

# Mindful Moments for Families

## HCLS Resources

### FICTION

**BOARD BOOK M** Moyle, Eunice and Moyle, Sabrina  
*Sloth and Smell the Roses*

**E CAR** Carle, Eric *Calm with the Very Hungry Caterpillar*

**E CHA** Chaim, Shoshana *I Am a Peaceful Goldfish*

**E CHI** Chien Chow Chine, Aurélie *Little Unicorn is Scared*

**E CHI** Chien Chow Chine, Aurélie *Little Unicorn is Angry*

**E DOP** Dopirak, Kate *Hurry Up! A Book about Slowing Down*

**E ENG** Engel, Christiane *ABC Mindful Me*

**E GRA** Gravel, Elise *Puppy in My Head: A Book About Mindfulness*

**E HUD** Hudson, Katy *Mindful Mr. Sloth*

**E PEN** Penfold, Alexandra *Big Feelings*

**E SNY** Snyder, Gabi *Listen*

**E VER** Verde, Susan *I am Peace: A Book of Mindfulness*

**E VER** Verde, Susan *The Three Little Yogis and the Wolf who Lost His Breath*

**MEDIA TIE-IN** Mathieu, Joe *Elmo is Mindful*

### OTHER

**CD CHILDRENS** Willey, Kira *Mindful Moments for Kids*

### NON-FICTION

**CHILDRENS 155.412O** O'Neill, Poppy *Sometimes I'm Anxious: A Child's Guide to Overcoming Anxiety*

**CHILDRENS 155.412W** Williard, Christopher and O'Leary Wendy  
*Breathing Makes it Better*

**CHILDRENS 158.12G** Gates, Miriam *Breathe with Me* (also DVD CHILDRENS)

**CHILDRENS 158.12G** Gates, Miriam *Meditate with Me*

**CHILDRENS 158.12S** Stewart, Whitney *Meditation is an Open Sky*

**CHILDRENS 158.12W** Willard, Christopher and Rechtschaffen, Daniel *Alphabreaths*

**CHILDRENS 158.12W** Willey, Kira *Breathe Like a Bear* (also DVD CHILDRENS)

**CHILDRENS 158.12W** Willey, Kira *Peaceful Like a Panda*

**CHILDRENS 158.13L** Lawler, Jean

*Experience Mindfulness: How Quiet Time Makes You Feel*

**TEEN 158.12C** Chopra, Mallika *Just Breathe*

**618.9285W** Walker, Bridget Flynn *Anxiety Relief for Kids: On-the-Spot Strategies to Help Your Child Overcome Worry, Panic & Avoidance*

**618.9289H** Halloran, Janine *Coping Skills for Kids Workbook*

### Howard County Resources

#### Howard County Office of Children & Families

[www.howardcountymd.gov/Departments/Community-Resources-and-Services/Office-of-Children-and-Families](http://www.howardcountymd.gov/Departments/Community-Resources-and-Services/Office-of-Children-and-Families)

**HCPSS** | [www.hcpss.org/supports/mental-health-wellness/](http://www.hcpss.org/supports/mental-health-wellness/)

### Other Online Resources

**Mindful** | [www.mindful.org/mindfulness-for-kids/](http://www.mindful.org/mindfulness-for-kids/)

**Kira Willey** | [www.kirawilley.com/resources](http://www.kirawilley.com/resources)

**Child Mind Institute** | [childmind.org](http://childmind.org)

