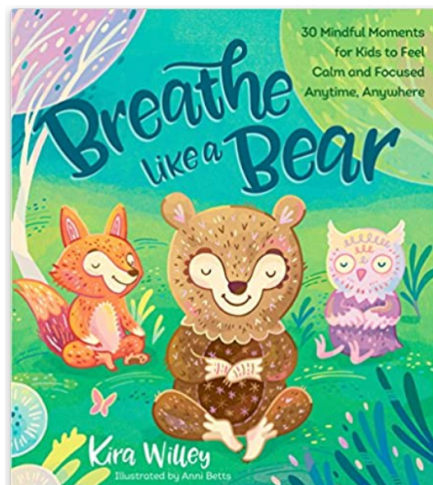


— CALM + KIND + FOCUSED CLASSROOMS —

READING LIST

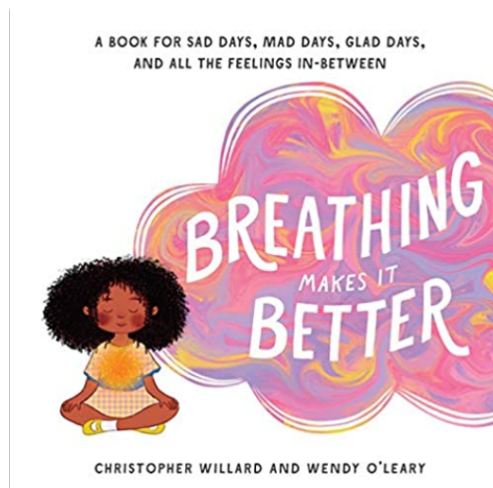
Mindfulness for Kids from Shanthi Project



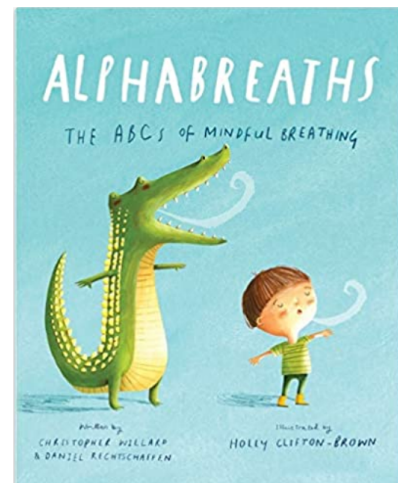
Breathe Like a Bear
by Kira Willey



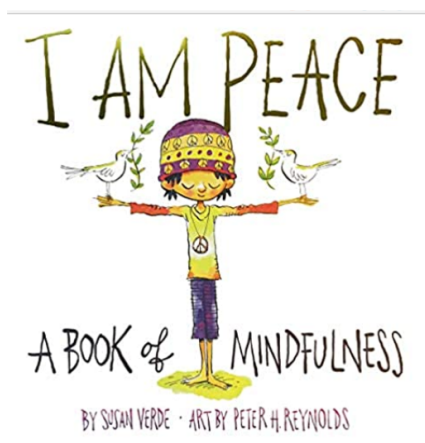
Breathe and Be
by Anna Emilia Laitinen



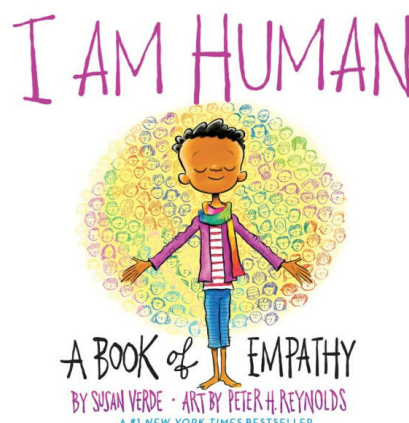
Breathing Makes It Better
by Christopher Willard



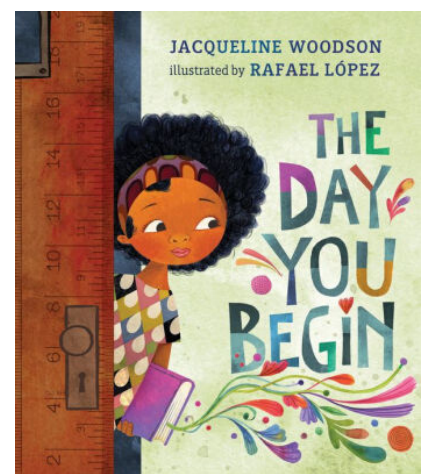
Alphabreaths
by Christopher Willard



I Am Peace
by Susan Verde



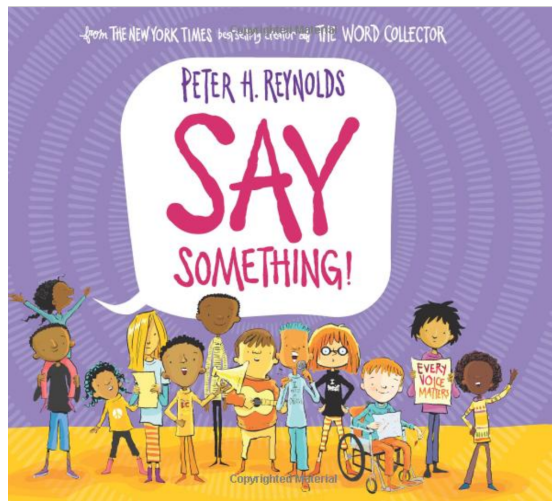
I Am Human
by Susan Verde



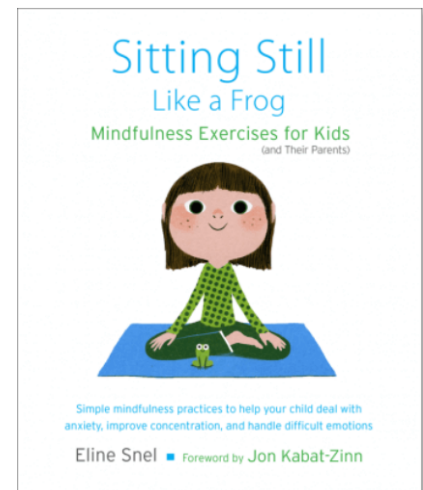
The Day You Begin
by Jacqueline Woodson

— CALM + KIND + FOCUSED CLASSROOMS — READING LIST

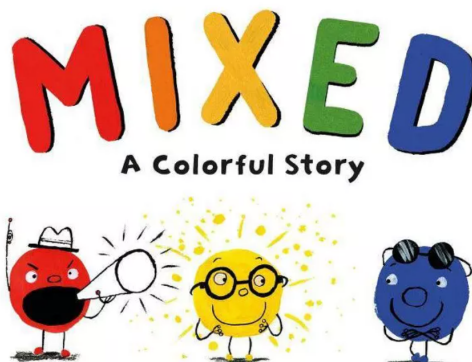
Mindfulness for Kids from Shanthi Project



Say Something
by Peter H. Reynolds



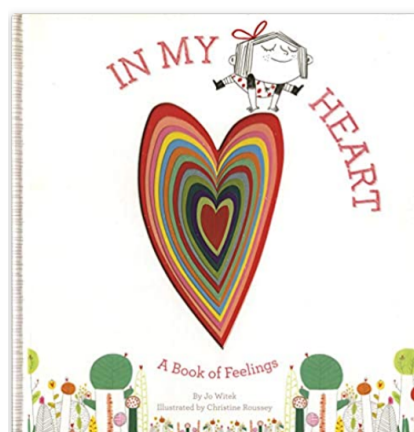
Sitting Still Like a Frog, by Eline Snel



Mixed: A Colorful Story
by Arree Chung



The Boy With Big Feelings
by Britney Winn Lee



In My Heart
by Jo Witek



Be Kind
by Pat Zietlow Mille