



ESSENTIAL STORYTELLING IN BOOKS ABOUT CHARACTER THROUGH WHICH WE PRACTICE MINDFULNESS

- Who's in Rabbit's House?* – Verna Aardema
- Giraffes Can't Dance* – Giles Andreae
- Princess and the Pea* – Hans Christian Anderson
- Ugly Duckling* – Hans Christian Anderson
- The Story of Little Babaji* – Helen Bannerman
- My Daddy is a Pretzel* – Baron Baptiste
- The Mindfulness Revolution* – Barry Boyce
- The Table Where Rich People Sit* – Byrd Baylor & Peter Parnall
- Quiltmaker's Gift* – Jeff Brumbeau
- Slowly like a Sloth* – Eric Carle
- In a Dark Dark Wood* – David Carter
- The Great Hiss* – Gurumayi Chidvilasananda
- Miss Rumphius* – Barbara Cooney
- Your Fantastic Elastic Brain* – JoAnn Deak
- The Empty Pot* – Demi
- What Does it Mean to be Present?* – Rana DiOrio
- The Monkey and the Mango* – Eknath Easwaran
- Planting a Rainbow* – Lois Ehlert
- On the Day You Were Born* – Debra Frasier
- Where's Your Smile, Crocodile?* – Claire Freedman
- I Wonder* – Annaka Harris
- Hey, Little Ant* – Phillip & Hannah Hoose
- Mama Do You Love Me?* – Barbara M. Joosse
- The Invisible String* – Patrice Karst
- Grandmother Spider Brings the Sun* – Geri Keams
- Leo the Late Bloomer* – Robert Kraus
- The Carrot Seed* – Ruth Krauss
- Over the Meadow* – John Langstaff
- Inch by Inch* – Leo Lionni
- Mindful Monkey, Happy Panda* – MacLean and Alderfer



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Baby Rattlesnake. – Lynn Maroney

Guess How Much I Love You – Sam McBratney

Zomo the Rabbit – Gerald McDermott

Love You Forever – Robert Munsch

The Three Questions – Jon Muth

The Kissing Hand – Audrey Penn

The Rough-Face Girl – Martin Rafe & David Shannon

YogiNos: Yoga for Youth. The Story of Gansha – Elizabeth Reese

Emily's Balloon – Komako Sakai

Tree of Cranes – Allen Say

Grandfather's Journey – Allen Say

Quiet Place. – Amy Saltzman

One Grain of Sand, A Lullaby – Pete Seeger

Steps and Stones – Gail Silver

The Giving Tree – Shel Silverstein

Giving Thanks: A Native America Good Morning Message – Jake Swamp

On the Night You Were Born – Nancy Tillman

Owl Babies – Martin Waddell

Quick as a Cricket – Audrey Wood

A Quiet Place – Douglas Wood

The Secret of Saying Thanks – Douglas Wood

The Little Mouse, The Red Ripe Strawberry, and the Big Hungry Bear – Don and Audrey Wood

When I Grow Up – Al Yankovic

Lon Po Po: A Red Riding-Hood Story from China – Ed Young