

THE FOLLOWING IS A SUGGESTED LIST OF SPIRITUAL BOOKS FOR CHILDREN, FOR TEENS, AND FOR PARENTS AND ADULTS WHO RESPOND TO CHILDREN'S SPIRITUAL INQUIRIES

I. Understanding God, Soul, and Life's Purpose

1. ^ # Emma & Mommy Talk to God Marianne Williamson (1996)

Each day, Emma and her mommy pray together and say thank you to God. When Emma asks her mommy to tell her about God, she teaches Emma that she is never alone because God is always with her, and **God is all the love in the world**. This touching and uplifting story from renowned author and philosopher Marianne Williamson will help children and adults alike begin an exploration of their relationship with God and each other. The book **addresses topics such as where did I come from, who is God, feeling afraid at night, and a bully at school**. (Ages 3-7)

2. ~ # The Little Soul and the Sun Neale Donald Walsch (1998)

A simple and powerful story that brings children a very profound truth: there is not absolute good or bad. Underneath all that happens in the world, **all that we call "good" and all that we call "bad" is love**. Your child will discover a God that she or he can love, because **God is love, as are all the Little Souls** who are a part of God. Perhaps parents, too, will rediscover who they really are. (Ages 3-7)

3. # Soul (adapted from Disney – Pixar movie) Adapted by Courtney Carbone, a Little Golden Book (2020)

Ever wonder **where your passion, your dreams, and your interests come from? What is it that makes you... YOU?** In 2020, Pixar Animation Studios took you on **a journey from the streets of New York City to the cosmic realms to discover the answers to life's most important questions**. Disney/Pixar *Soul* was directed by two-time Academy Award® winner Pete Docter (*Up*, *Inside Out*) and produced by Academy Award® nominee Dana Murray (*Lou* short). This Little Golden Book retelling is perfect for girls and boys ages 2 to 5.

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5. ^ # I Am, Why Two Little Words Mean So Much Dr. Wayne W. Dyer with Kristina Tracy (2012)

Taken from his latest book for adults, Wishes Fulfilled, this book teaches kids a simple but profound message: God is not far off in the distance, or even merely beside us. In other words, **we are not separate from God. We are God!** Knowing that God's love and strength is a part of everyone can help kids grow to meet their greatest potential in life. The book uses a rhyme and illustrations to teach this lesson and help children realize that they are greater than they ever imagined! There is also a special section at the end that

teaches the important meaning and way to use the words, "I Am" to create love, happiness, and greatness in their own lives and the world. (Ages 2-7)

6. # All I See Is Part of Me Chara M. Curtis (1989)

In a journey that carries the reader far beyond the printed page, **a child** discovers his common link with all of Life. Inspired by Sister Star, he **finds the light within his heart and, as his vision expands, he sees that same light in all of creation.** (Ages 2-5)

7. # What Is God? Etan Boritzer (1990)

This book is an eloquent introduction to the **ideas behind God and religion**, and brings forward complex ideas in a way children will understand. It is written with a simple clarity and beautifully illustrated with just the right blend of seriousness and humor. The book compares different religions -- Christianity, Islam, Judaism, Hinduism, Buddhism -- and their holy books, looks at misunderstandings and arguments among people of different religions, and talks about praying as well as **feeling connected to everything in the world.** The book is a beginning to introduce a child to spirituality, philosophy, and/or religions, and it **helps children begin to center themselves and their feelings about the world** (Ages 4-9)

8. # Santa's God: A Children's Fable About The Biggest Question Ever Neale Donald Walsch (2011)

Eight-year-old Melinda Carson hopes to keep herself awake until the wee hours of the morning to make sure that she sees Santa. She's waited every year, but this year she makes it. Furthermore, **she gets to talk with Santa** himself. Among the things the two discuss is **Melinda's unexpected question: "Who is your God?"** She tells of the classmates at her school, some of whom pray to Allah, some to Jehovah, some to The Lord, some to Yahweh, some to Krishna, and she asks, "Santa, which God do you pray to? Which God is the real God?" **Santa's answer brings the world a message that will warm the heart of every person who hears it.** Here, in a remarkable story appropriate for every child and every family regardless of spiritual tradition, is a breathtaking insight that will be remembered every holiday for years to come. (Ages 3-7)

9. # The Little Soul and the Earth, I'm Somebody Neale Donald Walsch (2005)

Experience the world through the eyes of the Little Soul in her **first few moments on Earth as Meghan meets her mommy and daddy, learns about love, and begins to figure out what it means--and how it feels--to be human.** The tale exemplifies the vital truth that God is with us always, no matter where our own adventures lead and no matter how many times we may forget that truth. It gently reminds us that beauty, love and joy are all around. (Ages 8-12)

10. # You With The Stars in Your Eyes: A Little Girl's Glimpse at Cosmic Consciousness Deepak Chopra (2010)

Deepak Chopra's first children's book is a sweet and poignant story that reveals the **meaning of true love.** On a cool summer's eve, five-year-old Tara takes a walk on the beach with her grandfather. When he is not quite sure how to answer her questions about love and life, the Moon herself joins in on the conversation. She tells Tara that the stars made our eyes so they could see themselves. She also explains that everyone we see is our own self in a different form. (Ages 4-6)

II. Principles and Values and Life Lessons

1. ^ # Guardians Of Being, Spiritual Teachings from Our Dogs and Cats Eckhart Tolle (2011)

More than a collection of witty and charming drawings, the marriage of Patrick McDonnell's art and Eckhart Tolle's words conveys a profound love of nature, of animals, of humans, of all life-forms. *Guardians of Being* **celebrates and reminds us of not only the oneness of all life but also the wonder and joy to be found in the present moment**, amid the beauty we sometimes forget to notice all around us. (Target audience is adults, but would be enjoyed by teens or as a "read-aloud" to children of all ages)

2. ^ # Incredible You! 10 Ways to Let Your Greatness Shine Through Dr. Wayne W. Dyer with Kristina Tracy (2020)

Newly repackaged with a fresh format and this book is **based on the 10 concepts from the author's book for adults, 10 Secrets for Success and Inner Peace**. The concepts are numbered, titled, and set in rhyming verse, with vibrant illustrations by Melanie Siegel to bring each point to life. A reader's guide at the end offers 10 questions that kids can answer to connect these ideas to their own lives and make them realize how incredible they truly are! (Ages 3-8)

3. ~ ^ # Unstoppable Me! 10 Ways to Soar Through Life Dr. Wayne W. Dyer with Kristina Tracy (2020)

Newly repackaged with a fresh format and cover, *Unstoppable Me!* is based on **10 important lessons, including the value of taking risks, dealing with stress and anxiety, and learning to enjoy each moment**. Each point includes an example showing how a child might apply the concept in his or her everyday life. At the end of this book, a reader's guide offers 10 questions to help spark discussion and to further reinforce Wayne's message. Whimsically illustrated by Stacy Heller Budnick. (Ages 5-9)

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Each day, Emma and her mommy pray together and say thank you to God. When Emma asks her mommy to tell her about God, she teaches Emma that she is never alone because God is always with her, and **God is all the love in the world**. This touching and uplifting story from renowned author and philosopher Marianne Williamson will help children and adults alike begin an exploration of their relationship with God and each other. The book **addresses topics such as where did I come from, who is God, feeling afraid at night, and a bully at school**. (Ages 3-7)

5. ^ # Genevieve's Gift, A Child's Joyful Tale of Connecting with Her Intuitive Heart Rosemary Serluca-Foster (2007)

An inspiring story of a young girl truly sharing from her heart: She shows how **she connects and follows her heart (intuition)** as she searches for the perfect gift for her best friend. (Ages 9-12)

6. ~ # The Little Soul and the Sun Neale Donald Walsch (1998)

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10. ^ # The Three Questions, Based on a Story by Leo Tolstoy Jon J Muth (2002)

Young Nikolai is searching for the answers to his three questions: When is the best time to do things? Who is the most important one? What is the right thing to do? It is his own response to a stranger's cry for help that leads him directly to the answers he is looking for. This profound and inspiring book is **about compassion and being engaged in each moment.** It is **full of universal truths.** (Ages 2-8)

11. ~ # Dreams Come True, All They Need Is You! Mike Dooley (2013)

During a nighttime dream, three young friends lift off in a hot air balloon over the moon and past the stars to a wonderland of dolphins, islands, and the simplest of rhyming life-lessons that are easy to learn and fun to share. An enchanted night reveals what every child already knows: that dreams come true, all they need is you! The rhythmic lines articulate that **we are filled with love and contain within the ability to manifest a world connected in oneness.** (Ages 2-6)

12. ~ ^ # On My Way to a Happy Life Deepak Chopra with Kristina Tracy (2010)

The ideas found inside this book are timeless **laws of the universe**, presented in the simplest of terms for young children. When kids understand the way the world works from a spiritual point of view, it makes it easier for them to navigate through it with joy and love and happiness. The book addresses concepts such as **anything is possible, giving and getting, what you do comes back to you, creating peace, be open to life, and your place in the world.** (Ages 2-9)

13. ~ The Workbook of Human Superpowers Mayra Porrata and Kristie Pretti-Frontczak (2016)

An activity book designed to highlight the human attributes that unite us all, from Adaptability to Zest. The Workbook of Human Superpowers combines elements of an adult coloring book with opportunities for contemplative reflection. Both the act of coloring and journaling slow the body and help focus the mind,

which helps to increase your EQ. The Workbook of Human Superpowers is designed to help you **dive deep into your own inner magic**; to **foster** not only your own **humanity and emotional intelligence**, but those of the children you serve, families you interact with, students you train, colleagues you work with, and community members you live and work alongside. (This workbook is currently used in professional settings and early-childhood staff development preparation.)

14. ~ ^ Buddha at Bedtime: Tales of Love and Wisdom for You to Read with Your Child to Enchant, Enlighten, and Inspire Dharmachari Nagaraja (2008)

Twenty thoroughly modern **retellings of ancient Buddhist tales that impart wisdom and moral guidance** without preaching. Each story highlights a moral or ethical dilemma that echoes those that children face in their own lives, providing insight and enlightenment that they can use to defuse trying situations. At the conclusion of each story, applicable Buddhist principles are discussed. (Ages 3-8)

15. # The Illustrated Parables of Jesus Jean-Francois Kieffer and Christine Ponsard (2012)

Selected **parables from the Gospels** are told in a youthful yet tasteful **comic-book style**. The book includes a brief introduction to the parables. And each parable is told by Jesus, who is shown telling the tale to his disciples or the crowd as recorded in the Gospels. The Good Samaritan, The Prodigal Son, The Unforgiving Servant, and many more stories are faithfully gathered here to instruct and inspire children ages 4 and up.

16. # The Boy, the Mole, the Fox and the Horse Charlie Mackesy (2019)

This is a tale of a curious boy, a greedy mole, a wary fox and a wise horse who find themselves together in sometimes difficult terrain, sharing their **greatest fears and biggest discoveries about vulnerability, kindness, hope, friendship and love**. The shared adventures and important conversations between the four friends are **full of life lessons** that have connected with readers of all ages. (Ages 8+)

17. ^ Tiger-Tiger, Is It True? Byron Katie and Hans Wilhelm (2021)

A story about a little tiger who thinks his whole world is falling apart; his parents don't love him, his friends have abandoned him, and life is unfair. But a wise turtle asks him 4 questions, and everything changes. He realizes that **all his problems are not caused by things but by his thoughts about things and that when he questions his thoughts, life becomes wonderful again**. (Ages 4-7)

18. # Milton's Secret Eckhart Tolle and Robert S. Friedman (2008)

Milton, who is about eight years old, is experiencing bullying on the school playground at the hands of a boy named Carter. Because he is being picked on, Milton no longer enjoys going to school. In fact, he dreads each morning because of his fear of Carter. **By discovering the difference between Then, When, and the Now, Milton is able to shed his fear of being bullied**. Living in the Now, he no longer dreads encountering Carter--and this changes everything. The story **introduces children to the core of Tolle's teachings: Living in the Now is the quickest path to ending fear and suffering**. (Ages 4-10)

19. # The Little Prince Antoine De Saint-Exupery, original translation by Katherine Woods (1946 and 2017)

A pilot crashes in the Sahara Desert and encounters a strange young boy who calls himself the Little Prince. The Little Prince has traveled there from his home on a lonely, distant asteroid with a single rose. The story that follows is a beautiful and at times heartbreaking meditation on human nature. It is a **profound tale about loneliness, loss, love, and friendship**. (Ages 8+ reading level but recommended for Grades 5-7)

20. ^ Anh's Anger Gail Silver (2009)

This book teaches children that it is okay to feel angry, and shows the technique, often used by child therapists, of externalizing the emotion. Through taking time to "sit" with his anger, a young child is able to see his anger and talk to it and together they move through the journey of **experiencing the different stages of anger until the feeling subsides and finally resolves**. *Anh's Anger* differs significantly from other books on anger resolution techniques in showing that the child is able to talk about what transpired and accept responsibility for hurtful things that he may have said or done. Through reading the story, children will learn to acknowledge anger when it arises, understand the cause of their anger, and ultimately feel safe expressing themselves and accepting accountability for their actions when appropriate. By learning these skills, children, will grow comfortable with them and carry them into adulthood with ease and confidence. (Ages 4-8)

21. ^ Steps and Stones: An Anh's Anger Story Gail Silver (2011)

When Anh's friends leave and he feels left out at school, his anger shows up to keep him company. Anh is a typical and easy-to-relate-to elementary school-age boy. His anger, personified as a red hairy impulsive creature, teaches him some valuable lessons about not getting carried away by his strong emotions. **By counting his steps and coordinating them with his breathing, Anh is able to slow down and take his anger for a peaceful and magically transformative walk.** (Ages 4-8)

22. ^ Thank You, Angels Doreen Virtue, PhD with Kristina Tracy (2007)

This book introduces young children to the world of angels and teaches them how these heavenly beings can help them in many ways. Kids will learn how to ask an angel for help, how to recognize an angel's voice, and what signs angels may use to let kids know that they're there. This book **offers children a sense of comfort and peace by showing them that they're never alone.** (Ages 4-8)

23. ^ # The House Above the Trees Ethel Cook Eliot (1921, 2003 2nd Edition)

Eight-year-old Hepatica, an orphan girl rejected by the human world, journeys through the magical forest. **Examples of Hepatica's listening to her own voice amidst strong opposition are truly inspiring.** (appropriate for older elementary children or young teens; however, parent reviews revealed that many children ages 3-8 have enjoyed this book read to them)

24. ^ I Think, I AM! Teaching Kids the Power of Affirmations Loise Hay (2020)

Kids will find out the difference between negative thoughts and positive affirmations. Fun illustrations and simple text demonstrate **how to make the change from negative thoughts and words to those that are positive.** The happiness and confidence that come from this ability is something children will carry with them their entire lives! (Ages 3-7)

25. ^ Sara, Book 1: Sara Learns the Secret about the Law of Attraction Esther and Jerry Hicks (2007)

This book offers the reader a thoughtful and inspired **formula for generating appreciation, happiness, and good feelings**, deftly blended into the uplifting story of a plucky, inquisitive girl named Sara and her teacher, an ethereal owl named Solomon. (Ages 8-12)

26. ^ Sara, Book 2: Solomon's Fine Feathered Friends Esther and Jerry Hicks (2007)

Solomon (the owl from the first book who "speaks without moving his lips") reappears and gives Sara and her classmate Seth a fresh and enlightening perspective on life on this planet. Simply put, these two adventurous, tree-climbing friends dialogue with their ethereal feathered mentor regarding their varied (and sometimes confusing) experiences with parents, teachers, other students, neighbors, and property owners.

The clarity, understanding, and wisdom that Solomon gives them results in **some surprisingly practical views on the rules of the game of life.** (Ages 8-12)

27. ^ Sara, Book 3: A Talking Owl Is Worth a Thousand Words! Esther and Jerry Hicks (2008)

As the 'Sara' series continues, Sara has a hard time understanding why Seth wants to befriend the new girl in town and even share their secrets of Thacker's Trail. Even Solomon's reassuring words don't soothe Sara. However, **Sara discovers that not only does Annette's presence not detract from her joyful experience, but that it adds to it in many more ways than she could have imagined.** (Ages 8-12)

28. # The Giving Tree Shel Silverstein (1964)

A poignant picture book **about love and acceptance**, cherished for over fifty years. This classic is perfect for both young readers and lifelong fans. (Ages 2-8 but loved by readers of all ages)

29. # You With The Stars in Your Eyes: A Little Girl's Glimpse at Cosmic Consciousness Deepak Chopra (2010)

Deepak Chopra's first children's book is a sweet and poignant story that reveals the **meaning of true love.** On a cool summer's eve, five-year-old Tara takes a walk on the beach with her grandfather. When he is not quite sure how to answer her questions about love and life, the Moon herself joins in on the conversation. She tells Tara that the stars made our eyes so they could see themselves. She also explains that everyone we see is our own self in a different form. (Ages 4-6)

30. ^ You Are Special Max Lucado (1997)

In the town of Wemmickville, there lives a Wemmick named Punchinello. Each day the residents award stickers—gold stars for the talented, smart, and attractive Wemmicks, and gray dots for those who make mistakes or are just plain ordinary. Punchinello, covered in gray dots, begins to feel worthless. Then one day he visits Eli the woodcarver, his creator, and he learns that his worth comes from a different source. **The story reminds us that we are special to God just the way we are.** Parents and children alike will enjoy this touching portrayal of an eternal truth. (Ages 2-10)

31. # The Little Book of Joy Dalai Lama and Desmond Tutu (2022)

In their only collaboration for children, His Holiness the Dalai Lama and Archbishop Desmond Tutu use their childhood stories to show young people **how to find joy even in hard times and why sharing joy with others makes it grow.** The two spiritual masters tell a simple story, vibrantly brought to life by bestselling illustrator Rafael López, of how every child has joy inside them, even when it sometimes hides, and how we can find it, keep it close, and grow it by sharing it with the world. (Ages 3-7)

32. # The Seed of Compassion: Lessons from the Life and Teachings of His Holiness the Dalai Lama Dalai Lama (2020)

The author addresses children directly, sharing **lessons of peace and compassion**, told through stories of his own childhood. One of today's most inspiring world leaders was once an ordinary child named Lhamo Thondup. In a small village in Tibet, his mother was his first great teacher of compassion. In everyday moments from his childhood, the Dalai Lama shares the universalist teachings of treating one another with compassion in an increasingly confusing world and offers guidance and encouragement on how we all might bring more **kindness** to it. (Ages 4-8)

33. + # Namaste Is A Greeting Suma Subramaniam (2022)

What is namaste? It's found in a smile, a friendship, a celebration. It exists in silence; it can be said when you're happy or when you're feeling low. For one small girl in a bustling city, namaste ("I bow to you")

is all around her as she and her mother navigate a busy marketplace—and when she returns with a little plant and chooses to give it to an elderly neighbor, it can be seen in the caring bond between them. The author **shines a light on a word with significance far beyond yoga class**, while the illustrations make the concept of **mindfulness** come alive in delightful illustrations likely to draw children in again and again. (Ages 4-8)

34. + # The Tree In Me Corinna Luyken (2021)

A sensitive portrait of the strength within each of us and the nourishment we receive from the natural world! Through poetic text and exquisite illustrations of children reveling in nature, this picture book **explores the various ways we as human beings are strong, creative, and connected to others**. Each of us is like a tree, with roots and fruit, and an enduring link to everything else in nature. The author provides an invigorating conversation-starter that contains a world of **truths--about self-esteem, community, and living a meaningful life**. The book jacket includes suggested discussion points for parents. (Preschool) (Reading Level Ages 4-8)

35. + # Trying Kobi Yamada (2021)

This is a story **for anyone who has ever felt like a beginner, or had doubts, or worried they weren't good enough**. It's a story for those who have experienced the pain of trying something new and not having it turn out as they had hoped. This book celebrates the way failure is the just the beginning of the journey. With alluring black-and-white illustrations and a powerful message, this beautiful tale is about **how failure has so much to offer--lessons that help us learn, grow, and discover all the amazing things we can do**. (Ages 6+)

36. + # Noticing Kobi Yamada (2023)

This is a story about noticing the little things, the grand big things, the imaginary, and sometimes, hidden things. It is about embracing what's possible. And that the incredible is everywhere, and in everything--waiting to be known, discovered, recognized. It **encourages readers of all ages to slow down and look at the world with their hearts--to use their imagination to expand their vision**. Noticing follows a young girl and an accomplished painter as they learn to observe the beauty and magic in each day. It's a story that will **encourage you to pay attention, to make new discoveries, and to explore the unknown**. And it's also **an invitation to look within**, to your own hopes and dreams, and perhaps to discover even more. (Ages 4-8)

37. + # Maybe Kobi Yamada (2019)

"You are the only you that there ever has been or ever will be. **You are unique in all the universe**. Just the odds of you being here at this exact place and this exact time are so great and so rare that it will never happen again." This is **a story for everything you will do and everything you can be**. It's a story about all the possibilities ahead of you. It's for who you are right now and it's for all the magical, unbounded potential you hold inside. With its beautiful visual storytelling and timeless message, Maybe is an inspiring story for kids of all ages. (Ages 4+)

38. + Have You Filled A Bucket Today? A Guide to Daily Happiness For Kids Carol McCloud (2015)

While using a simple metaphor of a bucket and a dipper, the author illustrates that when we choose to be kind, we not only fill the buckets of those around us, but also fill our OWN bucket! Conversely, when we choose to say or do mean things, we are dipping into buckets. All day long, we are either filling up or dipping into each other's buckets by what we say and what we do. When you're a bucket filler, you make the world a better place to be! This book is perfect for children, parents, grandparents, teachers

and people that want to teach empathy, nurture kindness and create a positive environment in their home, classroom, workplace and community. (Ages 3-6)

39. + Sylvie And The Wolf Andrea Debbink (2023)

Sylvie's fear of the Wolf makes her world small. But when she is able to confront her fear, a wonderful discovery and healing unfolds. Sylvie lives high in the mountains, where shadow meets light, wild streams follow twisting paths, and animals run free in the forest. Sylvie is not afraid of anything—until she meets the Wolf. She keeps her fear a secret, and it begins to control her life and makes her world small. Finally, with the encouragement of a loving aunt, Sylvie is able to confront her fear and learns that, instead of running or hiding, she can move forward and live alongside it. This is a beautifully told story that helps **children learn how to emotionally care for themselves, show love and empathy to others, and understand the negative nature of secrets.** (Ages 4-8)

40. + # The Little Thoughts Inside Kenya D'Augustino (2023)

We all have two little friends that live deep inside. One is our heart and knows our inner truth. The other is in our mind with curious thoughts and intentions. We can't see them, but we can feel them, always within us wherever we go. Sometimes they agree. Sometimes they don't. So how can they get along and live in peace? **This book helps kids understand the difference between the thoughts in their heads and the truth in their hearts.** This awareness will help them to see who they are and **how to resolve conflict or stress** in a positive simplistic way. The **concepts of personal awareness, truth, feelings, and intuition** are introduced as well as **inner discord, frustration and fear**, using non-threatening words and illustrations that keep it simple and clear. (Ages 3-12)

41. + # The Invisible String Patrice Karst (2018)

With over 1.5 million copies sold, this accessible, bestselling picture book phenomenon about the unbreakable connections between loved ones has healed generations of children and adults alike. Also available: Spanish edition (*El hilo invisible*) and a companion workbook (*The Invisible String Workbook*). It is **a tool for coping with all kinds of separation anxiety, loss, and grief.** A mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still, they want to know more: "What kind of string?" The answer is **the simple truth that binds us all: An Invisible String made of love.** *Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love.* Does everybody have an Invisible String? How far does it reach? Does it ever go away? This heartwarming picture book for all ages explores questions about the intangible yet unbreakable connections between us, and **opens up deeper conversations about love.** *The Invisible String* offers a very simple approach to overcoming loneliness, separation, or loss with an imaginative twist that children easily understand and embrace, and delivers a particularly compelling message in today's uncertain times. This special paperback edition includes vibrant new illustrations and an introduction from the author. (Ages 3-7)

42. + # The Invisible Web Patrice Karst (2022)

We are all connected to those we love by Invisible Strings. Since everyone we care about is connected to countless other people, ultimately we are all connected by love... in a universal Invisible Web. *"It breathes as we breathe, pulsating all over our Earth, the single heartbeat of life. And do you know what that makes us all? One Very Big Family!"* This uplifting story for all ages **not only inspires readers to recognize, nurture, and celebrate the infinite bonds of humanity, it is also a powerful call for peace and compassion worldwide.** (Ages 4-8)

43. The Smile That Went Around The World Patrice Karst and Jane Christy (2009)

What starts out as a simple gift, soon turns into a chain-reaction of smiles and kindness in this heart-warming story about a smile...that went around the world. Each smile sparks another, and then another and another and another until one day, that same smile appears out of nowhere... to help someone very special. This is a wonderful **story to share with young readers, letting them know just how far a smile will go and that it's a little bit of magic that is understood in every country of the world.** All it takes is one gesture to get the party started and young readers will be excited to learn that they can do something that can help millions of people all over the world. (Ages 4-8)

44. + # You Are Like A Seed Michaun Madsen (2019)

Teach kids to trust their authentic Self, knowing they already have what it takes to grow and be happy! It sounds pretty simple: plant some seeds, add water, sunshine, and in time tiny sprouts pop up through the ground. It only seems natural that if you follow the same steps, you'll get the same results -- but it doesn't always happen that way. Not all seeds become hearty and healthy fruits and vegetables. Why? There are many ways to help a seed grow up strong and healthy. The same can be said of a child and the benefits of a happy and healthy home, with a nurturing family that tends the garden and feeds the soul. The author saw the similarities and created a story illustrating this growth process so young minds can actually see and better understand **the benefits of a healthy body, mind, and spirit.** Here's a book to help ease the frustrations of growing up. **YOU ARE LIKE A SEED teaches kids to trust their authentic self, knowing that deep inside, they already have everything it takes to experience a life of happiness.** (Ages 4-8)

45. + The Rainbow Fish Marcus Pfister (1999)

The rainbow fish with its iridescent scales is the most beautiful fish in the whole ocean. But since he is also vain and proud, he becomes more and more lonely over time. Then he realizes that you can't win friends through beauty. He overcomes his pride and begins to distribute his glitter scales to the other fish. Eye-catching foil stamping, glittering on every page, offers instant child appeal, but it is the universal message at the heart of this simple story about a beautiful fish who learns to **make friends by sharing** his most prized possessions that gives the book its lasting value. (Ages 1-5)

III. Meditation and Mindfulness

1. ~ # A Handful of Quiet, Happiness in Four Pebbles Thich Nhat Hanh (2012)

A tangible way to do a little meditation, with each pebble representing a different image of nature. (Ages 4-9)

2. # Planting Seeds, Practicing Mindfulness with Children Thich Nhat Hanh And The Plum Village Community (2011) (CD included)

This is the fruit of decades of development and innovation in the Plum Village community's collective practice with children. Based on Thich Nhat Hanh's thirty years of teaching mindfulness and compassion to parents, teachers, and children, the book and CD cover a wide range of contemplative and fun activities parents and educators can do with their children or students. The **activities are designed to help relieve stress, increase concentration, nourish gratitude and confidence, deal with difficult emotions, touch our interconnection with nature, and improve communication.** The key practices presented include mindful breathing and walking, inviting the bell, pebble meditation, the Two Promises or ethical guidelines for children, children's versions of *Touching the Earth* and *Deep Relaxation*, eating meditation and dealing with

conflict and strong emotions. The accompanying CD has inspiring recordings of all the songs in the book as well as a guided pebble meditation, total relaxation, and children's touching the earth. (A book for parents or educators to share with children of all ages)

NOTE: See Resources at the conclusion of this booklist for information on Plum Village.

3. # A Pebble for Your Pocket, Mindful Stories for Children and Grown-Ups Thich Nhat Hanh (2010)

Drawn from Thich Nhat Hanh's Dharma talks given to young people, *A Pebble for Your Pocket* presents the basic teachings of the Buddha in accessible and modern language. Combining the stories and mediation practices from the previous edition of *A Pebble for your Pocket* with those collected in *Under the Rose Apple Tree* plus several new stories, this completely revised edition is written in a conversational style, and is comprised of **Buddhist parables and stories** from the author's own childhood experiences. The stories give the young reader and their parents concrete advice on handling difficult emotions such as anger, from which the title - a pebble for your pocket - is taken. Written in a highly accessible style that doesn't rely on a lot of jargon or difficult vocabulary requiring breaks for explanation, Thich Nhat Hanh **emphasizes the importance of the present moment through vivid metaphors, original allegories, and colorful stories. Young readers will learn about handling anger, living in the present moment, and "interbeing" — the interconnectedness of all things.** Thich Nhat Hanh offers various practices that children can do on their own or with others that will help them to transform their anger and unhappiness and reconnect to the wonders of nature and the joy of living in the present moment. (Ages 5-10)

4. ~ I Am Yoga Susan Verde (2015)

Part of I Am book series; This book encourages children to explore the world of **yoga** and make room in their hearts for the world beyond it. It's a good read-aloud for movement and mindfulness. (Ages 2-7)

5. ~ Good Morning Yoga: A Pose-by-Pose Wake Up Story Miriam Gates (2016)

It's a practice for kids and parents to **greet the morning with joy** and embark on their daily adventures with intention and confidence. (Ages 2-6)

6. ~ Good Night Yoga: A Pose-by-Pose Bedtime Story Miriam Gates (2015)

Tells the **story of the natural world as it closes down for the** night, while teaching children a simple flow of yoga postures inspired by their favorite characters from nature. (Ages 2-5)

7. ~ The Magic Mat and Its Little Secret Carmen Clews (No copyright date found on Amazon or other sites)

Fun physical **stretching and relaxation** techniques. Kindle or very expensive; may be difficult to find a hard copy. (Ages 5-12)

8. ~ Sitting Still Like A Frog: Mindfulness Exercises for Kids Eline Snel and Myla Kabat-Zinn (2013)

This little book is a very appealing **introduction to mindfulness meditation** for children and their parents. In a simple and accessible way, it describes what mindfulness is and how mindfulness-based practices **can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware.** The book contains eleven practices that focus on

just these scenarios, along with short examples and anecdotes throughout. Included is an audio CD with guided meditations. (Ages 5-12)

9. ^ # Be Still! The Story of a Little Bird and How He Found His Purpose Deborah Mackall (2008)

In a gentle, appealing way, this lyrical story with lush illustrations **introduces the concepts of meditation to children**. After dreaming about the many special things that creatures do—fireflies that light up the sky and elephants that spray water through their long noses—Little Bird sets out to discover what makes him special. Starting with his mother, he questions what he can be or do to set himself apart. However, he repeatedly gets the same answer from her as well as the squirrel, the ladybug, the swan, the turtle, and the bat. Little Bird is about to give up when some wise words from the heron open him to the place in his heart where stillness lives, and he finds his true purpose. (Ages 3-5)

10. ^ Mindful Monkey, Happy Panda Lauren Alderfer (2011)

This book introduces the powerful practice of **mindfulness** in a fun and exciting way, with the delightful Monkey and his serene friend Happy Panda, **guiding readers to a calmer and more attentive mind**. As our story begins, Monkey is not so mindful - his Monkey Mind constantly jumping from one thing to another, but he encounters a mysterious and playful friend in Happy Panda. Panda helps Monkey recognize the simple joy of doing what you're doing while you're doing it. (Ages 1-6)

11. + Dinos Don't Meditate Catherine Bailey (2023)

In this delightful dinosaur adventure, kids discover the joys of mindfulness and meditation—and how good it can feel to take it slow. In the prehistoric world, rough-and-tumble Rex and the serene sauropod Sam are the most unlikely of best friends. Yet when Sam takes a break from play to meditate, his buddy Rex just doesn't get it. Why would anybody want to sit still and chill when they could be romping and roaring all day? Kids learn how good it feels to slow down, breathe, and pay attention, as well as the benefits of balancing peaceful pauses with playful activity. This fun-filled tale reveals how important and enjoyable it can be to engage in moments of peace and relaxation. The book also provides simple mindfulness guidance, including Mesozoic **meditations to try at home**. (Ages 4-8)

IV. RELIGION AND FAITH

1. # What Do You Believe? Religion and Faith In The World Today DK Publishing (2011)

Find out what actually is a religion, what do the main ones say is the purpose of life, and why do some people do the things they do, eat certain foods, or wear particular clothing. This book **explores many different faiths and philosophies but carries only one message, that we can have tolerance and respect**. This book is factual and informative. It conveys no spiritual messages. (Ages 6-10)

NOTE: There is a newer edition published in 2016: What Do You Believe?: Big Questions About Religion DK

2. ~ Bhagavad-Gita For Children Ramananda Prasad (2013)

Meaning of more than 181 simpler Gita Verses and is illustrated With 26 Stories from Hindu scriptures and 14 pictures. It is suitable for children of grades 8 and above as well as for the first-time or beginning reader. A meditation technique and simple mantras are also included. (Grade 8+)

3. ~ Our Most Dear Friend, Bhagavad-Gita For Children Visakha Dasi (2013)

Our Most Dear Friend presents the essence of the **Bhagavad-Gita**, the renowned scripture that forms the basis of India's sublime spiritual culture. Through eye-catching art, text, and photographic montages, children will understand the essential principles of this perennial classic. (Ages 4+)

4. ~ ^ Buddha at Bedtime: Tales of Love and Wisdom for You to Read with Your Child to Enchant, Enlighten, and Inspire Dharmachari Nagaraja (2008)

Twenty thoroughly **modern retellings of ancient Buddhist tales** that impart wisdom and moral guidance without preaching. Each story highlights a moral or ethical dilemma that echoes those that children face in their own lives, providing **insight and enlightenment that they can use to defuse trying situations**. At the conclusion of each story, applicable Buddhist principles are discussed. (Ages 3-8)

5. # What Is God? Etan Boritzer (1990)

This book is an eloquent introduction to the **ideas behind God and religion**, and brings forward complex ideas in a way children will understand. It is written with a simple clarity and beautifully illustrated with just the right blend of seriousness and humor. The book compares different religions -- Christianity, Islam, Judaism, Hinduism, Buddhism -- and their holy books, looks at misunderstandings and arguments among people of different religions, and talks about praying as well as **feeling connected to everything in the world**. The book is a beginning to introduce a child to spirituality, philosophy, and/or religions, and it **helps children begin to center themselves and their feelings about the world** (Ages 4-9)

6. # The Illustrated Parables of Jesus Jean-Francois Kieffer and Christine Ponsard (2012)

Selected **parables from the Gospels** are told in a youthful yet tasteful **comic-book style**. The book includes a brief introduction to the parables. And each parable is told by Jesus, who is shown telling the tale to his disciples or the crowd as recorded in the Gospels. The Good Samaritan, The Prodigal Son, The Unforgiving Servant, and many more stories are faithfully gathered here to instruct and inspire children ages 4 and up.

V. TEENS

1. # Fire In The Heart, A Spiritual Guide for Teens Deepak Chopra (2004)

A fifteen-year-old boy is walking through a swirling fog on his way to school when a voice calls out, "Come here. We need to talk." Out of the mist emerges an old man with a white beard. He is a fantastic figure, as wizardly as Merlin, as wise as Socrates, as peaceful as Buddha. Whoever he is, the old man has appeared on that very day to change the boy's life. The old man gives the boy four days of "**soul training**", a time of riddles, tricks, parables, and incredible twists that brings out **surprising answers to each of four burning questions about spirituality**:

Do I have a soul?

How do wishes come true?

What is the supreme force in the universe?

How can I change the world?

Deepak Chopra writes, "The old man with the white beard showed me the spiritual side of life, where real passion and excitement come from. So, before you begin, take a deep breath. This story could turn out to be yours." (Ages 12+)

2. # Conversations with God for Teens Neale Donald Walsch (2012)

Neale Donald Walsch, author of the internationally best-selling *Conversations with God* series of books), had another conversation. The author asked teens for their questions before writing this book. Thus, this book focuses on the **topics that young people between the ages of thirteen and nineteen have questioned at one time or another**. It's a simple, clear, straight-to-the-point dialogue of questions and answers concerning topics **such as beliefs about God, money, sex, love**, about everything teens may have been taught, **if God is listening, if God can really help, if God cares, and if there is a God**. (Grade levels 10-12)

VI. PARENTS AND ADULTS

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3. # Conversations with God For Parents, Sharing the Messages with Children Neale Donald Walsch with Laurie Lankins Farley & Emily A. Filmore (2015)

Neale joined with Laurie Lankins Farley and Emily Filmore, the directors of the School of the New Spirituality, to write a parenting book **to awaken parents to the everyday life principles and practices of**

new thought parenting. They wanted to make available for parents not only the tools for teaching and parenting **through CWG's concepts**, but a narrative summary of the concepts themselves. This book for parents is not a workbook. It helps parents guide their children through the core concepts from the 3,000 pages of *Conversations with God*, strengthening the next generation and reminding children *Who They Really Are*. Each chapter is presented in two parts: (1) A narrative for parents that includes background information and interpretative commentary on the spiritual concepts being explored; and (2) Tools with which parents may effectively share these concepts with their children. Together they form a powerful tool for the spiritual parents of the 21st century,

4. # 101 Soul Seeds, for Parents of Adult Children Valerie Zehl (2020)

Being a parent held joys and challenges every step of the way, and never more so than when our children finally made it to adulthood. Now we can connect with them on deeper levels than ever—but unexpected potential pitfalls dot this new path we're traveling. This book offers observations and quotes, coupled with simple prayers to **help us navigate this portion of parenting . . . so we and our adult children grow closer to one another and closer to our own souls' destinations.** The seeds of these readings are lovely, gentle reminders that our adult children's souls are in charge.

5. # The Seven Spiritual Laws For Parents, Guiding Your Children to Success and Fulfillment Deepak Chopra (1997, 2006)

The Seven Spiritual Laws for Parents is Dr. Chopra's answer to those parents who wish to raise children with values that satisfy spiritual needs as well as create the experience of abundance. **Exploring specific ways to practice the Seven Spiritual Laws as a family**, Chopra explains how to convey these laws to children, and how to embody them in age-specific activities each day. Dr. Chopra shares seven simple sayings that can have a profound impact on your child's life:

- **Everything is possible.**
- **If you want to get something, give something.**
- **When you make a choice, you change the future.**
- **Don't say no—go with the flow.**
- **Every time you wish or want, you plant a seed.**
- **Enjoy the journey.**
- **You are here for a reason.**

ONLINE RESOURCES

1. www.nowcreations.org
2. Education page on Conversations with God Foundation website, www.cwg.org; Can download for a fee Conversations with God Family Enrichment Guide/Kit
3. www.nealedonaldwalsch.com
4. www.plumvillage.org (Paralax Press publishes Plum Blossom books)

(Plum Village, near Bordeaux in southwest France, is the largest international practice center in the Plum Village tradition and the first monastic community founded by Zen Master, Thich Nhat Hanh in the West. This is where "Thay" realized his dream of building a Beloved Community, a healthy, nourishing environment where people can learn the art of living in harmony with one another and the Earth. It began in 1982 as a continuation of the original "Sweet Potato Community" that "Thay" first founded in Paris in the 1970's, soon after he was exiled from Vietnam.

Today there are eight more monastic practice centers in the Plum Village tradition in Europe, the USA and Asia, all founded by Thich Nhat Hanh himself.)

5. www.hayhouse.com and www.hayfoundation.org

Symbol Key:

- ^ books originally on a list, “Awareness for Children” compiled in 2013 by Carol Stanley and Stacie Will
- ~ books originally on a list, “Children’s Books to Encourage Mindful, Happy Kids” compiled by NOW Creations members in August 2013
- # books that Karen O’Brien-Pugh has in her library
- + member recommended books added *to update* the original list

Initial Compilation: 2-2023

Last Update: 4-2024

Karen O’Brien-Pugh

Personal note from Karen: I would be glad to continue to update the list as I discover new books or when other members would like to add to the list. Please feel free to call or email me with any suggestions. Also, I would be glad to discuss books with you, if you are interested in ordering a book for yourself or anyone else or just have questions about any of the books.

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