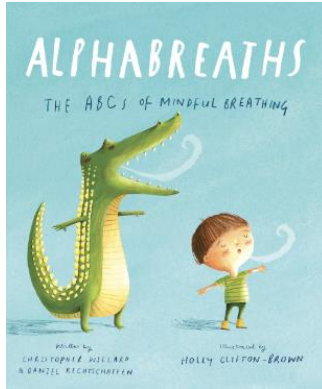


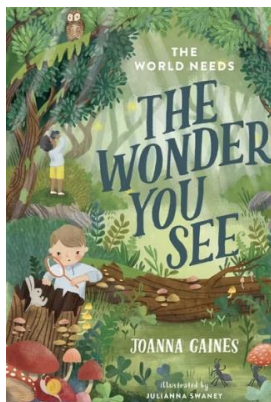


Alphabreaths: The ABCs of Mindful Breathing

Christopher , W. (2022, January 18). *Alphabreaths: The ABCs of mindful breathing*.

Amazon. <https://www.amazon.com/Alphabreaths-Breathing-Christopher-Willard-PsyD/dp/1683641973>

This is a children's book that allows them to learn their ABC's while still practicing mindfulness. It allows students to not rush through a text but complete the exercises that go along with each letter. If letter A is to take a deep breath, the students are more mindful of what they are reading because they must complete an activity along with it. Age 2-6



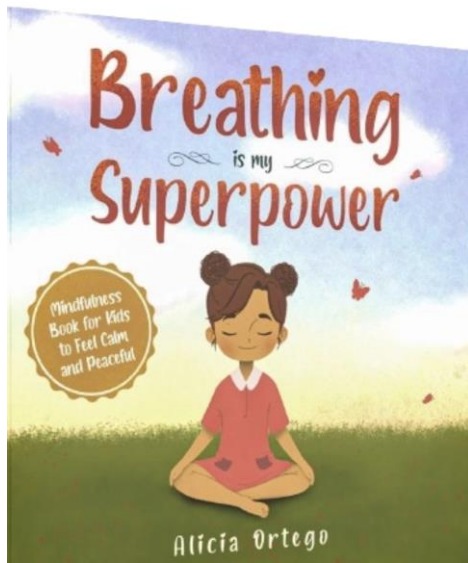
The world needs the wonder you see

Gaines, J. (n.d.). *The World Needs the Wonder you see*. Target.

https://www.target.com/p/the-world-needs-the-wonder-you-see-by-joanna-gaines-hardcover/-/A-92785416?sid=&ref=tgt_adv_xsp&AFID=google_pla_df&fndsrc=tmnv&DFA=21862023312&CPNG=PLA_DVM%2Ba064R0000155MMrQAM-BOOKS_AlwaysOn_GoogleSearch_Q4_2024-1442540&adgroup=PLA_BOOKS&LID=5143198495pgs&network=g&device=c&locati

[on=9008106&gad_source=1&gclid=Cj0KCQiAwOe8BhCCARIsAGKeD57HoQqt0HpEnzJnrF8F91g6uCBcL0z9mvD55ycvW9j5d1xZrskbjilaAsUHEALw_wcB&gclsrc=aw.ds](https://www.google.com/search?q=Breathing+is+my+superpower+book&rlz=1C1GCEwZC9008106&gad_source=1&gclid=Cj0KCQiAwOe8BhCCARIsAGKeD57HoQqt0HpEnzJnrF8F91g6uCBcL0z9mvD55ycvW9j5d1xZrskbjilaAsUHEALw_wcB&gclsrc=aw.ds)

As students are reading this book, they must look for different animals, trees, or objects in the jungle. Once they find them, they can move onto the next page. Allow the students to slow down and find different objects while reading allows students to be more aware of what they are reading since they must soon find something in the book. Students really enjoyed this book because it introduced new animals to them as well. Age 4-8

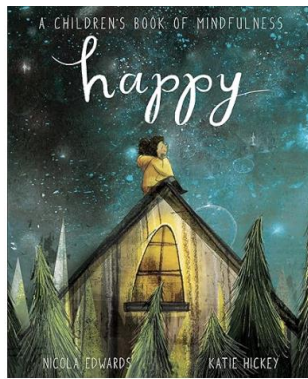


Breathing is my superpower

Ortego, A. (2024, November 28). *Breathing is my superpower*. Alicia Ortego.

https://aliciaortego.com/shop/breathing-is-my-superpower/?utm_source=google_shopping&utm_medium=refferal&gad_source=1&gclid=Cj0KCQiAwOe8BhCCARIsAGKeD55axjVfbEJuU41Q_qN3fge35TLPM-YJ9eAYj4PQAF4Rq1l7Ys9assEaApE3EALw_wcB

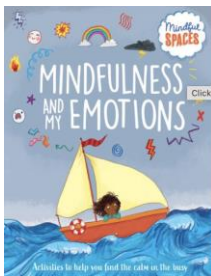
This is an amazing book to help students learn new breathing exercises to complete. They can do these exercises before going to bed, if they feel nervous at school, or whenever they need to. When students are given the opportunity to learn these exercises, they can immediately put them into practice when they need them the most. Age 2-4



Happy

Nicola, E. (n.d.). *Happy: A children's book of mindfulness*. Happy: A Children's Book of Mindfulness: Amazon.co.uk: Edwards, Nicola, Hickey, Katie: 9781848578883: Books. <https://www.amazon.co.uk/Happy-Childrens-Mindfulness-Nicola-Edwards/dp/1848578881>

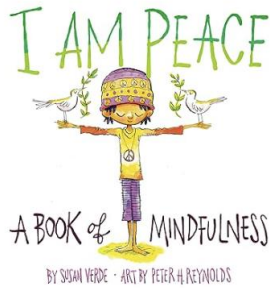
This is a great book to read before quiet time because it gives the students an opportunity to calm down. Students can explore beautiful images with soothing lyrical language to associate with it. It really creates the idea for students to not take anything for granted and be appreciative of everything you are given. Age 3-6



Mindfulness and my emotions

Woolley, K. (2024, January 9). *Mindfulness and my emotions: Paperback*. Barnes & Noble. <https://www.barnesandnoble.com/w/mindfulness-and-my-emotions-katie-woolley/1142875437?ean=9798887701356&gQT=1>

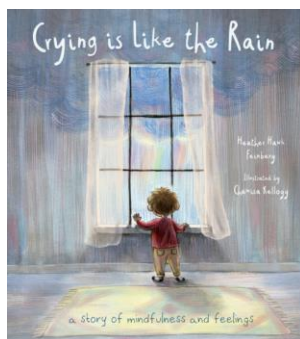
This book helps prepare students to understand their emotions and be mindful of them. It walks students through simple activities and helps readers understand the thoughts in their heads. It can give them ideas to express their feelings while understanding their own thoughts. Age 4-9



I am Peace

Verde, S. (2019, September 24). *I am peace*. Amazon. <https://www.amazon.com/I-Am-Peace-Book-Mindfulness/dp/1419731521>

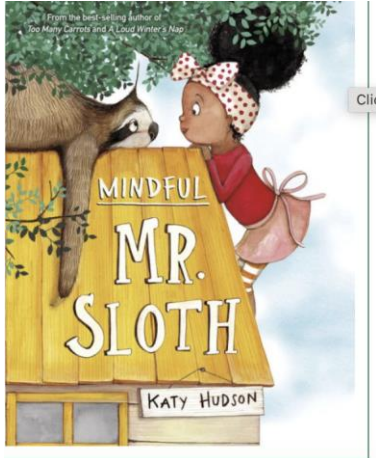
This is a book that helps students become fully present in the moment and learn to make better choices. It includes a guided meditation that students walk through to learn how to calm themselves. When students learn to be present in the moment, it can allow them to control their own emotions and anxiety. Age 2-6



Crying is like the rain

Feinberg, H. H. (2020, August 18). *Crying is like the rain: A story of mindfulness and feelings: Ebook*. Barnes & Noble. <https://www.barnesandnoble.com/w/crying-is-like-the-rain-heather-hawk-feinberg/1135125867?ean=9780884487258&gQT=1>

This is a story about two students walking into the school in the rain. Along the way, they discover many emotions and reveal what to do with these emotions. The message from the story is the emotions come and go like the weather. It is an empowering story for our students, so they understand an emotion is not forever its only for a small bit of our life. Age 5-10

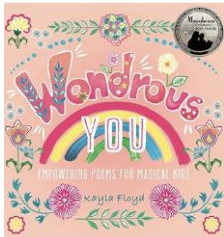


Mindful Mr. Sloth

Hudson, K. (2023, January 1). *Mindful Mr. sloth: Paperback*. Barnes & Noble.

<https://www.barnesandnoble.com/w/mindful-mr-sloth-katy-hudson/1138737398?ean=9781684467952&gQT=1>

Sasha wants everything as fast as possible while Mr. Sloth does it very slowly. Their friendship, although unlikely, becomes an amazing story about how sometimes we just need to slow down. Mr. Sloth encourages Shasha to breathe and be present in every moment to truly enjoy the small things in life. Age 3-5

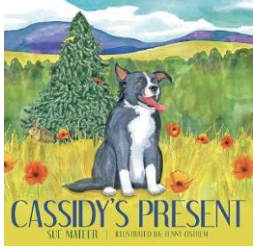


Wonderous You

Floyd, K. (2020, September 2). *Wonderous to you*. Amazon.

<https://www.amazon.com/Wondrous-You-Empowering-Poems-Magical/dp/1735487007>

This book helps students understand that self-worth is not just about your body. You can be anyone you want to because your voice matters. This is such an amazing idea to give to your students because we want them to reach for the stars. This book empowers our students to have confidence in themselves and to forge their own path. Age 4-8

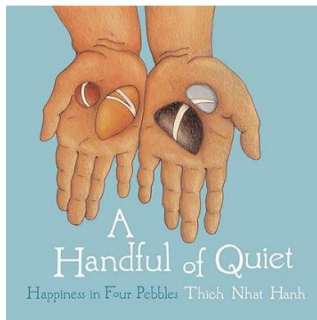


Cassidy's Present

Mateer, S. (2018, February 13). *Cassidy's present*. Amazon.

<https://www.amazon.com/Cassidys-Present-Sue-Mateer/dp/194425580X>

Cassidy is the dog for Anna and Charlie. Cassidy loves to be outside playing in the flowers, feeling the sun, or even eating a snowflake. This book follows Cassidy through the season as she slowly teaches them to appreciate everything life has to offer. Cassidy is giving Anna and Charlie the ultimate gift of life which is being present. Age 5-12



A Handful of Quiet

Hanh, T. N. (2008, September 13). *A handful of quiet: Happiness in four pebbles: Nhat Hanh, Thich*: 9781937006211: Amazon.com: Books. Amazon.

<https://www.amazon.com/Handful-Quiet-Happiness-Four-Pebbles/dp/1937006212T>

This is a meditation book for students, with cute illustrations to show them how to do them. Students get to complete this book or their own or with an adult present. It allows them to connect with themselves and nature, since they are holding rocks while meditating. Age 4-9

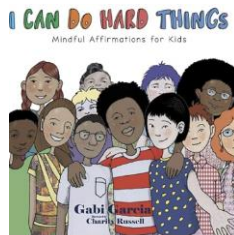


Mind Bubbles

Krantz, H. (2017, February 22). *Mind bubbles: Exploring mindfulness with kids*: Krantz, Heather, May, Lisa: 9780998703718: Amazon.com: Books. Amazon.

<https://www.amazon.com/Mind-Bubbles-Exploring-mindfulness-kids/dp/0998703710>

It gives the students an idea of how to breathe and think at the same time. This allows the student brain to slow down a focus on the idea that the book presents. It gives students time to sit and really feel their feelings and thoughts. Age 5-10

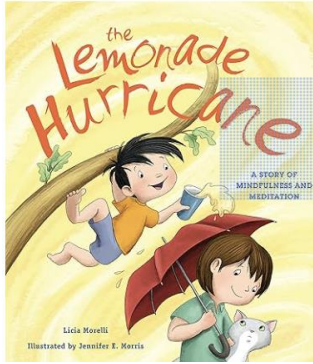


I can do Hard Things

Garcia, G. (2018, September 11). *I can do hard things: Mindful affirmations for kids*.

Amazon. <https://www.amazon.com/Can-Do-Hard-Things-Affirmations/dp/0998958085>

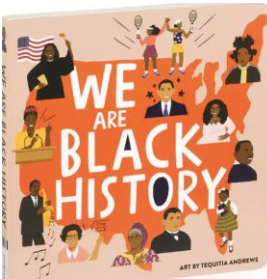
This book will help students tap into their inner voice and feel connected to themselves. This book helps students practice mindful affirmation for support and encouragement. It incorporates all types of students to everyone who feels involved and empowered by this book. Age 3-7



The Lemonade Hurricane

Morelli, L. (n.d.). *The lemonade hurricane*. Amazon. <https://www.amazon.com/Lemonade-Hurricane-Story-Mindfulness-Meditation-ebook/dp/B01J2BL894>

These stories give students an idea of how to be mindful in their activities. Although the world around you may be crazy, you must stay peaceful. It teaches you to stop and rest when things are getting too busy during. It plants the seed in student brains to take some time to relax if life gets too crazy. Age 2-7

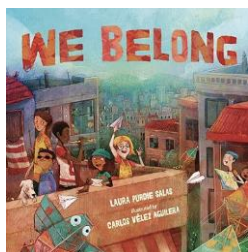


We are Black History

Andrews, tequita. (n.d.). *We are black history: Mudpuppy*.

The Curious Bear Toy & Book Shop. <https://curiousbeartoy.com/collections/race-diversity-books-for-children/products/board-book-we-are-black-history-mudpuppy>

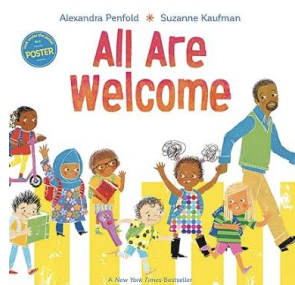
This is a book on all the amazing black figures we have had in our country. It celebrates each of their individual achievements. It has bright and colorful illustrations on all the pages that make you engaged and want to keep reading. Age 5-9



We Belong

Purdie Salas, L. (2022, March 1). *We Belong*. Amazon. <https://www.amazon.com/We-Belong-Laura-Purdie-Salas/dp/1541599136>

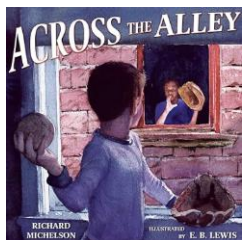
This book explores and celebrates students' differences. It invites students to welcome differences between each other instead of affirming that we all belong. It shows students they can be friends with everyone even if they are different from themselves. The student can all play with each other no matter what setting they are in. Age 4-8



All Are Welcome

Penfold, A. (2018, July 10). *All are welcome*. Amazon. <https://www.amazon.com/All-Are-Welcome-Alexandra-Penfold/dp/0525579648>

This lyrical book shows students that they are all loved and appreciated. Readers follow a group of children throughout their day at school where everyone is welcomed with open arms. This book welcomes diversity with open arms and shows students that everyone is welcome in school. Age 2-6



Across the Alley

Michelson, R. (2006, October 5). *Across the Alley*. Amazon.

<https://www.amazon.com/Across-Alley-Richard-Michelson/dp/0399239707>

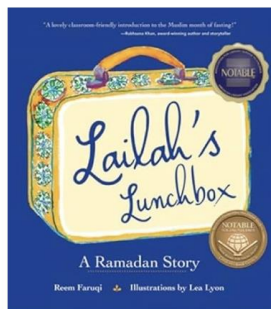
This is a story about two students who are opposites during the day. At nighttime they are best friends, Willie shows how to throw a slider, and Abe gives Willie his violin to try out. These two boys have the courage to be friends with each other even though they are not similar. Will the boys have the courage to be friends during the day? Age 4-8



Eyes that Kiss in the corners

Ho, J. (n.d.). *Eyes that kiss in the corners*. Amazon. <https://www.amazon.com/Eyes-That-Kiss-Corners-Joanna/dp/0062915622>

This book shows the students how others may feel if they don't look like everyone else. She learns to draw strength from her family about her differences and love all of her differences. She embarks on a self-love journey that resonates with readers of all ages. This story can make students recognize their own beauty instead of looking at others. Age 2-6



Lailah Lunchbox

Reem, F. (2015, May 1). *Lailah's lunchbox*. Amazon. <https://www.amazon.com/Lailahs-Lunchbox-Ramadan-Reem-Faruqi/dp/0884484319>

This is a story of a new student in a new school thousands of miles away from her hometown. She can participate in her first Ramadan, but when she does her classmates don't understand why she isn't in lunch. Instead of just being upset she

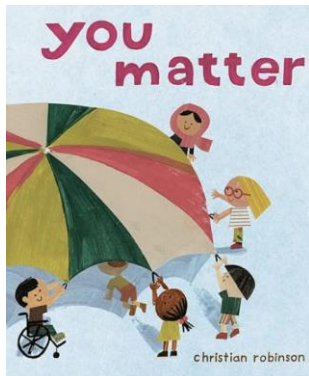
teachers her classmate about Ramadan. This allows students to learn how to respect others' beliefs while learning from their peers. Age 5-10



Not Quite Narwal

Jessie, S. (2017, February 14). *Not quite narwhal*. Amazon. <https://www.amazon.com/Not-Quite-Narwhal-Jessie-Sima/dp/1481469096>

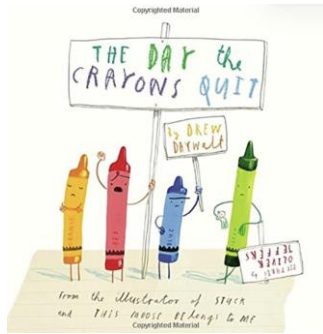
This is a story about finding who you do fit in with, Kelp is Narwal that hasn't always fit in. Although Kelps had been a narwhal his whole life, he was never like anyone else, until one day he was swept away with the ocean. During this time, he found out that he actually wasn't a narwal but was actually a sea unicorn. The story allows us students to see how to balance both worlds. Age 3-6



You Matter

Robinson, C. (2020, June 2). *You matter*. Amazon. <https://www.amazon.com/You-Matter-Christian-Robinson/dp/1534421696>

This is a beautiful picture book for students to understand different perspectives. It offers many different perspectives as well as a new idea to many students. It shows students how inviting a new world can be if you are excited and willing to learn about new people. While also showing how each of the students are connected to one another in the book. Age 2-6

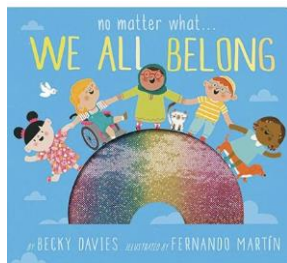


The Day the Crayons Quit

Daywalt, D. (2013, June 27). *The day the crayons quit*. Baby list.

<https://www.babylist.com/gp/ingram-the-day-the-crayons-quit/1>

This is the story of how each color is tired of working and worn down. It shows students it's okay to not do the same thing every day but to change what they are drawing or coloring. By the end of the book, it shows a picture the student was able to create with all the colors in the box. Age 3-6

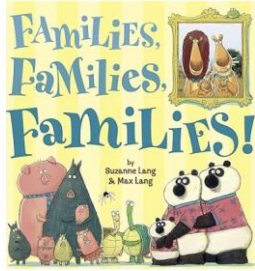


We All Belong

Davies, B. (n.d.). *We all belong*. Amazon.

https://sellercentral.amazon.com/mws/static/policy?amp=&documentType=DPP&locale=en_US

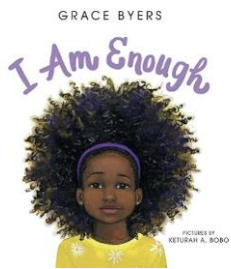
This is a book for everyone's library that shows that we all belong. Even though we are not all the same, we each deserve to be treated the same in school. It shows students that we should be kind to each other no matter what they may look like. Age 2-5



Families, families, and families!

Lang, S. (2022, March 24). *Families, families, families!* Amazon. <https://www.amazon.com/>

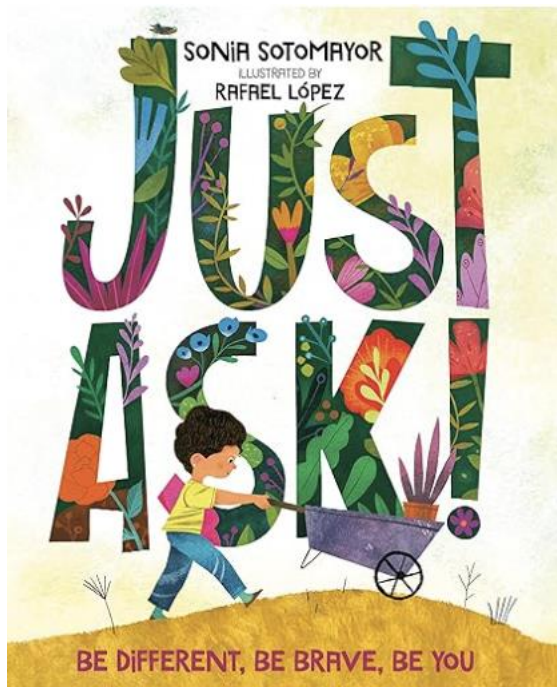
This is a story about all the different kinds of families you can have. These silly animals show all different kinds of families that you can think of from aunts and uncles to grandparents. The message of this book is that as long as you love each other you are family. Age 2-5



I am Enough

Byers, G. (2018). *I am enough*. Balzer + Bray.

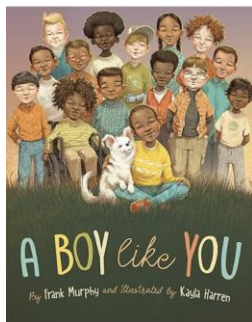
This is a lyrical book that is an ode to loving who you are while still respecting others. This book conveys message that you will always be enough if you believe in yourself. The book inspires us all to believe we have a purpose and that we will always be enough.



Just Ask!

Sotomayor, S. (2019, September 3). *Just Ask!* Amazon. <https://www.amazon.com/>

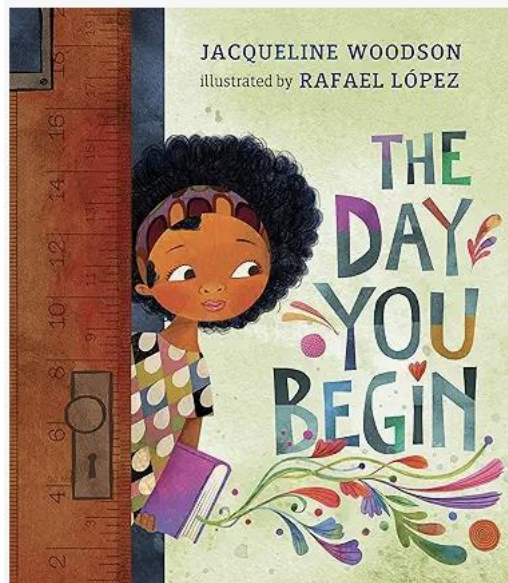
This book allows students to want to learn all about each other because it celebrates everyone's different abilities. The students work together to build a community garden. They ask each other lots of questions along the way to learn a lot about each other. Age 4-7



A Boy like you

Murphy, F. (n.d.). *A Boy Like You*. Amazon. <https://www.amazon.com/A-Boy-Like-You-ebook/dp/B07MGDMZT1>

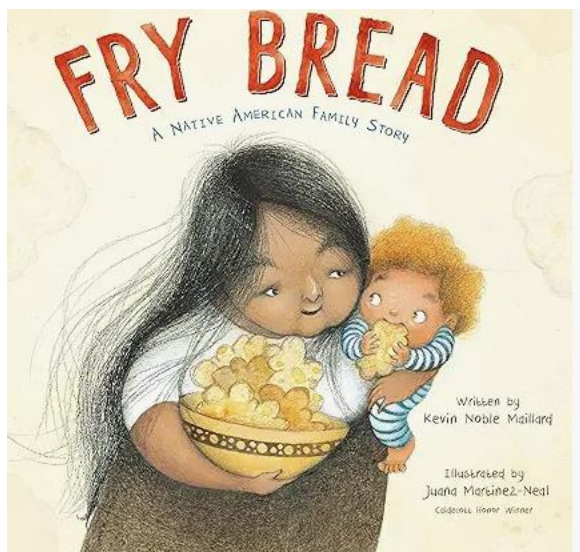
This is a tale for every young boy growing up that does or doesn't fit the normal masculinity mold. It encourages every boy to embrace what makes them unique. It shows boys that they can tell their own story and don't have to be like everyone else. Everybody should have a role model that shows them they can be whomever they want to be. Age 3-7



The Day You Begin

Woodson, J. (n.d.). *The Day You Begin*. Amazon. <https://www.amazon.com/>

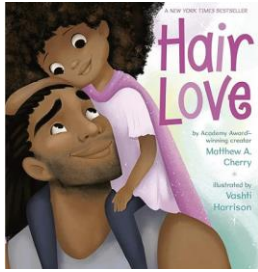
This is a story for all students to reach out and connect with their peers around them. Sometimes they feel scared to talk or just feel different. It is not always easy for students whether it is transitioning to a new school, new classroom, or a new grade. Reading this book can make that transition easier. Age 5-8



Fry Bread

Maillard, K. (n.d.). *Fry Bread*. Amazon. <https://www.amazon.com.au/>

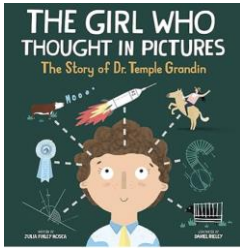
This is a story on about a modern Native American family who is making fry bread. This is a story on how making food can make people feel like family no matter what culture you are from. Sharing a meal together makes you feel connected to everyone around you. Age 2-6



Hair Love

Cherry, M. (2019a, May 14). *Hair Love* . Amazon . <https://www.amazon.com/>

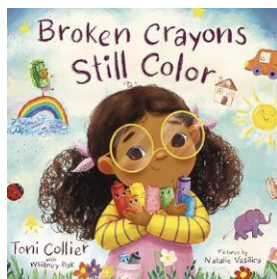
This is a relatable story for everyone whose hair has a mind of its own. This story is about a father who teaches his daughter to have self-confidence and to love her hair. This story will warm your heart while teaching your students to love themselves more. Age 2-7



The Girl Who Thought in Pictures

Mosca, J. F. (2017). *The girl who thought in pictures: The story of Dr. Temple Grandin*. Innovators Publishing.

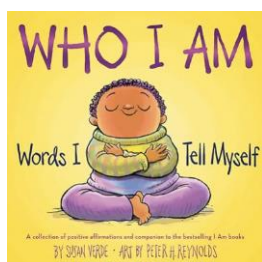
This is a story about an autistic girl who has difficulty speaking and thinking in pictures. She has become the most powerful voice in modern science. Because of her unique mind she can connect to animal unlike anyone else can. This allows her to invent ground making improvements for farms around the world. Ages 5-12



Broken Crayons Still Color

Collier, T. (n.d.). *Broken Crayons Still Color*. Amazon. <https://www.amazon.com/Broken-Crayons-Still-Color-Collier/dp/1400242908>

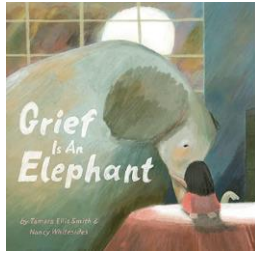
This is a book that helps students process feelings and build a tool kit to deal with their emotions. As she is writing about her ever-changing life, she learns that crayons have feelings too. The crayons show her how to use her love of coloring in a positive way, which is an inspiring message to send to our students. Age 3-7



Who Am I

Verde, S. (n.d.). *Who I am*. Target. https://www.target.com/p/who-i-am-i-am-books-by-susan-verde-hardcover/-/A-88567998?afid=google&ref=tgt_adv_xsf&CPNG=Entertainment&adgroup=59-3&gStoreCode=1233S&gQT=1

This book encourages students to practice self-love and gives the students positive examples of how to talk to themselves. It encourages students to have positive self-talks instead of negative ones. We want our students to be their most confident selves, and this book will help them get there. Age 4-8

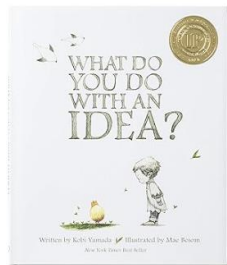


Grief is an Elephant

Smith, T. (2023, October 24). *Grief is an elephant*. Amazon.

<https://www.amazon.com/Grief-Elephant-Tamara-Ellis-Smith/dp/1797212257>

This is a book that helps students go through grief. It helps them understand that it is a complex emotion that comes on strong at first but slowly becomes better over time. The grief comes on strong like an elephant and becomes a mouse by the end of the story. This story can be so comforting to students during a rough time. Age 3-5

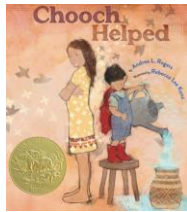


What Do You Do With a Problem?

Yamada, K. (2016, July 1). *What do you do with a problem*. Amazon.

<https://www.amazon.com/gp/customer-reviews/R2WSHBZW6W1Z0K?ASIN=B07BS2YKCW>

This book encourages students to look closely at problems to find multiple solutions instead of just one. It can help students really analyze the problem and find the root cause not just to blame the problem. This book can help our students solve problems. Age 3-7

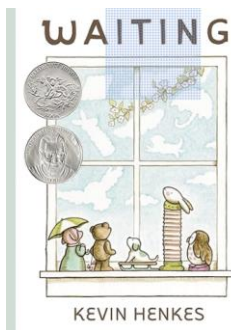


Chooch Helped

Rogers, A. L. (2024, October 8). *Chooch helped*. Barnes & Noble.

<https://www.barnesandnoble.com/w/chooch-helped-andrea-l-rogers/1144818546?ean=9781646144808>

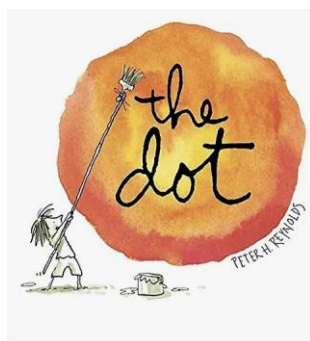
This is a great story for younger or older siblings to understand what the other is going through. Welcoming a new baby into the family can create a lot of new tension and dynamics that most families go through. Age 4-7



Waiting

Henkes, K. (2015, September 1). *Waiting*. <https://www.amazon.com/Waiting-Kevin-Henkes/dp/0062368435>

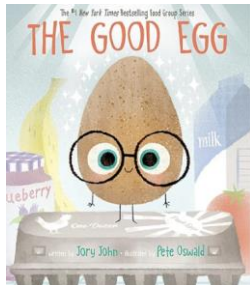
This is story teaching students about patience; each animal is waiting for a different result while looking out the window. Many students struggle with patience, so this book shows students how patience can be helpful. It also shows the students that they control their actions because the student is the puppet in the story. Age 2-5



The dot

Reynolds, P. (n.d.). *The dot*. S&S . https://www.sswwww.com/item/the-dot-book-by-peter-h-reynolds-BK7451/?gad_source=1&gclid=Cj0KCQiA4-y8BhC3ARIsAHmjC_Hfhe8NOxFXi7d1hbllqzoVJk-2lNjtkCsWbcaFE8qXscSu5xvNww8aAu1JEALw_wcB

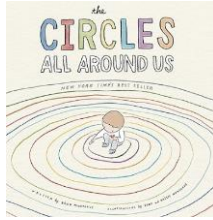
This is a story about self-confidence, which allows the characters to understand how amazing an artist is. If you believe you can do something and you put your mind to it then you can do it. Age 4-7



The Good Egg

John, J., & Oswald, P. (n.d.). *The good egg*. Pottery Barn Kids.
https://www.potterybarnkids.com/products/the-good-egg-book/?catalogId=10&sku=4072063&cm_ven=PLA&cm_cat=Google&cm_pla=Toys+%26+Play+%3E+Books&cm_ite=4072063_14726664444_pla-327533561682&gad_source=1&gclid=Cj0KCQiA4-y8BhC3ARIsAHmjC_Hy-U2DkSGsOUrR4S06Sz2FleSoiXjV20EP5kW1Eom766D79pX3MxMaAt0aEALw_wcB

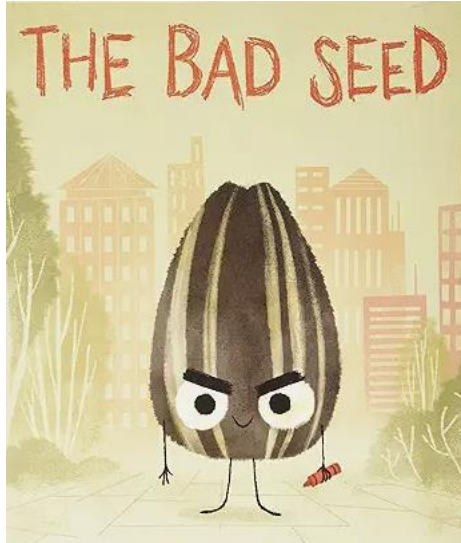
This book teaches the students how to stay balanced in life and not to expect perfection from us. The egg must remind himself that he doesn't always have to be a good egg. Age 3-6



The Circles All Around Us

Montague, B. (n.d.). *The circles all around us*. Walmart. https://www.walmart.com/ip/The-Circles-All-Around-Us-Hardcover-9780593323182/481102946?wmlspartner=wlpa&selectedSellerId=101183744&gclid=Cj0KCQiA4-y8BhC3ARIsAHmjC_F-Wl3wHXN9fABDIFPC08XqrGWufCs4V8kNxWo2M7fRlOZs7KXR-OkaArgsEALw_wcB

This is a story about the impact you can have everywhere you go and the love we can show to the world around us. As we grow older, we are building relationships and adding to our circle of love. It shows us that no matter what we do we should carry kindness and love with us to share with others. Age 3-8



The Bad Seed Book

John, J. (n.d.). *The bad seed*. Pottery Barn Kids.

https://www.potterybarnkids.com/products/the-bad-seed-book/?catalogId=10&sku=5592276&cm_ven=PLA&cm_cat=Google&cm_pla=Toys+%26+Play+%3E+Books&cm_ite=5592276_14726664444_pla-327533561682&gad_source=1&gclid=Cj0KCQiA4-y8BhC3ARIsAHmjC_HQZi84WLywjmsPwraeD8oUA9o55wFqYV_clu3NdgydS2lEYfbM_XsaAj_1EALw_wcB

This story teaches our students the power of acceptance and transformation. Although some day we can feel down and not want to be better, we should always strive for more. When we have a bad day eventually, we will have a good day to overcome the bad that will make it all better. Age 3-8

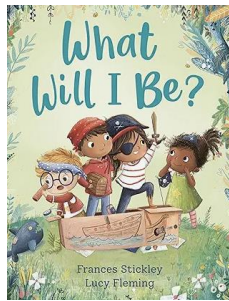


Memory Jar

Brosgol, V. (2021, March 25). *Memory jars*. Amazon. <https://www.amazon.com/Memory-Jars-Vera-Brosgol/dp/1250314879>

Freda begins to save all her favorite things in jars so she can keep them every day. But it turns out that she can't enjoy them as much when they are all in jars. This book

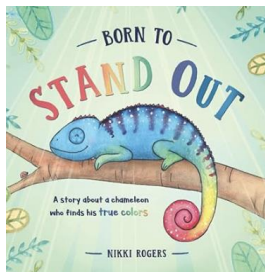
encourages students to save memories and enjoy the moment they are in instead of trying to take it with them. Age 4-5



What will I Be

Stickley, F. (n.d.). *What will I be?* Amazon. <https://www.amazon.com/What-Will-Be-Frances-Stickley/dp/1728467721>

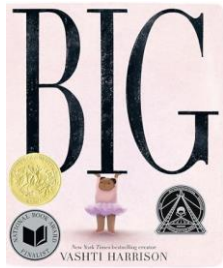
This book sparks student imagination while the characters are playing dress up. They can envision themselves playing while trying to figure out what they want to be when they grow up. It may even open new ideas to careers they had never heard of before. Age 4-9



Born to stand out

Rogers, N. (n.d.). *Born to stand out*. Amazon. <https://www.amazon.com/Born-Stand-Out-chameleon-Created/dp/0648723208>

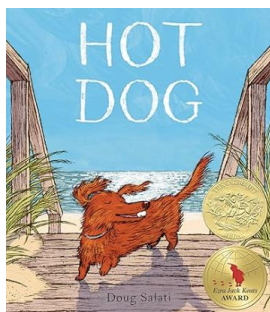
An inspiring and motivational book that encourages readers to embrace their uniqueness and take pride in their individuality. The author emphasizes the importance of self-confidence, self-expression, and authenticity in a world that often pressures people to conform. Through personal anecdotes, practical advice, and empowering messages, Rogers aims to help readers overcome self-doubt and step into their true potential. Age 2-



Big

Harrison, V. (n.d.). *Big*. Big. <https://www.amazon.co.uk/Caldecott-Medal-Winner-Coretta-Scott/dp/0316353221>

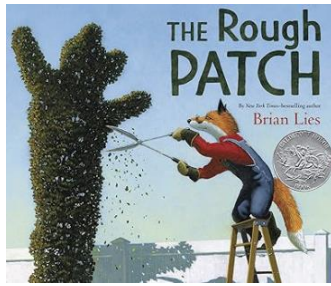
The book highlights the different facets of what it means to be big, not just in size, but in heart, dreams, and potential. Through vibrant illustrations and a simple, lyrical text, Harrison portrays the diversity of what it means to stand out, make a difference, and embrace one's unique qualities. Age 3-6



Hot Dog

Salati, D. (n.d.). *Hot dog*. Amazon. <https://www.amazon.ca/Hot-Dog-Doug-Salati/dp/0593308433>

Hot Dog is a delightful tale about curiosity, adventure, and the joy of exploring new places. It's also a story that highlights the excitement of stepping outside of your comfort zone and discovering the world with a sense of wonder and enthusiasm. The book is a celebration of spontaneity and the joy that comes with being free to explore. Age 2-6



The rough patch

Lies, B. (n.d.). *The rough patch*. Amazon. <https://www.amazon.com/>

The book uses rich, expressive illustrations and a gentle narrative to show young readers that it's okay to grieve and feel sadness, but it also offers hope that it's possible to heal and move forward. *The Rough Patch* is a powerful and tender story that helps children understand that while tough times happen, it's possible to find new meaning and joy as they navigate their emotions. Age 4-8



Stil Sal

Henkes, K. (n.d.). *Still Sal*. Henkes, Kevin, Henkes, Kevin: 9780063389625: Amazon.com: Books. Amazon. <https://www.amazon.com/Still-Sal-Miller-Family-Story/dp/0063389622>

With its gentle text and soft illustrations, *Still* encourages readers, especially young children, to embrace the quiet, slower moments in life and recognize the power of stillness. The book speaks to the importance of pausing and taking time to simply "be," whether it's in nature, during rest, or in moments of solitude. It's a calm and poetic meditation on mindfulness and beauty that can be found in moments of stillness. Age 8-11

