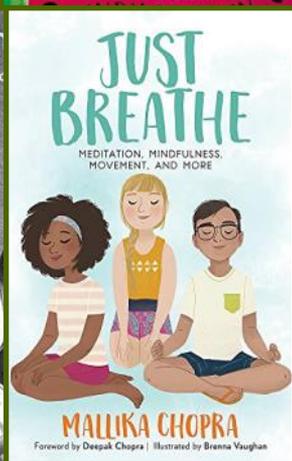
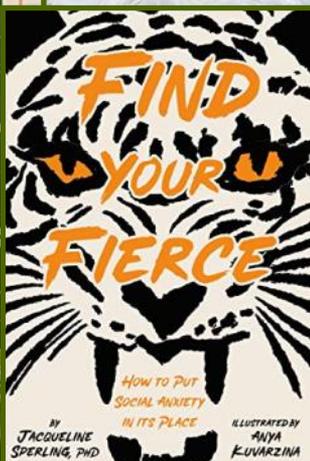
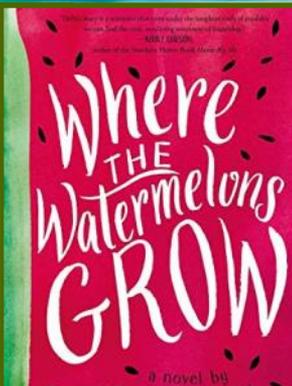
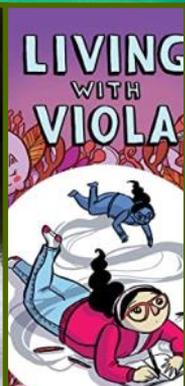
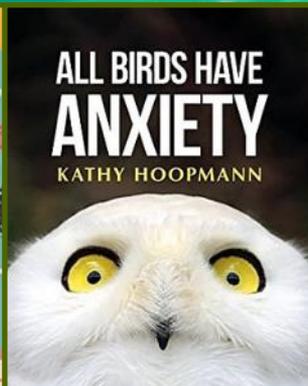


# Mindfulness Matters

Books and resources for ages 8-14.



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up for our email list.



## **J Graphic Fiction Dur - [Just Roll With it](#)**

by Lee Durfey-Lavoie

Maggie, who struggles with anxiety and OCD, gets through her first year of middle school by making friends, finding the best after-school clubs, and using her twenty-sided dice to help her make decisions. **Ages 8-12.**



## **J Kin - [The Year We Fell From Space](#)**

by Amy Sarig King

Middle schooler Liberty's family is falling apart. Her parents are getting divorced, her sister will barely leave the house, her father is suffering from depression but will not talk about it, and the brothers down the street have turned into bullies. So when a tiny meteorite literally falls in her lap it is like a sign, but a sign of what? **Ages 8-12.**



## **J Kin - [OCDaniel](#)**

by Wesley King

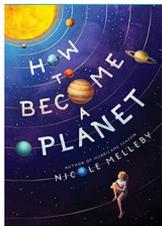
A thirteen-year-old boy's life revolves around hiding his obsessive compulsive disorder until a girl at school notices him for the first time and he gets a mysterious note that changes everything. **Ages 10-12.**



## **J Luc - [Thanks a lot, Universe](#)**

by Chad Lucas

Brian has always been anxious, whether at home or on the basketball court. His mom and dad try to help as much as they can, but after he and his brother are placed into foster care, Brian starts having panic attacks and he doesn't know if things will ever be 'normal' again. Then he meets Ezra, and everything changes. Told from two points of view, you won't want to put this book down. **Ages 10-14.**



## **J Mel - [How to Become a Planet](#)**

by Nicole Melleby

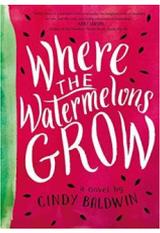
After an entire summer trying to figure out how to go back to being the person she was before her depression and anxiety diagnosis, twelve-year-old Pluto finds out--with the help of the Hayden Planetarium hotline, a new tutor, and a new friend--that there is no old or new Pluto, there's just Pluto, growing up. **Ages 9-12.**



## **J Graphic Fiction Tre - [Small Things](#)**

by Mel Tregonning

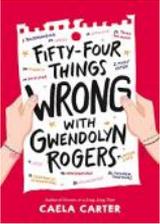
An empowering wordless graphic picture book that gets to the heart of a young boy's anxiety and opens the way for dialogue about acceptance, vulnerability, and the universal experience of worry. **Ages 8-12.**



### **T Bal - Where the Watermelons Grow**

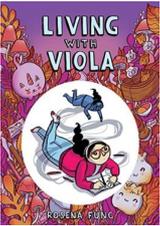
by Cindy Baldwin

Twelve-year-old Della Kelly of Maryville, North Carolina, tries to come to terms with her mother's mental illness while her father struggles to save the farm from a record-breaking drought. **Ages 12-14.**



### **T Car - Fifty-Four Things Wrong with Gwendolyn Rogers**

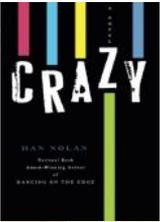
by Caela Carter  
A chronically frustrated eleven-year-old girl named Gwendolyn Rogers comes to realize she has an undiagnosed mental health issue and tries every way possible to get control of her emotions. **Ages 11-14.**



### **T Graphic Fiction Fun - Living with Viola**

by Rosa Fung

Livy is already having trouble fitting in at school, and then there's Viola, Livy's anxiety brought to life as a shadowy twin that only Livy can see or hear. Livy tries to push back against Viola's relentless judgment, but nothing seems to work. Only when Livy learns how to ask for help and face her anxiety does she finally figure out living with Viola. **Ages 11-14.**



### **T Nol - Crazy**

by Han Nolan

Fifteen-year-old loner Jason struggles to hide his father's declining mental condition after his mother's death. When his father disappears he must confide in the other members of a therapy group he has been forced to join at school. **Ages 12-14.**



### **T Wee - So B. It**

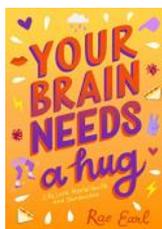
by Sarah Weeks  
Although she lives an unconventional lifestyle with her mentally disabled mother, Heidi still has a lucky streak that points her in the right direction. When a mysterious word in her mother's vocabulary begins to haunt her, Heidi's thirst for the truth leads her on a cross-country journey. **Ages 10-14.**



### **J 158.1 Cho - Just Breathe: Meditation, Mindfulness, Movement, and More**

by Mallika Chopra

A meditation guide that offers specific mindfulness exercises to help deal with day-to-day challenges and includes tips to lead a happier, healthier, and more connected life. **Ages 10-12.**



**T 616.85 Ear - *Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches***

by Rae Earl

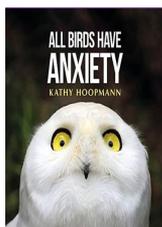
Rae Earl offers her personalized advice on the A to Zs of mental health, social media, family and friendship.

**Ages 12-14.**



**J 616.89 Pot - *Perfectly Imperfect Stories: Meet 28 Inspiring People and Discover Their Mental Health Stories*** by Leo Potion

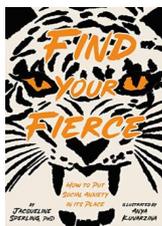
Meet 28 icons, including pop star Ariana Grande, Hollywood icon The Rock, sporting hero Serena Williams, and even royalty -- Prince Harry -- and discover how they have dealt with mental health issues to live inspiring lives. It's ok to not be ok with these perfectly imperfect stories. **Ages 8-12.**



**J 618.92 Hoo - *All Birds Have Anxiety***

by Kathy Hoopmann

Life as a bird can be stressful! From worrying about airplanes, windows and getting enough worms to eat, it is clear that birds can be anxious beings. Through a humorous depiction of bird behavior, this book validates everyday experiences of anxiety, provides understanding, and offers compassionate coping strategies. **Ages 8-12.**



**T 618.92 Spe - *Find Your Fierce: How to Put Social Anxiety in its Place***

by Jacqueline Sperling, PhD

A concise and practical guide for teens dealing with social anxiety. **Ages 12-14.**

## ***Additional Resources:***

- **[OnOurSleeves.org/mental-health-resources/national-state-resources/new-jersey](https://www.onoursleeves.org/mental-health-resources/national-state-resources/new-jersey)**

Provides a list of **hotlines** and resources for children, teens, and adults.

- **[National Alliance on Mental Illness - Burlington County](https://www.namiburlingtonnj.org)**

Contains information, programs, and **support groups** on mental health for individuals and families of all ages.

***([namiburlingtonnj.org](https://www.namiburlingtonnj.org))***

- **[National Institute of Mental Health](https://www.nimh.nih.gov)**

Shareable resources on child and adolescent mental health.

***([Nimh.nih.gov](https://www.nimh.nih.gov))***