



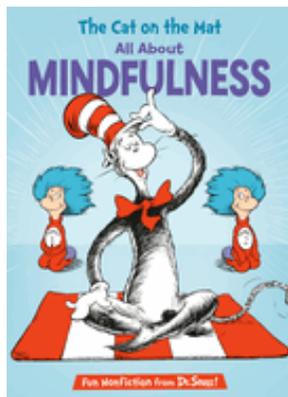
## Mental Health / Mindfulness



### **Sloth & Smell the Roses**

by Eunice Moyle

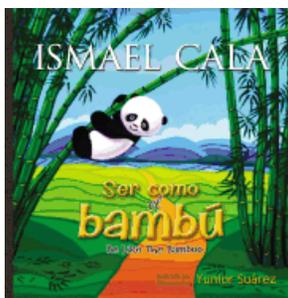
"This pun-derful guide to mindfulness offers many fun teaching moments for kids and their caregivers, covering topics from taking deep breaths to acknowledging strong feelings and working to let them go."



### **The Cat on the Mat**

by Bonnie Worth

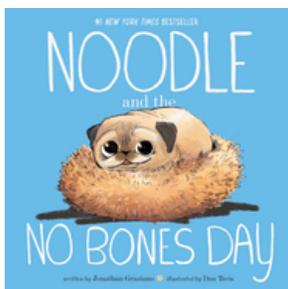
In this simple rhymed introduction to mindfulness meditation, the Cat in the Hat shows beginning readers how to slow down and still their bodies and minds through simple breathing exercises and focused concentration.



### **Ser Como el Bambú / Be Like The Bamboo**

by Ismael Cala

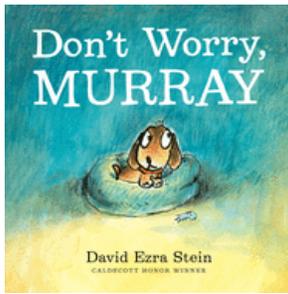
*This high-quality Spanish-language book can be enjoyed by fluent Spanish speakers as well as those learning the language, whether at home or in a classroom.*



### **Noodle and the No Bones Day**

by Jonathan Graziano

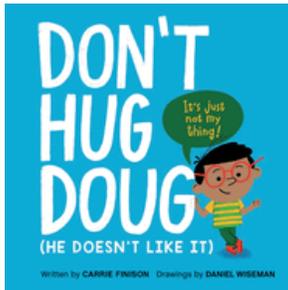
Noodle is an active old pug, but one day when his favorite human lifts him up Noodle just flops over like he has no bones and Jonathan soon learns that not every day can be a Bones Day, and sometimes a No Bones Day is exactly what you need to get through the week.



### **Don't Worry, Murray**

by David Ezra Stein

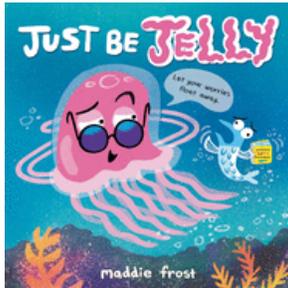
Murray, who worries about a lot of things—the rain, fireworks and barking dogs—gradually learns that he can be brave and face his fears. 100,000 first printing.



### **Don't Hug Doug: (He Doesn't Like it)**

by Carrie Finison

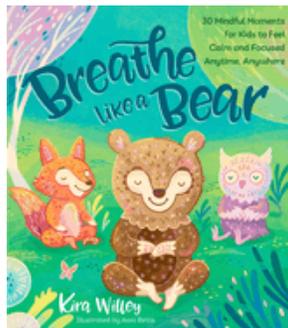
"Doug prefers not to be hugged, but there are a variety of other ways his loved ones can show him affection"



### **Just Be Jelly**

by Maddie Frost

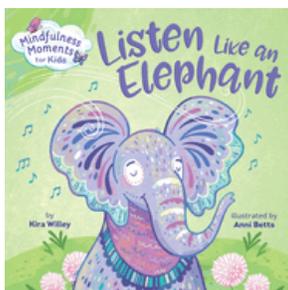
"A panicky sardine who loses its group learns to relax and to ask for help from a laid back jellyfish"



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

by Kira Willey

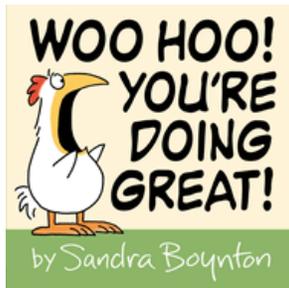
Based on the author's award-winning CD, a lavishly illustrated collection of 30 mindfulness exercises for young readers explains how kids can calm, focus and energize their minds at home, in the car, or at their desks at school.



### **Listen Like an Elephant**

by Kira Willey

An introduction to mindfulness shows readers how to slow down, listen to the world around them, and focus their minds



**Woo Hoo! You're Doing Great!**

by Sandra Boynton

An extremely exuberant chicken has an important message to share in this entertaining rhyming book that reminds us that trying our best is reason enough to celebrate!

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