

BOOKS TO TEACH

CHILDREN ABOUT KINDNESS



ABC MINDFUL ME

written by Christine Engel.

Pairing simplified mindfulness principles with each letter of the alphabet.



KINDNESS MAKES US STRONG

written by Sophie Beer. This joyful book shows various children spreading kindness in all different situations.



THE LION INSIDE

written by Rachel Bright.

A rhyming story about one little mouse, who discovers that even the smallest of us have the heart of a lion.



BE KIND

written by Pat Zietlow Miller.

A sweet but powerful picture book illustrating the power of small acts of kindness.



MOST PEOPLE

written by Michael Leannah.

A reassuring picture book, showing children there is kindness everywhere, even when things look scary.



KINDNESS IS MY SUPERPOWER

written by Alicia Ortego. A charming story about a boy who learns its better to be kind than a bully.



you can sit with me