

Sensory & Emotional Co-regulation Children's Booklist

This booklist is a non-comprehensive compilation of books specific to mindfulness, deep breathing, learning how to self-regulate (through co-regulation with a trusted adult), and learning about how sensory experiences & emotions impact our bodies. The books on this list are best for reading with children aged 3-10 years, though some books may be longer than others. Happy reading!

Books for learning about breathing strategies & mindfulness:

- **Alphabreaths Too**, by Christopher Willard
- **Alphabreaths: The ABCs of Mindful Breathing**, by Christopher Willard
- **B is for Breathe**, by Melissa Munro Boyd (available in Spanish & English)
- **Breathe Like a Bear**, by Kira Willey (available in Spanish & English)
- **Breathe Like a Bear: First Day of School Worries – A Story With a Calming Mantra and Mindful Prompts**, by Kira Willey and Anni Betts
- **Breathing is My Superpower: Mindfulness Book for Kids to Feel Calm and Peaceful**, by Alicia Ortego (available in Spanish & English)
- **Breathing Makes It Better**, by Wendy O'Leary (available in Spanish & English)
- **Bunny Breaths**, by Kira Willey
- **Calm-Down Time**, by Elizabeth Verdick (available in English & bilingual English/Spanish edition)
- **Creating Calm In 5, 4, 3, 2, 1: Relaxation and Grounding Techniques for Kids**, by Melissa Boyd
- **Find Your Calm: A Mindful Approach to Relieve Anxiety and Grow Your Bravery**, by Gabi Garcia (available in Spanish & English)
- **I Calm Down: A Book About Working Through Strong Emotions**, by Cheri J. Meiners
- **Listen Like an Elephant**, by Kira Willey
- **The Breathing Book**, by Christopher Willard & Olivia Weisser
- **The In-Between Book**, by Christopher Willard & Olivia Weisser

Books about encountering sensory experiences in daily life:

- **Hop, Hop, Jump!**, by Lauren Thompson and Jarrett Krosoczka
- **Listening To My Body: A Guide to Helping Kids Understand the Connection Between Their Sensations**, by Gabi Garcia (available in Spanish & English)
- **My Body Sends a Signal: Helping Kids Recognize Emotions and Express Feelings**, by Natalia Maguire (available in Spanish & English)
- **My Brain is Magic: A Sensory-Seeking Celebration**, by Prasha Sooful
- **Oona and the Shark**, by Kelly Dipucchio
- **Sensory Seeking Sloth**, by Jennifer Jones
- **Stop and Read This Book: A Sensory Grounding Brain Break Disguised as a Book**, by Amanda Silva
- **Too Many Hugs: A Book About Consent**, by Yvonne Pearson
- **When Things Get Too Loud: A Story About Sensory Overload**, by Anne Alcott
- **Wiggles, Stomps, And Squeezes Calm My Jitters Down**, by Lindsey Rowe Parker (available in Spanish & English)

Books for learning about feelings & emotions:

- **The Color Monster**, by Anna Llenas (available in Spanish & English)
- **The Crayons' Book of Feelings**, by Drew Daywalt