



Here is a list of storybooks about learning about feelings by paying attention to our bodies.

Mindfulness and learning about our feelings by paying attention to our bodies

- Lydia Bowers, *We Listen to Our Bodies*, 4–8
Julia Cook, *Wilma Jean the Worry Machine*, 4–8
Kate Coombs, *Breathe and Be*, 4–8
Julia Denos, *Here and Now*, 4–8
Gabi Garcia, *Listening to My Body*, 4–8
Mariam Gates, *Meditate with Me*, 4–8
Maria Gianferrari, *Being a Dog*, 3–7
Melanie Hawkins, *How to Tame My Anxiety Monster*, 3–7
Corinna Luyken, *My Heart*, 4–9
Penguin Random House, *Elmo Is Mindful*, 3–6
Antoinette Portis, *Now*, 3–6
Trudy Spiller, *Trudy's Rock Story*, 2–7
Susan Verde, *I Am Yoga*, 3–8
Susan Verde, *I Am Peace*, 3–8
Brendan Wenzel, *A Stone Sat Still*, 3–9
Kira Willey, *Breathe Like a Bear*, 4–9
Jo Witek, *In My Heart: A Book About Feelings*, 3–8
Taeun Yoo, *You Are a Lion!*, 2–5

