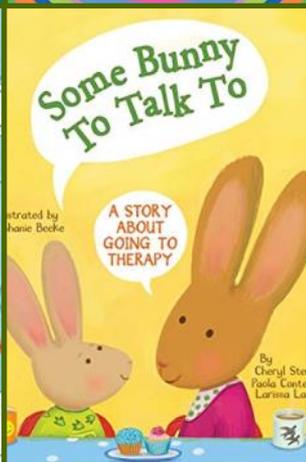
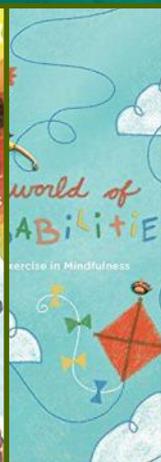
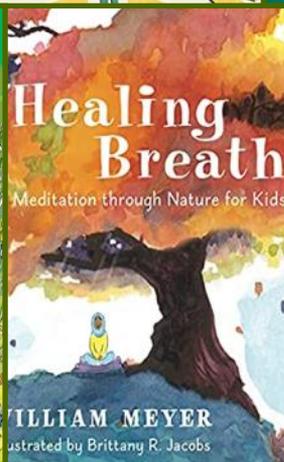
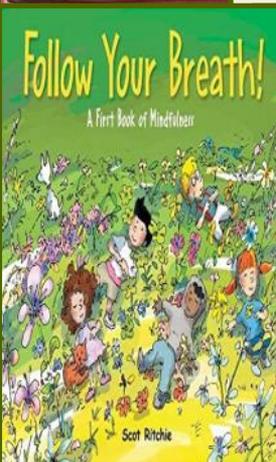
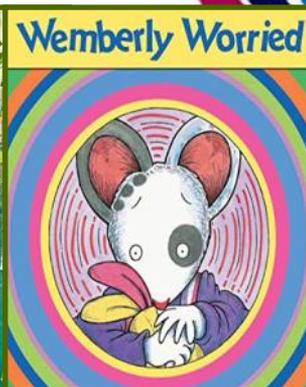
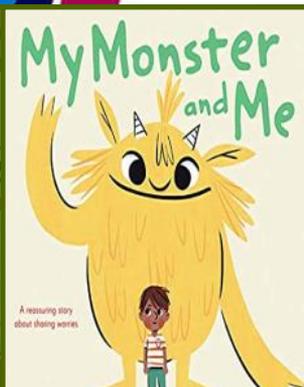
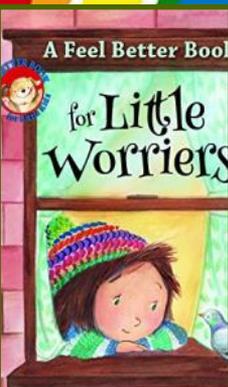


Mindfulness Matters

Books for children 2 to 6 with resources for parents/caregivers.

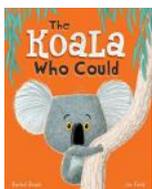


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Picture Books Bri - [The Koala Who Could](#)

by Rachel Bright

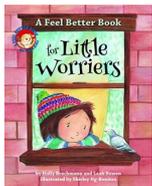
Kevin is a koala who clings to his tree, and never comes down to play with the other animals--until one day his tree falls down, and Kevin learns that the ground is not as scary as he believed.



Picture Books Boo - [A Shelter for Sadness](#)

by Anne Booth

A small boy creates a shelter for his sadness so that he can visit it whenever he needs to, to cry, talk, or just sit. The boy knows that one day his sadness may come out of the shelter, and together they will look out at the world and see how beautiful it is.



Picture Books Bro - [A Feel Better Book for Little Worriers](#)

by Holly Brochmann

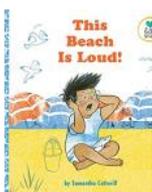
Illustrations and simple, rhyming text provide young children with tools for dealing with feelings of anxiety, such as breathing deeply or replacing worry with happy thoughts.



Picture Books Chi - [The Worry Box](#)

by Suzanne Chiew

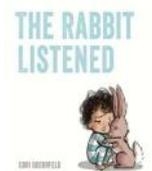
Murry Bear has so many worries! Luckily, his sister knows just what to do. "Sharing worries always makes them feel smaller," she says. She also tells him about her worry box. Then Molly offers to help make one for Murray, and he takes it on their journey to the waterfall -- but will it really help?



Picture Books Cot - [This Beach is Loud!](#)

by Samantha Cotterill

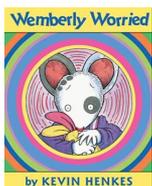
A sensitive boy gets overwhelmed by all the sights, sounds, and sensations at the beach, but his dad has a trick to help his son face these unexpected obstacles.



Picture Books Doe - [The Rabbit Listened](#)

by Cori Doerrfeld

When Taylor's block castle is destroyed, all the animals think they know just what to do, but only the rabbit quietly listens to how Taylor is feeling.



Picture Books Hen - [Wemberly Worried](#)

by Kevin Henkes

A mouse named Wemberly, who worries about everything, finds that she has a whole list of things to worry about when she faces the first day of nursery school.



Picture Books Hus - [My Monster and Me](#)

by Nadiya Hussain

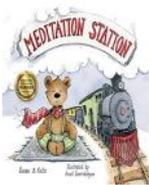
A touching story about a little boy whose worry monster follows him everywhere he goes. It's there when he gets dressed and even when his friends come over to visit. How can he escape his worries?



Picture Books Kan - [I Am \(Not\) Scared](#)

by Anna Kang

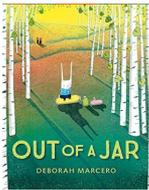
Two fuzzy creatures go to an amusement park and discover that being frightened may not be as scary as one thinks.



Picture Books Kat - [Meditation Station](#)

by Susan B. Katz

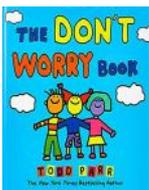
Explains to young readers how to learn and begin the practice of meditation, comparing the mind to a racing train of thoughts that children can avoid boarding to find inner calm instead.



Picture Books Mar - [Out of a Jar](#)

by Deborah Marcerio

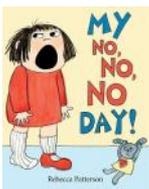
Llewellyn, a little rabbit overwhelmed by his emotions, hides away his feelings in glass jars, until he discovers life is more colorful when he sets his emotions free.



Picture Books Par - [The Don't Worry Book](#)

by Todd Parr

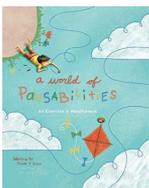
In this book about things that might make kids worry, from loud news, to loud neighbors, or a big day at school, kids who are feeling the weight of their world can be reassured, offering solutions and comfort, as well as giggles.



Picture Books Pat - [My No, No, No Day!](#)

by Rebecca Patterson

After having a day in which nothing is right, tired Bella cuddles with her mother and talks about having a more cheerful day tomorrow.



Picture Books Sil - [A World of Possibilities: An Exercise in Mindfulness](#)

by Frank J. Sileo, PhD

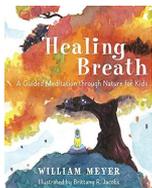
In our fast-paced, demanding and stressful world, this book was written to teach children to take a pause in their lives, to stop activity, to understand quiet time, and to think about what they are doing and where they are going.



J 152.4 Str - *I Feel Worried*

by Connor Stratton

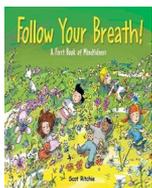
Describes the feeling of worry. Includes easy-to-read text for beginning readers.



J 158.1 Mey - *Healing Breath : a Guided Meditation Through Nature for Kids*

by William Meyer

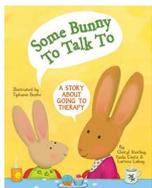
A guided meditation that uses imagery of nature to help young readers focus the mind, find inner peace, and appreciate the beauty of the natural world.



J 158.1 Rit - *Follow Your Breath! : a First Book of Mindfulness*

by Scot Ritchie

An introduction to mindfulness and how kids can make it part of their everyday lives.



J 616.85 Ste - *Some Bunny to Talk to: a Story About Going to Therapy*

Cheryl Sterling, PhD

When Little Bunny's problem makes him feel sad and fearful, he goes to a therapist for help. Includes note to parents.

Additional Resources:

- **[MentalHealth.gov/parents-caregivers](https://www.mentalhealth.gov/parents-caregivers)**

Provides information for parents and caregivers about warning signs to look for, what to do, and how to talk about mental health with your little one(s).

- **[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)