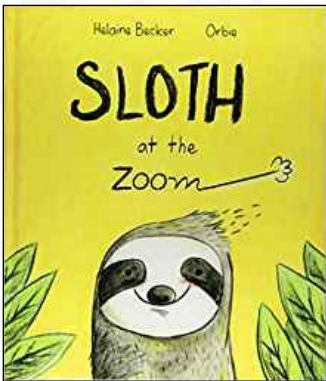




# 10 Mindfulness Book Activities for Kids

*These ten picture books about mindfulness pair well with the suggested activities for children ages four and up. Each short activity is designed to fit into as little as fifteen minutes. Feel free to come up with your own ideas to fit these books and activities into your schedule, depending on the needs and ages of your students.*

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## **Sloth at the Zoom**

by Helaine Becker and Orbie

This is an upbeat, engaging story of a sloth who gets delivered to the “zoom,” instead of the zoo. She’s surprised to find the animals are all dashing around quickly. It takes finding a slow friend like her for all the animals to stop and take notice.

**Activity:** Use this book at the beginning of the year to introduce Morning Meeting or a time when the class all comes together to share, learn, and listen to each other. Emphasize that coming together as a class is an important time to slow down, connect, and get to know each other.

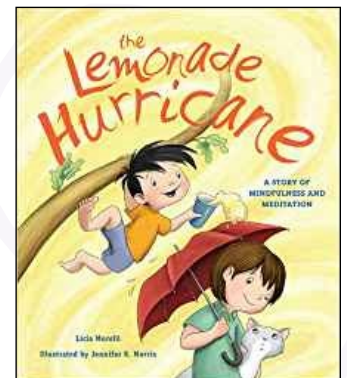
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## **The Lemonade Hurricane: A Story of Mindfulness and Meditation**

by Licia Morelli and Jennifer Morris

Emma lives a quieter life, while her brother, Henry, is always on the run (like a hurricane). Emma shows her brother some mindfulness practices to help him slow down and live in the present moment. Another beautifully illustrated book, it’s perfect for siblings who have different temperaments.

**Activity:** Talk about if you are more like Emma or Henry. Make a chart comparing Emma’s and Henry’s characters. Why does Emma want Henry to be still?





# 10 Mindfulness Book Activities for Kids

(continued)



## **Charlotte and the Quiet Place**

by Deborah Sosin and Sara Woolley

This beautiful storybook follows Charlotte as she tries to find a quiet place in the noisy city. Her dog helps her escape to a quiet spot in her local park, where she takes a moment to listen to her own breath and her mind can slow down. Then she can bring that sense of peace anywhere she goes.

**Activity:** Talk about your quiet places. Go outside to a quiet place or to the gymnasium and teach mindful breathing as they place one hand on their bellies and another on their chests. Return to the classroom or somewhere with noise and distractions and try the mindful breathing again, practicing staying focused.

## **Today, We Have No Plans**

by Jane Godwin and Anna Walker

This is a delightful book that follows the weekly routine of a family. During the week, they have super-busy schedules, but Sunday is their day to unwind, relax, and do nothing. The children are free to explore their creative pursuits, stay in their pajamas all day, or play outside. This is a lovely book to share the importance of slowing down.

**Activity:** Talk about what their weekly schedules look like and what they do for “down time.” Pick out a daily or weekly time when you have “no plans” or “do nothing” in your classroom—even if it’s only for a few minutes.



## **The Sloth Who Slowed Us Down**

by Margaret Wild and Vivienne To

Amy has a super-speedy family. One day, she brings home a sloth that helps them learn to live more slowly and enjoy the small miracles in life. Beautifully illustrated, it has a simple message that children will love.

Note: I purchased this book in Australia under an alternate title, *The Sloth Who Came to Stay*.

**Activity:** Take one activity that you do each day in class, like eating snack, and take a moment of silence while you’re doing it to start to practice doing it slowly. If you’re practicing mindful eating, ask the students to feel the sensations of the food in their mouths and take a moment to really savor the tastes.





# 10 Mindfulness Book Activities for Kids

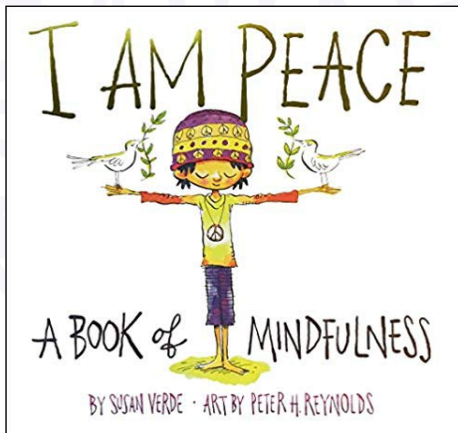
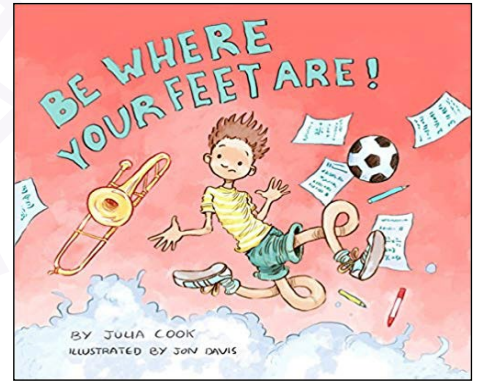
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## **Be Where Your Feet Are!**

by Julia Cook and Jon Davis

This funny rhyming book follows a boy who is scatterbrained and failing to keep up with all his schoolwork. His mom encourages him to be mindful and live in the present moment. Julia Cook has written several engaging books about social issues.

**Activity:** Make posters that say “Be Where Your Feet Are!” and post around the classroom (or school). Remind each other to live in the present moment and be intentional about slowing down. Take two minutes of silence after recess to practice “being where your feet are.”



## **I Am Peace: A Book of Mindfulness**

by Susan Verde and Peter H. Reynolds

The simple, beautifully illustrated book shares the benefits of living mindfully. It gives you space to be kind to others, to connect with nature, and ultimately to bring peace into the world. This is just a stunning book to share with children.

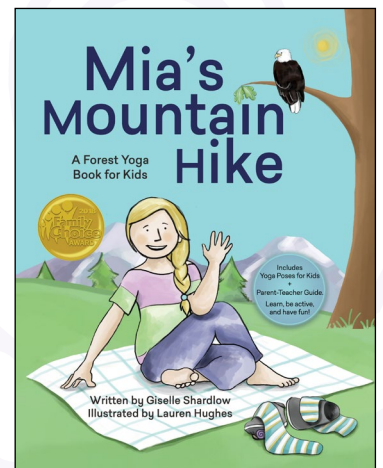
**Activity:** What does “peace” mean to you? Make a web of ideas together as a class, and then everyone can create their own mini-posters with “Peace” in the middle and decorate them however they would like, based on how they think of peace in the world. They could also write their own “I am...” books inspired by this one.

## **Mia's Mountain Hike**

by Giselle Shardlow and Lauren Hughes

Join Mia and her aunt as they hike a mountain in Western Canada. Be a bald eagle, black bear, and bridge over a rushing river. Discover the forest, explore movement, and practice being mindful in nature. This forest yoga book includes a list of kids yoga poses and a parent-teacher guide.

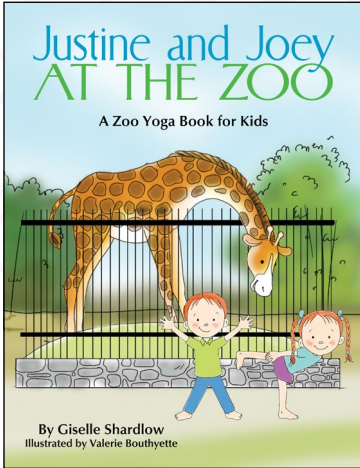
**Activity:** Why does Auntie Lisa say that it's important to take it easy once in a while? Talk about their busy schedules and how they can carve out time to slow down. Take time to go outside and record what sounds they hear and what colors they see. Draw pictures and share with the class.





# 10 Mindfulness Book Activities for Kids

(continued)



## **Justine and Joey at the Zoo**

by Giselle Shardlow and Valerie Bouthyette

Join Justine and her brother, Joey, as they experience all the zoo has to offer. Kids will engage with this book as they watch the characters feed a giraffe, pose like a lion, and eat ice cream! This zoo yoga book includes a list of 14 kids yoga poses and a parent-teacher guide.

**Activity:** Talk about Jon Kabat-Zinn's quote from the book: "Wherever you go, be there." Can they describe a time when their bodies are somewhere, but their minds are elsewhere? Make mini-posters with that quote and post them around the classroom as a reminder to live in the present moment. Also, talk about how our behavior affects the animals near us, like in the book. If you have a class pet, use it as an

example to show the importance of being peaceful around animals.

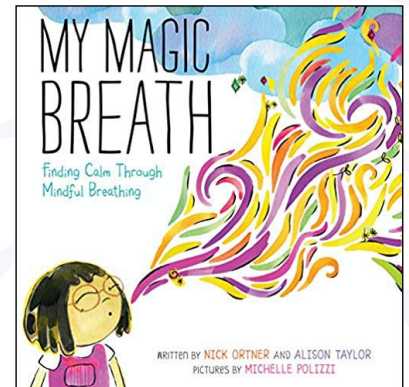
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## **My Magic Breath: Finding Calm Through Mindful Breathing**

by Nick Ortner, Alison Taylor, and Michelle Polizzi

This colorful book helps children see how their breaths can guide them through their feelings—whether to celebrate happy thoughts or push through sad thoughts.

**Activity:** Try "blow painting" by dropping blobs of paint on thick paper and using straws to blow the paint around the page. Think about how the various colors might represent your colorful thoughts. If you're not up for painting, try blowing cotton balls or Ping-Pong balls instead.



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