



# Sharing Books

These titles were selected because they are connected to being present, recognizing feelings, or encouraging reader/listener interactions; and are available in at least five of the Wisconsin South Central Library System libraries (see: <https://www.linkcat.info/cgi-bin/koha/opac-main.pl>).

## Books about slowing down or turning off

Alemagna, Béatrice. *On a Magical Do-Nothing Day*. New York, NY: Harper, an imprint of HarperCollinsPublishers, 2017.

After his gaming device falls into a river, a boy learns that the forest has a lot to offer. He shares this knowledge with his mother who turns off her computer to share a hot chocolate with him.

Cordell, Matthew. *Hello! Hello!* New York: Disney/Hyperion Books, Disney Book Group, 2012.  
A girl shows her family the joys of putting down their devices.

# Goldsaito, Katrina, author. *The Sound of Silence*. New York: Little, Brown and Company, 2016.  
Living in Tokyo can be a noisy experience, but Yoshio learns to enjoy the sound of nothing.

Lawson, JonArno, author. *Sidewalk Flowers*. Toronto, Ontario; Berkeley, CA: Groundwood Books/House of Anansi Press, 2015.

A father and daughter take a walk, as the daughter collects flowers, the black and white drawings gain color showing the reader the importance of literally stopping to smell the roses.

Maclear, Kyo. *Flo*. New York: Farrar Straus Giroux, 2018.

Panda bear, Flo, enjoys each moment while the rest of her family prefers a busy schedule until they learn that being in a hurry is not always a good idea.

Shannon, David. *Bizzy Mizz Lizzie*. New York: The Blue Sky Press, an imprint of Scholastic Inc., 2017.  
Mizz Lizzie, a very busy bee learns from a friend that sometimes stopping to smell the roses is also an important activity.

Soman, David. *Ladybug Girl's Day Out with Grandpa*. New York: Dial Books for Young Readers, Penguin Group, 2017. (Jacky Davis, illustrator) (early reader)  
Ladybug Girl finds that slowing down is sometimes a good idea.

Wild, Margaret. *The Sloth Who Slowed Us Down*. New York: Abrams Books for Young Readers, 2018.  
A family with a lot to do learns to slow down, taking lessons from a sloth.

Books marked with a hashtag (#) feature characters that are not white, but may or may not be considered "multicultural."





## Books about being in the moment

# Ahn, Somin. *One Minute*. San Francisco, California: Chronicle Books LLC, 2016. |

A lot can happen in one minute; good things and sad things.

# Krishnaswami, Uma. *The Happiest Tree: A Yoga Story*. New York: Lee & Low Books, 2005.

(Ruth Jeyaveeran, illustrator)

Meena finds the strength to be in the class play after learning about yoga. Being present is not necessarily all about learning yoga; but, this book it, I believe, important because the author is from India, lending this book some authenticity that other yoga books for children may not have.

# Olien, Jessica. *Right Now*. New York: Balzar + Bray, an imprint of HarperCollins Publishers, 2018.

“Right now, you are you. And you are perfect.” Short sentences reinforce that being a kid is just right for this moment.

# Portis, Antoinette. *Now*. New York: Roaring Brook Press, 2017.

“This is my favorite hole because it’s the one I am digging.” A young girl appreciates being in the moment.

# Sileo, Frank J. *A World of Pausabilities: An Exercise in Mindfulness*. Washington, DC: Magination Press, an imprint of the American Psychological Association, 2017.

Poetic text helps children learn to take in the moment. Includes notes for teachers and parents.

# Verde, Susan, author. *I Am Peace: A Book of Mindfulness*. New York: Abrams Books for Young Readers, 2017. (Peter H. Reynolds, illustrator)

“I give myself a moment. I take a breath. And then I tell myself: It’s alright.” A child finds peace in recognizing the moment.

# Verde, Susan, author. *I Am Human: A Book of Empathy*. New York: Abrams Books for Young Readers, 2017. (Peter H. Reynolds, illustrator)

“But being human means I am *not* perfect. I make mistakes.” A child describes the emotions, actions, and connections that go with being a person.

## Books about connecting to feelings, emotions, acceptance

Bang, Molly. *When Sophie's Feelings Are Really, Really Hurt*. New York: The Blue Sky Press, an imprint of Scholastic Inc., 2015.

Sophie paints a blue tree, but the teacher shows the children that it isn’t “wrong” and we all have our own ways of expressing feelings. (the main character is white but the classroom children are multicultural)

# Frame, Jeron Ashford. *Yesterday I Had the Blues*. Berkeley, Calif.: Enfield: Tricycle; Publishers Group UK [distributor], 2008. (R. Gregory Christie, illustrator)

A boy uses colors to describe his emotions and those of his family.

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# Gray Smith, Monique. *My Heart Fills with Happiness*. [Victoria, British Columbia]: Orca Book Publishers, 2016. (Julie Flett, illustrator) (board book)

A girl describes the things that make her happy. Author and illustrator are members of First Nations tribes in Canada.

Holmes, Margaret M. *A Terrible Thing Happened*. Washington, DC: Magination Press, 2000.

We never learn what the “terrible thing” is, but our character learns how to deal with the trauma.

John, Jory. *Giraffe Problems*. New York: Random House, 2018. (Lane Smith, illustrator)

Giraffe hates his long neck, Turtle hates his short neck and then they see good in both.

# Jullien, Jean. *Why the Face?* New York: Phaidon Press, 2018. (board book)

Repeating “why the face” with different emotions lead young readers to guess what is happening (too loud, too smelly, too spiky).

Lang, Suzanne. *Grumpy Monkey*. New York: Random House, 2018.

Jim, the chimpanzee, insists he is not grumpy but the other animals help him to accept his emotions.

# Reul, Sarah Lynne. *The Breaking News*. New York, NY: Roaring Brook Press, 2018.

A girl describes what happens when the parents get absorbed in bad news and how even the smallest efforts can help a family to feel better.

# Rocha, Ruth. *Lines, Squiggles, Letters, Words*. New York: Enchanted Lion Books, 2016.

Little Pedro learns that lines and squiggles can turn into numbers and letters in a story of compassion for new language learners. Translated from Portuguese.

Rubin, Elycia. *No Biggy: A Story About Overcoming Everyday Obstacles*. New York: Rodale Kids, an imprint of Rodale Books, 2018. (Josh Talbot, illustrator)

While a simplistic ending, this story shows that trying again is preferable to feeling frustrated. (Main character is white but her classmates are multicultural.)

# Sanna, Francesca. *Me and My Fear*. London: Flying Eye Books, 2018.

A girl who is an immigrant to a new country brings Fear with her wherever she goes. Fear increases until one child is kind to the girl and she learns that we all have little fears.

Tregonning, Mel. *Small Things*. Toronto, Ontario, Canada: Pajama Press, 2018.

(picture book/graphic novel)

For the older child, this book shows a little boy dealing with bullying in school and discovering that we all have problems and a little kindness goes a long way.

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Witek, Jo. *In My Heart: A Book of Feelings*. New York: Abrams Appleseed, 2014.  
Cut-out hearts show the different emotions that can be contained in the heart from fear to love.  
(Thick pages but not a board book.)

# Woodson, Jacqueline. *The Day You Begin*. New York, NY: Nancy Paulsen Books, 2018.  
Children learn what it means to feel different and the importance of accepting differences.

### **Wordless picture books**

(Because there is no text, these books can encourage conversation in any language.)  
Borando, Silvia. *Now You See Me, Now You Don't*. Somerville, Massachusetts: Candlewick Press, 2016.  
Changing the background color of the pages, animals show up or disappear. Might be problematic with children with color blindness; otherwise an opportunity to talk about colors and what's missing.

Borando, Silvia. *The White Book*. Somerville, Massachusetts: Candlewick Press, 2015.  
A boy takes a paint roller to the wall and the reader sees different animals appear; offering the reader the opportunity to predict what will happen. This book is also an app which shows that it is possible to have engaging apps.

Cole, Henry. *Spot, The Cat*. New York: Little Simon, 2016.  
A cat named Spot goes out for an adventure and the reader needs to find where Spot is in each picture. Offers the opportunity to ask questions about finding the cat and predicting what will happen next.

# Kerascoët. *I Walk with Vanessa: A Story About a Simple Act of Kindness*. New York: Schwartz & Wade Books, 2018.  
A little girl helps Vanessa to contend with the unkindness of other children. (Kerascoët is the pen name for artists Marie Pommepeuy and Sébastien Cosset.)

Newgarden, Mark. *Bow-Wow Bugs a Bug*. Orlando: Harcourt, 2007.  
The dog, Bow-Wow, experiences bugs from different perspectives. Offers opportunity to talk about how we see things. (Part of a series of books about Bow-Wow also available in board book format.)

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