**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
10. “You are a Lion!” by Taeeun 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
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
Creating Mindful Moments in the Library

**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
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
9. “Yoga for Kids” by Susannah Hoffman