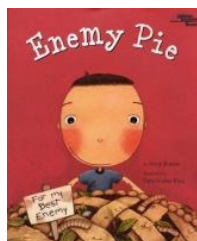




Healthy Minds Week

2022

Books for Students

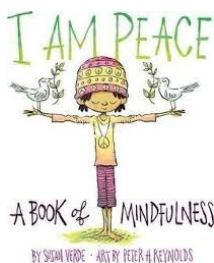


E MUN

Munson, Derek. [Enemy pie](#). San Francisco: Chronicle Books, 2000.

A young boy is nice to a boy he doesn't like & ends up having a good time.

Audience: Kindergarten to grade 3.



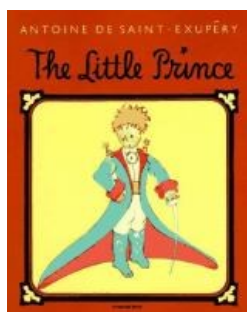
E VER

Verde, Susan. [I am peace: a book of mindfulness](#). New York: Abrams Books for Young Readers, 2017.

A child starts to get carried away with worry and rushing thoughts before taking a breath, steadying, observing thoughts, feeling kindness, feeling thankful, and experiencing the world.

Also available in an [eBook](#).

Audience: Kindergarten and up.



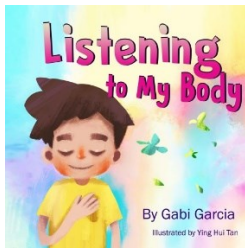
FIC SAI

Saint-Exupéry, Antoine de. [The little prince](#). San Diego: Harcourt Brace Jovanovich, 1971.

On one level it is the story of an airman's discovery, in the desert, of a small boy from another planet - the Little Prince of the title - and his stories of intergalactic travel, while on the other hand it is a thought-provoking allegory of the human condition.

Also available in an [Audiobook](#)

Audience: Grade 5 and up

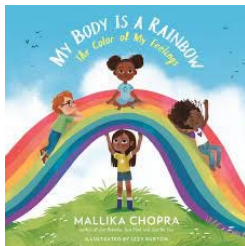


J 150 GAR

Garcia, Gabi. [Listening to my body: a guide to helping kids understand the connection between their sensations \(what the heck are those?\) and feelings so that they can get better at figuring out what they need.](#) Austin, Texas: Take Heart Press, 2017.

This engaging and interactive book guides children through the practice of naming their feelings and the sensations that accompany them. Engages children in easy, kid-friendly mindfulness activities.

Audience: Kindergarten to grade 3.



J 152.4 CHO

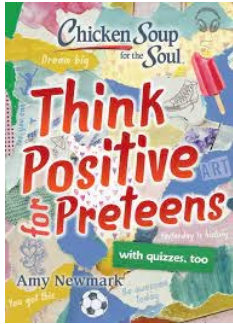
Chopra, Mallika. [My body is a rainbow: the color of my feelings.](#) Philadelphia: Running Press Kids, 2021.

Children imagine a rainbow of colors radiating from their body and combines this color connection with breathing exercises to help them relieve stress, tension, fears, and sadness and to feel happier and more at peace.

Also available in an [ebook](#).

Audience: K and up

eBooks for Students

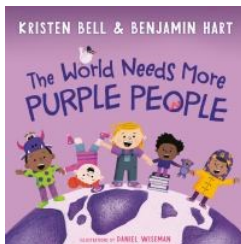


eBook

Amy Newmark. [Chicken soup for the soul: think positive for preteens.](#) Cos Cob, CT: Chicken Soup for the Soul Publishing, 2014.

The preteen years are filled with change. Physical, emotional, social, and academic changes challenge preteens every day, and one of the tools they can use during this time is positive thinking. These personal, revealing stories about other preteens' real-life experiences provide a roadmap for kids to be the very best they can be.

Audience: Grade 4 to 8



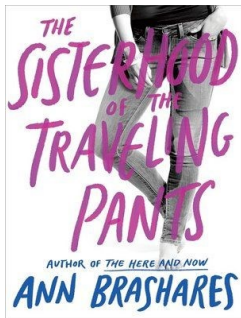
eBook

Bell, Kristen. [The world needs more purple people.](#) New York: Random House Children's Books, 2020.

Actress, and parent Kristen Bell and parent Benjamin Hart have a new challenge for you and your kids: become a purple person by embracing what makes YOU special while finding common ground with those around you.

Also available in an [Audiobook](#)

Audience: Kindergarten and up



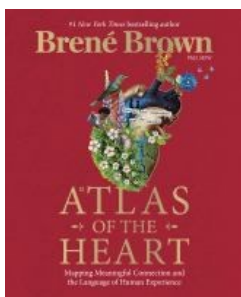
eBook

Brashares, Ann. [The Sisterhood of the Traveling Pants.](#) 2002.

During their first summer apart, four teenage girls, best friends since earliest childhood, stay in touch through a shared pair of secondhand jeans that magically adapts to each of their figures and affects their attitudes to their different summer experiences.

Also available in an [Audiobook](#)

Audience: Grade 10 and up



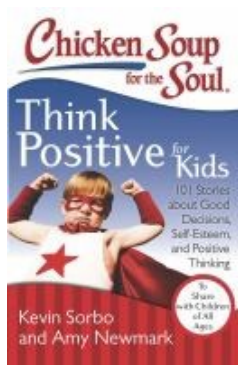
eBook

Brown, Brené. [Atlas of the heart: mapping meaningful connection & the language of human experience.](#) New York: Random House, 2021.

Brown takes us on a journey through eighty-seven of the emotions and experiences that define what it means to be human. As she maps the necessary skills and an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances--a universe where we can share and steward the stories of our bravest and most heartbreaking moments with one another in a way that builds connection.

Also available in an [Audiobook](#)

Audience: Adults

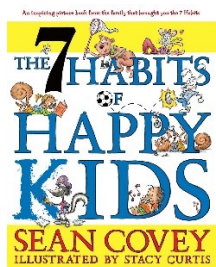


eBook

[Chicken soup for the soul think positive for kids: 101 stories about good decisions, self-esteem, and positive thinking.](#) Cos Cob, CT: Chicken Soup for the Soul Pub., 2013.

Give a child gifts that will last a lifetime - self-esteem, tolerance, values, and inner strength. This book is filled with inspirational stories for children and their families to share, all about kids making good choices and doing the right thing.

Audience: Grade 4 and up



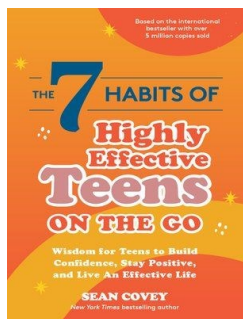
eBook

Covey, Sean. [The 7 habits of happy kids.](#) New York: Simon & Schuster Audio, 2008.

Seven stories about the animal residents of 7 Oaks that teach children the timeless values and principles contained in The 7 habits of highly effective people. Includes notes for parents and teachers.

Also available in an [audiobook](#)

Audience: Kindergarten and up.

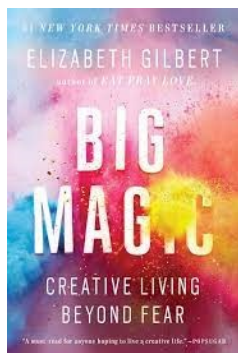


eBook

Covey, Sean. [The 7 habits of highly effective teens on the go: Wisdom for Teens to Build Confidence, Stay Positive, and Live an Effective Life.](#) LaVergne: Mango Media, 2022.

Become a Successful, Competent, Capable and Self-Sufficient Person in Your Teens and Beyond!

Audience: Grade 8 and up.



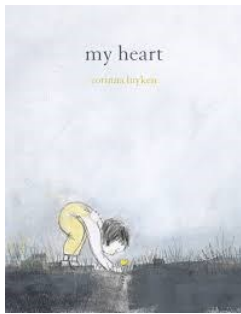
eBook

Gilbert, Elizabeth. [Big magic: creative living beyond fear.](#) New York: Riverhead Books, 2015.

The author asks us to embrace our curiosity and let go of needless suffering. She shows us how to tackle what we most love, and how to face down what we most fear. She discusses the attitudes, approaches, and habits we need in order to live our most creative lives. Gilbert encourages us to uncover the "strange jewels" that are hidden within each of us.

Also available in [Audiobook](#)

Audience: Grade 10 and up

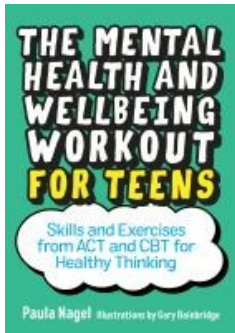


eBook

Luyken, Corinna. [My heart.](#) New York: Dial Books for Young Readers, 2019. From moments of great joy and exuberance to necessary times of quiet contemplation, your heart is your guide.

Also available in an [Audiobook](#)

Audience: Kindergarten to grade 4.

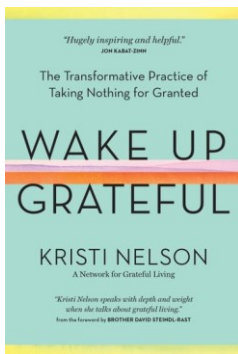


eBook

Nagel, Paula. [The mental health and wellbeing workout for teens: Skills and Exercises from ACT and CBT for Healthy Thinking.](#) London: Jessica Kingsley Publishers, 2019.

This engaging guide arms teens with healthy thinking habits and coping strategies for staying on top of their mental health. Readers are given the tools to build their own personalised mental health 'workout' to boost their emotional resilience and wellbeing.

Audience: Grade 7 and up



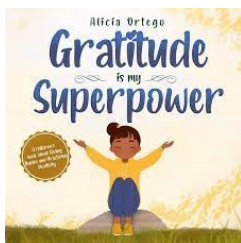
eBook

Nelson, Kristi. [Wake up grateful: the transformative practice of taking nothing for granted.](#) North Adams: Storey Publishing, 2020.

With questions for reflection, daily exercises, and perspective prompts, this book promises profound personal change through the practice of taking nothing for granted.

Also available in an [Audiobook](#)

Audience: Grade 10 and up

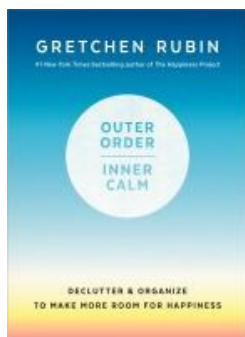


Audiobook

Ortego, Alicia. [Gratitude is my superpower: a children's book about Giving Thanks and Practicing Positivity.](#) Burlington: Alicia Ortego, 2021.

Teach your children how to be grateful for the things they already have? Little Betsy will learn that happiness is made up of simple things in life, both small and big. With the help of the magic stone, she will begin to feel gratitude for her parents, friends, and toys. But what happens when little Betsy forgets to use the magic of her stone? She will realize that the power of gratitude is hidden in her heart.

Audience: Kindergarten to grade 4.



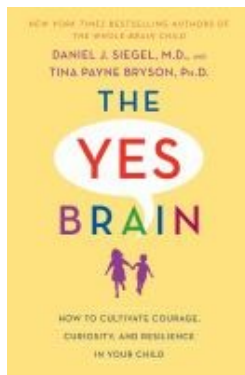
eBook

Rubin, Gretchen. [Outer order, inner calm: declutter and organize to make more room for happiness.](#) New York: Harmony, 2019.

Everyone's favorite self-help author offers 150 appropriately short, neat, elegant ideas for facing down our stuff and decluttering our surroundings to bring ourselves inner peace.

Also available in an [Audiobook](#)

Audience: Adults



eBook

Siegel, Daniel J. [The yes brain: how to cultivate courage, curiosity, and resilience in your child.](#) New York: Bantam, 2018.

When facing contentious issues such as screen time, food choices, and bedtime, children often act out or shut down, responding with reactivity instead of receptivity. This is what authors Daniel J. Siegel and Tina Payne Bryson call a No Brain response. But our kids can be taught to approach life with openness and curiosity. When kids work from a Yes Brain, they're more willing to take chances and explore. They're more curious and imaginative. They're better at relationships and handling adversity. In *The Yes Brain*, the authors give parents skills, scripts, and activities to bring kids of all ages into the beneficial "yes" state.

Also available in an [Audiobook](#)

Audience: Adults



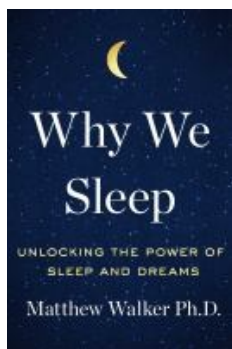
eBook

Skeen, Michelle. [Just as you are: a teen's guide to self-acceptance and lasting self-esteem.](#) Oakland, CA: New Harbinger Publications, Inc., 2018.

"Stop comparing yourself to others--you're special just as you are!" That's the message psychologist Michelle Skeen and her daughter, Kelly Skeen, instill in teen readers with this unique self-help guide.

Also available in an [Audiobook](#)

Audience: Grade 7 and up



eBook

Walker, Matthew P. [Why we sleep: unlocking the power of sleep and dreams.](#) New York: Scribner, 2017.

sleep is one of the most important but least understood aspects of our life. Within the brain, sleep enriches a diversity of functions, including our ability to learn, memorize, and make logical decisions. It recalibrates our emotions, restocks our immune system, fine-tunes our metabolism, and regulates our appetite.

Also available in an [Audiobook](#)

Audience: Adults