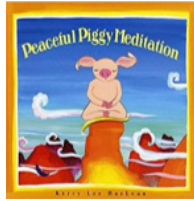


# MEDITATION & MINDFULNESS E-BOOKS FOR CHILDREN

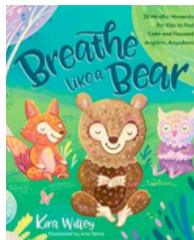
Available on Hoopla along with thousands of other ebooks, music, and movies. Easily accessed through the Hoopla app or by visiting [myrichlandlibrary.org](http://myrichlandlibrary.org).



## **Peaceful Piggy Meditation** by Kerry Lee MacLean

(Interest Level Grades Preschool – 3)

What can you do when you're mad, sad, or anxious? Find a quiet spot, sit, and breathe. When you meditate every day, your mind stays happy, and even bad days are a little easier.



## **Breathe Like a Bear** by Kira Willey

(Interest Level Grades Preschool – 3)

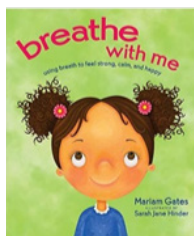
This beautifully illustrated collection of mindfulness exercises is designed to teach kids techniques for managing their bodies, breath, and emotions.



## **Alphabreaths** by Christopher Willard, Daniel Rechtschaffen

(Interest Level Grades Preschool – 2)

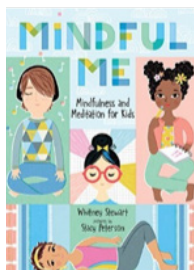
Alphabreaths offers a meaningful introduction to mindfulness for children, all while keeping them delighted with imaginative inspiration and hours of fun.



## **Breathe With Me** by Mariam Gates, Sarah Jane Hinder

(Interest Level Grades Preschool – 3)

Breathe with Me guides young ones ages four through eight through eleven exercises to promote body awareness, calm anger and temper tantrums, self-soothe in fearful new situations, energize in the morning, and relax at bedtime.



## **Mindful Me** by Whitney Stewart, Stacy Peterson

(Interest Level Grades 4 & Up)

Sometimes kids' lives can get busy and out of control, and worries can take over. When that happens, knowing how to pause and regain composure with mindfulness can help! This easily digestible guide introduces kids to mindfulness as a way to find clarity, manage stress, handle difficult emotions, and navigate personal challenges.

