Children’s Literature Connected to Mindfulness

*Ahn’s Anger*, by Gail Silver

*Charlotte and the Quiet Place*, by Deborah Sosin

*Everybody Needs a Rock*, by Byrd Baylor

*I Know Here*, by Laurel Croza

*If you Find a Rock*, by Peggy Christian

*The Listening Walk*, by Paul Showers

*The Lemonade Hurricane: A story of mindfulness and meditation*, by Licia Morelli

*Peaceful Piggy Meditation*, by Kerry Lee McLean

*The Quiet Book*, by Deborah Underwood

*Silence*, by Lemniscates

*Steps and Stones*, by Gail Silver

*Step Gently Out*, by Helen Frost