

Yoga-Specific Picture Books

1. *"Yoga Bunny" by Brian Russo*
2. *"I Yoga You" by Genevieve Santos*
3. *"Sleepy Little Yoga" by Rebecca Whitford and Martina Selway*
4. *"I am Yoga" by Susan Verde and Peter H Reynolds*
5. *"Twist: Yoga Poems" by Janet Wong and Julie Paschkis*
6. *"The Yoga Game: By the Sea" by Kathy Beliveau and Denise Holmes*
7. *"Little Yoga" by Rebecca Whitford and Martina Selway*
8. *"My First Yoga Class" by Alyssa Satin Capucilli and Jill Wachter*
9. *"The ABCs of Yoga for Kids" by Teresa Anne Power and Kathleen Rietz*
10. *"You are a Lion!" by Taeun Yo*
11. *"ABC Yoga" by Christiane Engel*
12. *"My Daddy is a Pretzel" by Baron Baptiste*
13. *"Good Morning Yoga: A Pose-by-Pose Wake Up Story" by Mariam Gates*

Meditation and Breath-Specific Picture Books

1. *"Meditate with Me" by Mariam Gates and Margarita Surnaite*
2. *"Already a Butterfly: A Meditation Story" by Julia Alvarez and Raul Colon*
3. *"Big Breath: A Guided Meditation for Kids" by William Meyer and Brittany Jacobs*
4. *"I Am Peace" by Susan Verde and Peter Reynolds*
5. *"I Am One: A Book of Action" by Susan Verde and Peter Reynolds*
6. *"Mindful Monkey, Happy Panda" by Lauren Alderfer and Kerry Lee MacLean*
7. *"Belly Breath" by Leslie Kimmelman and Lindsay Dale-Scott*
8. *"Just Breathe" by Mallika Chopra*

Picture Books with Mindfulness Tie-Ins

1. *"Tomorrow I'll be Kind"* by Jessica Hische
2. *"Saturday"* by Oge Mora
3. *"Apple Cake: A Gratitude"* by Dawn Casey and Genevieve Godbout
4. *"Henry is Kind: A Story of Mindfulness"* by Linda Ryden and Shearry Malone
5. *"Carmela Full of Wishes"* by Matt de La Pena and Christian Robinson
6. *"Marta! Big and Small"* by Jen Arena and Angela Dominguez
7. *"Ruby Finds a Worry"* by Tom Percival
8. *"Sing With Me: Action Song Every Child Should Know"* by Naoko Stoop
9. *"The Night is Yours"* by Abdul Razak-Zachariah and Keturah Boo
10. *"You Hold Me Up"* by Monique Gray Smith and Danielle Daniel
11. *"Gus is a Tree"* by Claire Babin and Olivier Tallec
12. *"We are Grateful: Otsaliheliga"* by Traci Sorell and Fran Lessac
13. *"The Sloth Who Slowed Us Down"* by Margaret Wild and Vivienne To

PTC and Educational Books

1. *"Yoga and Mindfulness for Young Children"* by Maureen Heil and Ilene S. Rosen
2. *"Calm Mindfulness for Kids"* by Wynne Kinder
3. *"Three Breaths and Begin: A Guide to Meditation in the Classroom"* by William Meyer
4. *"Breathe Like a Bear"* by Kira Willey, illustrated by Anni Betts
5. *"Just Breathe: Meditation, Mindfulness, Movement, and More"* by Mallika Chopra
6. *"Mindfulness for Kids: 30 Fun Activities to Stay Calm, Happy, and in Control"* by Carole P Roman and J. Robin Albertston-Wren
7. *"Little Flower Yoga for Kids"* by Jennifer Cohen Harper
8. *"The Joy of Movement: Lesson Plans and Large-Motor Activities for Preschoolers"* by Mary Lynn Hafner
9. *"Yoga for Kids"* by Susannah Hoffman