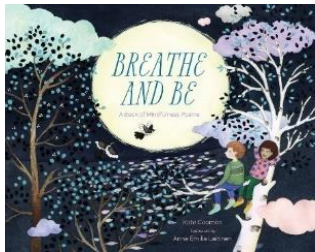


## International titles: EEC and Primary school settings

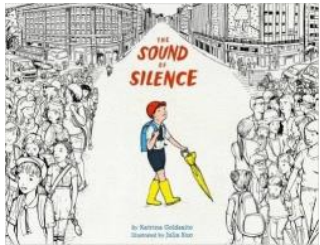


### **Breathe and be: A book of mindfulness poems**

Kate Coombs and illustrator Anna Emilia Laitinen, (2017). Sounds True.

Age: EEC and Primary

Teaching mindfulness helps kids learn to stay calm, regulate their emotions, and appreciate the world around them. With *Breathe and Be*, author Kate Coombs and illustrator Anna Emilia Laitinen team up to present a book of poetry and art for young readers to make mindfulness easy, natural, and beautiful. Link to Sounds True reading [here](#).

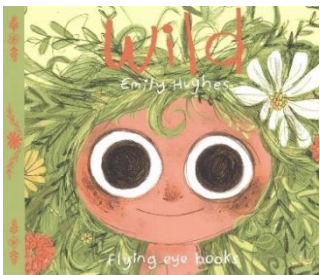


### **The sound of silence**

Katrina Goldsaito and Illustrator Julia Kuo. (2016). Little, Brown Books for Young Readers.

Age: EEC and Primary

Young Yoshio delights in the everyday sounds of Tokyo, but when a musician tells him that her favourite sound is ma, the Japanese word for silence, Yoshio sets out to hear this sound for himself among the hustle and bustle of the city. Includes information on the Japanese concept of ma. Review by the Mental Health Foundation [here](#).



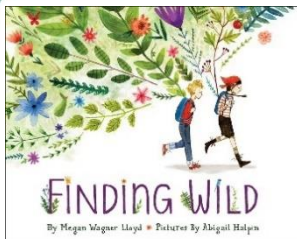
### **Wild**

Emily Hughes, author and illustrator. (2013). Flying Eye Books.

Age: ECE, Primary

In this picture book by Hawaiian artist Emily Hughes, we meet a little girl who has known nothing but nature from birth -- she was taught to talk by birds, to eat by bears, and to play by foxes. That is, until she is snared by some very strange animals that look oddly like her, but they don't talk right, eat right, or play correctly. She's puzzled by their behaviour and their insistence on living in these strange concrete structures: there's no green here, no animals, no trees, no rivers. Now she lives in the comfort of civilization. But will civilization get comfortable with her?

Review on Mighty Girl [here](#).

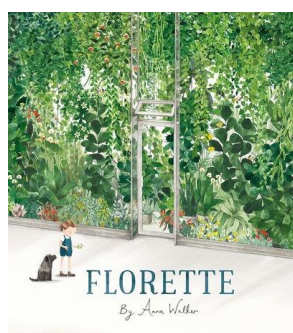


### Finding wild

Megan Wagner Llyod and Illustrated by A Halpin. (2016). Knopf Books for Young Readers.

Age: ECE and Primary

There are so many places that wild can exist, if only you know where to look! Two kids set off on an adventure and discover that wild exists not just off in some distant place, but right in their own backyard. A lyrical picture book with gorgeous illustrations that explores the ways the wild makes itself known to us and how much closer it is than we think. Author's website [here](#) and review on Mighty Girl website [here](#).

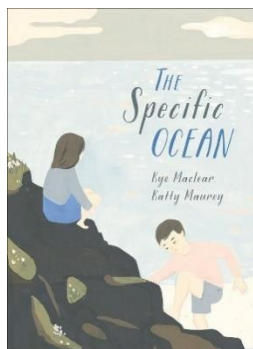


### Florette

Anna Walker, author and illustrator. (2017). Viking.

Age: ECE and Primary

When Mae's family moves to a new home, she wishes she could bring her garden with her. She'll miss the apple trees, the daffodils, and chasing butterflies in the wavy grass. But there's no room for a garden in the city. Or is there? Mae's story is a celebration of friendship, resilience in the face of change, and the magic of the natural world. Review on Mighty Girl website [here](#).



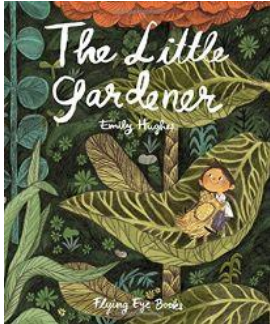
### The specific ocean

Kyo Maclear and Illustrator Katty Maurey. (2015). Kids Can Press

Age: ECE and Primary

This book would make a lyrical read-aloud that could lull young children into an appreciation for the peaceful joy found in nature. It also presents a compelling emotional component to why conserving our natural spaces is important and would work well for any classroom science discussion on the environment or on the ocean as a habitat and ecosystem. Review on Mighty Girl website [here](#).



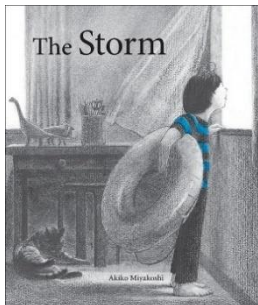


### **The little gardener**

Emily Hughes, author and illustrator. (2015). Flying Eye Books.

Age: ECE and Primary

A little gardener who is not very good at gardening makes a wish for a little help. He learns how important it is to persist and try, no matter what. Review on Mighty Girls website [here](#).

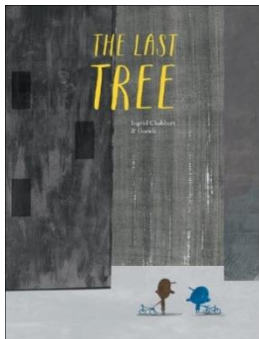


### **The storm**

Akiko Miyakoshi, author and illustrator. (2016). Kids Can Press.

Age: EEC and Primary

Author and illustrator Akiko Miyakoshi uses spare text and black-and-white drawings to echo the tension and uncertainty a child feels when encountering severe weather. The boy knows he is safe, yet danger is near. When he faces his fear in his dream, he becomes empowered by having conquered it. This is a perfect book for launching conversations about fears, particularly those that are nature related, or as the impetus for children's own imaginary stories of how they could be courageous and save the day. Publisher's website [here](#).



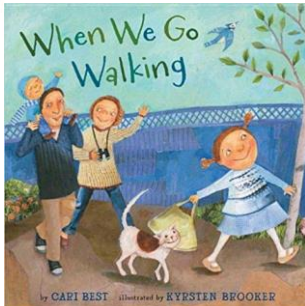
### **The last tree**

Ingrid Chabbert and Illustrator Paúl Nieto Guridi. (2013). Kids Can Press.

Age: EEC and Primary

The story, written by Ingrid Chabbert, is narrated by the boy as an adult looking back on something that had enormous significance for him, highlighting the positive role that nature plays in our lives, and ultimately offering hope for the future. This would make a good classroom read for Earth Day, or for discussions about the environment. It also celebrates how, with a bit of imagination, even small children can make a difference. A wonderful choice for character education discussions about initiative. Publisher's website [here](#).



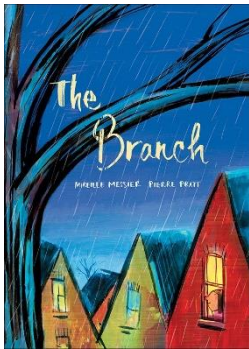


### When we go walking

Cari Best and Illustrator Kyrsten Brooker. (2013). Two Lions.

Age: ECE, Primary

Wendy and her exuberant family of walkers discover new things on Rambling Road every day in all kinds of weather. No one keeps the things they find except for Wendy: numbers and letters, ribbon and string, a bucket, a ball, a wheel from a wagon. But what will she do with all this stuff? One snowy day when no one can go walking, Wendy uses her treasure trove of found objects to create her own special version of Rambling Road for her family to share and celebrate. Full of surprises on every page, this is a book that will inspire young readers to walk, discover and create on their own. Review on Mighty Girl website [here](#).

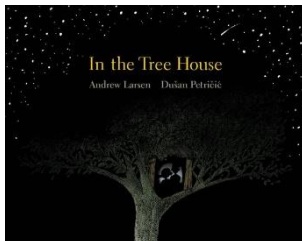


### The branch

Mireille Messier and Illustrator Pierre Pratt. (2016). Kids Can Press.

Publisher's website [here](#) and teaching guidelines [here](#).

When an ice storm snaps a small girl's favourite branch from the tree in her yard, she's crestfallen. "That was the branch I sat on, jumped from, played under. It was my castle, my spy base, my ship..." Luckily, her neighbour Mr. Frank understands. He says the branch has "potential." "What's potential?" she asks. "It means it's worth keeping." And so, with imagination and spirit, and Mr. Frank's guidance and tools, the girl transforms the broken branch into something whole and new, giving it another purpose, and her another place to treasure.

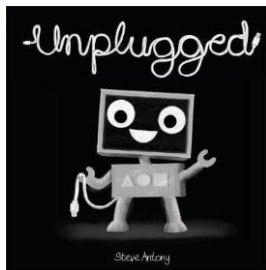


### In the tree house

Andrew Larsen and Illustrator Džsan Petričić (2013). Kids Can Press.

Age: EEC and Primary.

One night the power unexpectedly goes out while the young boy is there by himself, and he's treated to an amazing view of his neighbourhood, blanketed in darkness and lit only by the stars. And then, just as unexpectedly, his brother appears, wanting to join him, to savor the magic of the night. This book makes a great resource for lessons on community, siblings or growing up. Separately, this book could also be used for classroom discussions about the environmental issues connected to the rate and severity of blackouts in recent years. Publisher's website [here](#).

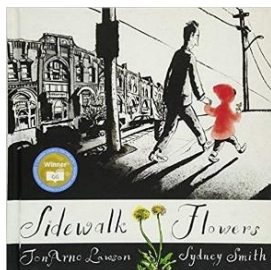


### **Unplugged**

Steve Anthony, author and illustrator. (2018). Scholastic Press.

Age: ECE and Primary

BLIP spends all day plugged into her computer, playing games and having fun. But when there is a POWER CUT, Blip goes down the stairs and out the front door, where she discovers playing games and having fun . . . OUTSIDE. Isn't it wonderful to be UNPLUGGED? Winner of the Oscar's First Book Prize, nominated for the Kate Greenaway Medal and shortlisted for the Waterstone's Children's Book Prize. Review on the Mighty Girl website [here](#).

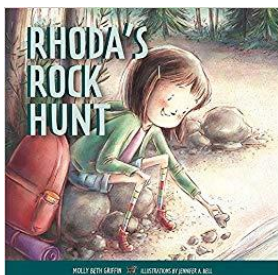


### **Sidewalk flowers**

Jon Arno Lawson and Illustrated by Sydney Smith. (2016). Walker.

Age: ECE and Primary

In this wordless picture book, a little girl collects wildflowers while her distracted father pays her little attention. Each flower becomes a gift, and whether the gift is noticed or ignored, both giver and recipient are transformed by their encounter. An ode to the importance of small things, small people, and small gestures. Review on Mighty Girl website [here](#).



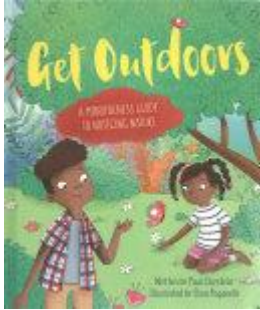
### **Rhoda's rock hunt**

Molly Beth Griffin and Illustrated by Jennifer Bell. (2014). Minnesota Historical Society Press.

Age: ECE and Primary

Rhoda is on a long hike with her aunt and uncle, and while their backpacks are full of supplies, hers is soon full of rocks! Everywhere Rhoda looks, there are beautiful stones, and every last one of them has to go into her pack. But soon, Rhoda's pack is so full that it's too heavy to lift. If she can't bring every rock home, surely, she can find some way to celebrate the beauty she sees in these simple rocks. Review on Mighty Girl website [here](#).



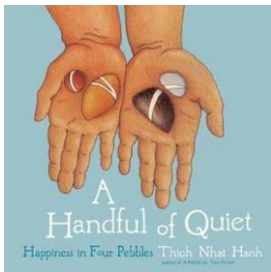


### **Get outdoors: A mindfulness guide to noticing nature**

Paul Christelis. (2018). Hachette Children's Group.

Age: ECE and Primary

It's Saturday morning and Jada and her brother Michael are watching TV. It's a beautiful day and Dad wants to get them outside, so he invents 'The Garden Game'. Whoever notices the most interesting things is the winner. The story shows how they use mindfulness - the ability to pay attention to the present moment with curiosity. Mindfulness practices (exercises) are integrated into each story and expanded on in the 'Notes to Parents and Teachers' section at the end of the books.

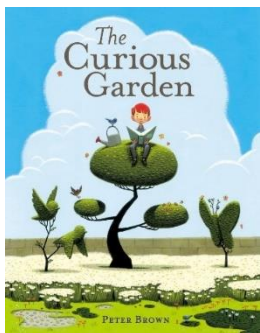


### **A handful of quiet: Happiness in four pebbles**

Thich Nhat Hanh and illustrations by Wietske Vriezen. (2008). Parallax Press.

Age: ECE and Primary

Pebble meditation is a playful and fun activity developed by Thich Nhat Hanh that parents and educators can do with their children to introduce them to meditation. It is designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Practicing pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions.



### **The curious garden**

Peter Brown, author and illustrator. (2009). Little, Brown Books for Young Readers.

Age: EEC and Primary

One boy's quest for a greener world... one garden at a time. While out exploring one day, a little boy named Liam discovers a struggling garden and decides to take care of it. As time passes, the garden spreads throughout the dark, grey city, transforming it into a lush, green world. This is an enchanting tale with environmental themes and breath-taking illustrations that become more vibrant as the garden blooms. A story about persistence, taking care and passion.



**8-14 MENTAL HEALTH  
OCTOBER AWARENESS WEEK**

 **Mental Health Foundation**  
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