

**SOCIAL AND EMOTIONAL
LEARNING**

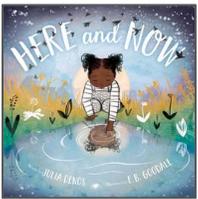
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The titles featured here include children's books about mindfulness practices and stories about showing compassion towards others. The pairing of these two themes highlights one of the many potential benefits of practicing mindfulness – the ability to enhance relationships through caring for others.

For more information about mindfulness, visit our web page www.open-circle.org/resources/mindfulness.

BOOKS ABOUT SELF-CARE***Here and Now***

By Julia Denos, E.B. Goodale (ill.)
Houghton Mifflin Harcourt, 2019



Denos based this book on her poem, "In the Moment." The book uses the turning of pages and the words as a guided meditation for children to help them notice, in the present moment, the world around them. (Grades K-3)

Charlotte and the Quiet Place

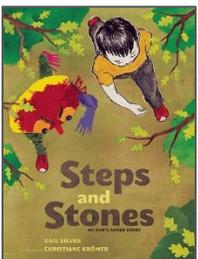
By Deborah Sosin, Sara Woolley (ill.)
Parallax Press, 2015



Charlotte looks for a way to find her own quiet place in a busy, noisy world by learning and practicing mindful breathing. (Grades K-2)

Steps and Stones - An Ahn's Anger Story

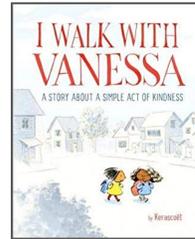
By Gail Silver, Chistine Kromer (ill.)
Plum Blossom, 2011



Ahn learns how to pause and give himself time to manage his strong feelings before he responds to classmates in an unsafe way. (Grades K-2)

BOOKS ABOUT CARING FOR OTHERS***I Walk with Vanessa: A Story about a Simple Act of Kindness***

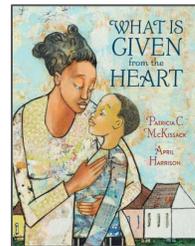
By Kerascoët
Schwartz & Wade Books, 2018



This wordless book illustrates how one girl becomes an ally for someone who experiences bullying behavior. Her positive actions inspire similar acts of kindness. (Grades K-3)

What is Given from the Heart

By Patricia C. McKissack, April Harrison (ill.)
Schwartz & Wade Books, 2019



When Reverend Dennis shares his thoughts on giving, "What is given from the heart, reaches the heart," James Otis discovers that the joy of giving to someone in need doesn't have to involve money. (Grades 1-4)

Be Kind

By Pat Zietlow Miller, Jen Hill (ill.)
Roaring Brook Press, 2018



A young girl reflects on what it means to be kind, including being an ally, paying attention to others, listening well, or using people's names. (Grades K-2)

For more children's literature suggestions visit our website at www.open-circle.org and look under **RESOURCES/children's literature**.