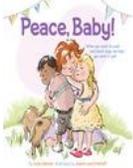


## Reassuring Reads for Kids

Presenting strategies for dealing with anxiety, tools for emotional awareness, themes of encouragement and hope, or empowering messages of love, these books available in electronic format provide comfort during tough times. Need help accessing electronic materials? Go to PPLD's Cybershelf to get started ([ppld.org/cybershelf#overdrive](http://ppld.org/cybershelf#overdrive)).

Ashman, Linda. [Peace, Baby!](#).



Rhyming text and sweet, sherbet-hued illustrations depict commonplace situations that usually result in bad feelings and show kids that the best way to react is not with angry words or hitting hands, but with kindness, compassion, and calm. Ages 2-6.

de la Peña, Matt. [Love](#).



Poetic text and stunning artwork introduce the many forms and facets of love, through good times and bad and remind us that this powerful bond connects and comforts us all. Ages 5-10.

dePaola, Tomie. [Quiet](#).



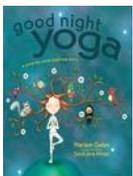
Taking a walk in the park with his grandchildren, a grandfather suggests that they sit together on a bench, “quiet and still,” and suddenly, the world begins to slow and everything seems more alive. Charmingly illustrated and lyrically told, this soothing picture book reminds readers to savor the small moments in life, and open their hearts and minds to unexpected wonders. Ages 4-8.

Doerrfeld, Cori. [The Rabbit Listened](#).



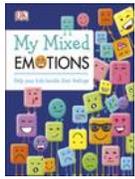
When something bad happens, Taylor's animal friends try different ways to make the child feel better—from talking it out to getting angry—but nothing seems to work, until the rabbit arrives, and offers solace with quiet companionship. A charmingly illustrated, lovingly told tale about empathy and soothing heartache. Ages 3-8.

Gates, Miriam. [Good Night Yoga](#).



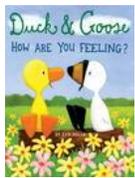
This versatile picture book can be shared as a story or used to teach children yoga. Colorful illustrations and peaceful, interactive text help kids decompress at the end of the day with simple yoga poses, each intricately described at book's end. Ages 3 - 8.

Healy, Maureen. [My Mixed Emotions: Learn to Love Your Feelings.](#)



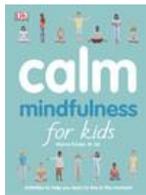
Designed to help kids begin to identify and ultimately manage their feelings, this inviting book blends accessible text, bright illustrations, and colorful photos to convey useful information and offer fodder for discussion. Sections introduce the four major emotions (happiness, anger, fear, and sadness) along with the brain science behind these feelings, common circumstances that inspire them, tips for navigating situations, calm-inspiring activities, and much, much more. Ages 5-10.

Hills, Tad. [Duck & Goose, How Are You Feeling?.](#)



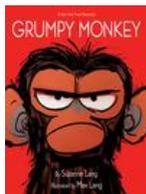
Featuring the sunny artwork and lovable characters that make this series a standout, this engaging book introduces readers to familiar feelings like happy, sad, scared, frustrated, and proud. Share this charmer to expand emotional-intelligence vocabulary and open up discussion. Ages 2-6.

Kinder, Wynne. [Calm: Mindfulness for Kids.](#)



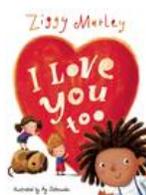
Pairing appealing full-color photos of kids in action with accessible text, this book introduces personal tools that can help children navigate tough times by learning to manage their emotions, understand their thoughts, and feel good in their bodies. Step-by-step directions for exercises and stretches, crafts and activities, and ways to explore the world encourage self-awareness and tranquility. Helpful tips for parents appear throughout. Ages 5-12.

Lang, Suzanne. [Grumpy Monkey.](#)



When Jim Panzee wakes up in a crabby mood, his animal pals offer a variety of suggestions to brighten his day, but none of their ideas seem to help (and, in fact, result in a meltdown), leading to the realization that maybe it's just the perfect day to feel grumpy! Expressive animal characters and a playful telling send a message that kids should be allowed to acknowledge their feelings rather than suppressing them, thus allowing the mood to pass. Ages 4-8.

Marley, Ziggy. [I Love You Too.](#)



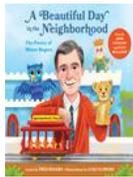
This sweet celebration of love, based on the lyrics of a song, will warm hearts and inspire hugs galore. Paintings brimming with sunshine and affection depict several different families sharing time together and expressing their feelings. This soothing, reassuring reminder that love is limitless is just right for sharing at bedtime, or anytime. Ages 3-9.

Percival, Tom. [Ruby Finds a Worry](#).



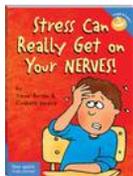
Ruby finds a worry that keeps growing until she learns how to share it. Brightly hued illustrations depict the worry growing without becoming too frightening for little readers. Share this picture book to initiate discussion and encourage kids to talk about feelings. Ages 3 - 8.

Rogers, Fred. [A Beautiful Day in the Neighborhood](#).



Gentle wisdom and soothing comfort abound in Mr. Rogers' world, and in this collection of 75 songs originally written for his TV show and presented here as illustrated poems. Created with a sincere appreciation for a child's emotional world, these offerings shine with positivity, compassion, and the message that, "You're a beautiful, marvelous, spirited, lovely, Wonderful one of a kind!" Ages 5-9.

Romain, Trevor. [Stress Can Really Get on Your Nerves!](#)



Pairing funny cartoons with light-hearted text, this book offers a blend of humor and useful coping skills. The advice is practical and the author's approach makes it easy to digest. Ages 8-12.

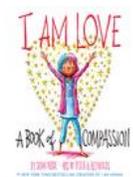
Santat, Dan. [After the Fall \(How Humpty Dumpty Got Back Up Again\)](#).



Ages 4-9.

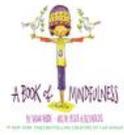
Everyone knows about Humpty Dumpty's shell-cracking tumble, but have you ever thought about what happens next? With humor-filled illustrations and emotionally sensitive storytelling, Santat tells how this nursery rhyme hero finds the courage to face his fears and start living again. A fun twist on a familiar tale with an inspiring message about resilience.

Verde, Susan. [I Am Love: A Book of Compassion](#).



A young narrator discovers that in times of trouble, we can listen to our hearts to connect to ourselves and reach out to others with compassion, acts of kindness, and quiet understanding. Gentle text and uplifting illustrations touch upon the importance of self-care, creative expression, and the many ways that love exists in the world. "Heart-Opening Yoga Poses" and directions for meditation are appended. Ages 3-9.

Verde, Susan. [I Am Peace: A Book of Mindfulness.](#)



A child lost in a spiral of worry takes a moment to breathe, become grounded, and focus on the “here and now.” Calming text and buoyant illustrations show how kids can feel anchored and at peace by connecting to nature, utilizing one’s senses and imagination, and performing acts of kindness. A guided meditation exercise is appended. Ages 3-9.

Willey, Kira. [Breathe Like a Bear.](#)



Willey presents 30 easy-to-master mindfulness exercises that will help children “develop self-awareness, improve focus, release anxiety, and stretch their imaginations.” The simple breathing practices and movements are divided into sections (“Be Calm,” “Focus,” “Imagine,” “Make some Energy,” and “Relax”) and accompanied by cheerful illustrations of animals and nature. An inviting and accessible introduction to mindfulness techniques that kids can practice anywhere and anytime. Ages 3-9.