



Here is a list of storybooks about calming activities, connecting to feelings, and playing in nature.

Nature play

- Meg Fleming, *Here Comes the Ocean*, 2–5
- Kallie George, *I Hear You, Forest*, 3–7
- Michaela Goade, *Berry Song*, 3–7
- Darren Lebeuf, *My Forest Is Green*, 3–6
- Haily Meyers, *I Love the Mountains*, 3–8
- Brendan Wenzel, *A Stone Sat Still*, 3–9

Calming and soothing activities and practices

- Diane Alber, *A Little Calm Spot*, 4–8
- Michael Ian Black, *I'm Worried*, 3–7
- Kristi Call, *The Big Scream*, 2–5
- Samantha Cotterill, *It Was Supposed to Be Sunny*, 3–6
- Eva Eland, *When Sadness Is at Your Door*, 4–8
- Kimberly Gee, *Mad, Mad Bear*, 2–4
- Robie H. Harris and Chris Raschka, *When Lions Roar*, 3–5
- Todd Parr, *The Don't Worry Book*, 3–5
- Scott Magoon, *Breathe*, 3–8
- Heather Smith, *Annie's Cat Is Sad*, 3–7

