

# CHILDREN'S BOOKS: MANAGING ANXIETY & EMOTIONS



- **Sitting Still Like a Frog**

Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions. Includes a 60-minute audio CD of guided exercises

- **I am Yoga**

Yoga has the power of transformation. Not only does it strengthen bodies and calm minds, but with a little imagination, it can show us that anything is possible. New York Times bestselling illustrator Peter H. Reynolds teams up with author and certified Yoga instructor Susan Verde in this book about creativity and the power of self-expression. I Am Yoga encourages children to explore the world of Yoga and make room in their hearts for the world beyond it.

**Ages 5+**

- **Little Monkey Calms Down**

Little Monkey is having a bad day. After a major melt down, he goes to his room and uses some coping techniques to calm down

**Ages 1-4**

