Resource List
Ready for Storytime: A Mindful Approach
By Susan Hendler Lederer, PhD, CCC-SLP

Teaching Kids about Mindfulness:
Mindful Monkey, Happy Panda by Lauren Alderfer (2011)

Mindful Breathing:
Breathe, by Scott Magoon (2014)
My Daddy is a Pretzel by Baron Baptiste (2012)
From Head to Toe by Eric Carle (1999)

Mindful Listening:
We’re Going on a Bear Hunt by Michael Rosen & Helen Oxenbury (1997)

Mindful Looking:
Harold and the Purple Crayon by Crockett Johnson (2015)
Wacky Wednesday by Theo LeSieg (1974)
“Lift-the-Flap” books
Press Here by Hervé Tullet (2011)
It Looked Like Spilt Milk by Charles G. Shaw (1988)

Connecting to Personal Life:
My Little Sister Ate One Hare by Bill Grossman (1998)

Materials by Susan Hendler Lederer:
I Can Do That
I Can Play That
Hey, Hey, Let’s All Say
Forthcoming: I Can Say That
Storybook Yoga

More Resources:
https://dynamic-resources.org/