Self Care Books for Kids

Bathing in the Forest by Marc Ayats & Uyá Nívola - Ages: 4-8

Meditate With Me: A Step-By-Step Mindfulness Journey by Mariam Gates - Ages 3-7

I Am Love: A Book of Compassion by Susan Verde - Ages 3-7

Here and Now by Julia Denos - Ages 3-7

I Like Me! by Nancy Carlson - Ages 3-6

A Handful of Quiet: Happiness in Four Pebbles by Thich Nhat Hanh - Ages 5-10

Alphabreaths: the ABCs of Mindful Breathing Ages 3-7 by Christopher Willard & Daniel Rechtschaffen

You Matter by Christian Robinson - Ages 3-8

Love Your Body by Jessica Sanders - Ages 8-13

Mindful Day By Deborah Hopkinson - Ages 5-7

Pond Walk by Nancy Elizabeth Wallace - Ages 6-8

The Hike by Allison Farrell Ages 3-5

The Help Yourself Cookbook for Kids by Ruby Roth Ages 6-12

Rock Art Handbook: Techniques and Projects for Painting, Coloring, and Transforming Stones by Samantha Sarles