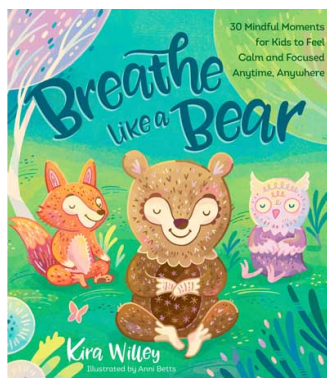
### Book overview:

A lovely collection of illustrated mindfulness exercises, *Breathe Like a Bear* teaches children techniques for managing their breath, body, and emotions. It is filled with imaginative and playful ideas children will love and help them better connect with themselves.

What makes it even better is that the simple and short mindfulness practices in this book can be performed anytime, anywhere!

Encourage your child to be mindful the most whimsical way with *Breathe Like a Bear*.

**Age group:** 4-8 years old



## 13. Puppy Mind

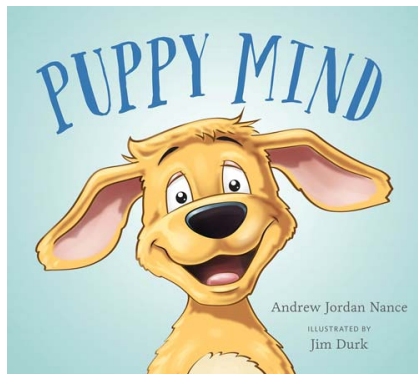
[https://www.amazon.com/Puppy-Mind-Andrew-Jordan-Nance/dp/1941529445/ref=sr\\_1\\_3?keywords=puppy+mind&qid=1585320051&s=books&sr=1-3](https://www.amazon.com/Puppy-Mind-Andrew-Jordan-Nance/dp/1941529445/ref=sr_1_3?keywords=puppy+mind&qid=1585320051&s=books&sr=1-3)

### Book overview:

*Puppy Mind* follows the story of a young boy who discovers his mind is like a puppy, always wandering away, into the past or the future. He then starts to train his puppy mind to learn how to be and live in the present.

Through breathing practices, the boy becomes a stronger master to his puppy mind, remembering how to breathe, keeping in the present. Puppy Mind is a wonderful introduction to mindfulness meditation.

**Age group:** 3-7 years old



#### 14. My Brain is a Thinking Machine

[https://www.amazon.com/Brain-Thinking-Machine-emotional-intelligence/dp/1974528758/ref=sr\\_1\\_1?keywords=my+brain+is+a+thinking+machine&qid=1585320093&s=books&sr=1-1](https://www.amazon.com/Brain-Thinking-Machine-emotional-intelligence/dp/1974528758/ref=sr_1_1?keywords=my+brain+is+a+thinking+machine&qid=1585320093&s=books&sr=1-1)

##### **Book overview:**

Join a young boy in his experience of developing emotional intelligence as he becomes aware of his thoughts, the way they make him feel, and the actions he needs to deal with them.

My Brain is a Thinking Machine teaches children about the power of thoughts and a positive mindset. It is a great book for young readers to learn about emotional management and resilience. **Age Group** 5-7 years old.

