

WE HELP KIDS AND FAMILIES  
BE THEIR HEALTHIEST



## MINDMASTERS 2

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ressources familiales Kaitlin Atkinson*

*Resource List / Ressources*

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### Animal Yoga / Les yoga des animaux

**Good morning yoga: a pose-by-pose wake up story** / Gates, Mariam; Hinder, Sarah Jane. -- Boulder, CO: Sounds True Inc., 2016.

*Yoga helps children learn how to focus, relax, and both self-monitor and self-soothe. "Good Morning Yoga" instills these four skills and more, enabling children to jump-start the day with excitement and meet the adventures that come with mindfulness and perspective.*

FAM BF 723 .S75 G38 2016

**Good night yoga: a pose-by-pose bedtime story** / Gates, Mariam; Hinder, Sarah Jane. -- Boulder, CO: Sounds True, 2015.

*Good Night Yoga is both a bedtime story and a series of simple poses for following the natural world as it comes to rest at day's end.*

FAM BF 723 .S75 G38 2015

**You are a lion!: and other fun yoga poses** / Yoo, Taeun. -- New York: Nancy Paulsen Books, 2012.

*Children pretend to be many different animals as they do various yoga poses*

FAM BF 723 .S75 Y66 2012

### Changing Channels / Changer de canal

**Mes petites peurs** / Witek, Jo; Roussey, Christine. -- Paris: De La Martinière jeunesse, 2015.

*Une petite fille évoque ce qui lui fait peur au quotidien et apprend à apprivoiser ses angoisses en réconfortant sa petite sœur Lili. Avec des découpes dévoilant page après page tout ce qui fait peur à la petite fille.*

FAM BF 723 .F4 W58 2015

**Visiting feelings** / Rubenstein, Lauren; Hehenberger, Shelly (ill). -- Washington, DC: Magination Press, 2014.

*Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to the feelings.*

FAM BF 723 .E6 R83 2014

**Willow finds a way** / Button, Lana; Howells, Tania. -- Toronto, ON: Kids Can Press, 2013.

*Willow is thrilled the whole class -- including her! -- is invited to classmate Kristabelle's fantastic birthday party, until the bossy birthday girl starts crossing guests off the list when they dare cross her. This story offers a unique look at how to handle a bullying situation as a bystander.*

FAM BF 637 .B85 B87 2014

### Friendship Chain / La chaîne d'amitié

**Fill a bucket: a guide to daily happiness for young children** / McCloud, Carol; Martin, Katherine; Messing, David (ill). -- Northville, MI: Ferne Press, 2008.

*The concept of a full bucket is an effective metaphor for a child's healthy self-concept and happiness, most often the result of the encouraging words and actions of parents and others who help a child know they are loved, valued, and capable*

FAM BF 723 .I624 M33 2008

**Have you filled a bucket today?: a guide to daily happiness for kids** / McCloud, Carol; Messing, David (ill). -- Brighton, MI: Bucket Fillers, Inc., 2016.

*The concept of bucket filling is an effective metaphor for encouraging kind and considerate behavior and for teaching the benefits of positive relationships. This book will help readers better understand that "bucket dipping" is a negative behavior, not a permanent label. It also explains that it's possible to fill or dip into our own buckets.*  
FAM BF 723 .I642 M33 2016

**One** / Otoshi, Kathryn. -- Mill Valley, CA: KO Kids Books, 2008.  
*A number/color book reminding us that it just takes one to make everyone count.*  
FAM BF 637 .B85 O86 2008

**Silly Goose's big story** / Kasza, Keiko. -- New York: Penguin, 2012.  
*Silly Goose tells wonderful sties that lead to great adventures, but soon after his friends complain that he always gets to play the hero, Silly Goose learns that his friends can be truly heroic.*  
FAM BF 723 .I642 K37 2012

**Stand tall Molly Lou Melon** / Lovell, Patty. -- New York: G.P. Putnam's, 2001.  
*Even when the class bully at her new school makes fun of her, Molly remembers what her grandmother told her and feels good about herself.*  
FAM BF 723 .S3 L68 2001

#### **Great Little Listener / Bon écouteur**

**Howard B. Wigglebottom learns to listen** / Binkow, Howard; Cornelison, Susan F. (ill.): Thunderbolt Publishing, 2011.  
*Howard the bunny used to get into a lot of trouble because he didn't listen. Since learning how to really listen, he gets into much less trouble and has a lot more fun.*  
FAM BF 723 .S3 B56 2011

**Listen Buddy** / Lester, Helen; Munsinger, Lynn (ill.). -- New York: Houghton Mifflin, 1995.  
*A lop-eared rabbit names Buddy finds himself in trouble with Scruffy Varmint because he never listens.*  
FAM BF 723 .S3 L47 1995

#### **I Am / La chaîne d'amitié**

**I like myself!** / Beaumont, Karen. -- Boston, MA: Houghton Mifflin Harcourt, 2016.  
*A little girl expresses confidence and joy in her uniqueness, no matter her outward appearance.*  
FAM BF 723 .S43 B42 2016

**Moi, je m'aime!** / Beaumont, Karen; Catrow, David (ill.). -- Toronto: Édition Scholastic, 2017.  
*Une petite fille exprime la confiance et la joie dans son unicité, peu importe son apparence extérieure.*  
FAM BF 723 .S43 B428 2017

**My heart is like a zoo** / Hall, Michael. -- New York: HarperCollins, 2010.  
*All the animals in this book are made of heart shapes. How many hearts can you count? A book about feelings, colors, shapes, counting, and animals to share with the youngest child!*  
FAM BF 723 .E6 H35 2010

### **Jelly Belly / Bedon jello**

**Breathe** / Magoon, Scott. -- New York: Simon & Schuster, 2014.  
*A young whale enjoys its first day of independence.*  
 FAM BF 723 .S75 M34 2014

**Mon premier livre de méditation** / Dumont, Dominique. -- Saint-Lambert, Québec: Dominique et compagnie, 2013.  
*Ce livre de méditation pour enfants propose un voyage de détente à travers les saisons et les éléments de la nature.*  
 FAM BJ 1651 .D86 2013

**When lions roar** / Harris, Robie H.; Raschka, Chris (ill). -- New York: Orchard Books, 2013.  
*Loud, scary noises frighten a child until quiet and calmness return.*  
 FAM BF 723 .F4 H37 2013

### **Mindful Movement / Mouvement pleine conscience**

**The lemonade hurricane: a story of mindfulness and meditation** / Morelli, Licia; Morris, Jennifer E. -- Thomaston, MA: Tilbury House Publishers, 2015.  
*Emma's little brother Henry is a good kid--but when his day has been too busy and too full, Henry can become a hurricane! Emma wishes that she could teach Henry to be still. One day, she shows Henry how meditation can make a big difference in both their lives.*  
 FAM BJ 1651 .M67 2015

**Meditation is an open sky: mindfulness for kids** / Stewart, Whitney; Rippin, Sally (ill). -- Chicago, IL: Albert Whitman & Company, 2014.  
*In this daily companion, kids of any age will learn simple exercises to help manage stress and emotions, find focus, and face challenges. They'll discover how to feel safe when scared, relax when anxious, spread kindness, and calm.*  
 FAM BJ 1651 .S84 2014

**Peaceful piggy meditation** / MacLean, Kerry Lee. -- Morton Grove, IL: Albert Whitman & Company, 2004.  
*Peaceful pigs demonstrate the many benefits of meditation.*  
 FAM BJ 1651 .M33 2004

### **Spaghetti Toes / Les orteils spaghetti**

**I am yoga** / Verde, Susan; Reynolds, Peter H. (ill). -- New York: Abrams, 2015.  
*As a young girl practices various standard yoga poses, she imagines herself as a tree touching the sky, a playful dog, a warrior, and more while relaxing and seeing how she fits into the world.*  
 FAM BF 723 .S75 V47 2015

### **Special Place / Mon endroit spécial**

**Imagine** / Backer, Aaron. -- Paris: Gautier-Languereau, 2013.  
*Livre sans texte. Une fillette esseulée trouve un crayon rouge avec lequel elle donne vie aux moindres fantaisies de son imagination. / A book without text where a girl who is bored draws a magic door on the wall of her room. Here she is immersed in an extraordinary journey.*

FAM BF 723 .I642 B43 2013

**Imagine** / Bellière, Charlotte; De Haes, Ian (ill). -- Bruxelles: Alice Éditions, 2014.  
*Oriane a un doudou super, un hippopotame, avec qui elle a déjà vécu plein d'aventures fantastiques. Sauf que, depuis ce matin, son doudou est tout mou; il ne réagit plus.*  
 FAM BF 575 .G7 B45 2014

**Loula is leaving for Africa** / Villeneuve, Anne. -- Toronto: Kids Can Press, 2013.  
*Loula has had enough of her terrible triplet brothers and decides to run away to Africa. Luckily, her mother's chauffeur, Gilbert, knows just how to get there.*  
 FAM BF 723 .I642 V55 2013

**The nowhere box** / Zuppari, Sam. -- Somerville, MA: Candlewick Press, 2013.  
*George's little brothers are real pests! They trash his toys and follow him everywhere. So George decides to escape to... Nowhere.*  
 FAM BF 723 .S43 Z87 2013

**La tête en vacances** / Cuvellier, Vincent; Laval, Anne. -- Arles: Actes Sud junior, 2013.  
*"Aujourd'hui, c'est la rentrée. Mais papa, maman, ma sœur et moi, on a encore la tête en vacances. Faut dire que c'était bien... qu'est-ce que c'était bien..."*  
 FAM BJ 1533.2 .C88 2013

**Virginia Wolf** / Maclear, Kyo; Arsenault, Isabelle (ill). -- Toronto: Kids Can Press, 2012.  
*When Vanessa's sister Virginia wakes up in a wolfish mood, Vanessa paints an imaginary, perfect place called Bloomsberry on the bedroom walls to cheer her up. Inspired by the relationship between author Virginia Wolf and her sister Vanessa Bell*  
 FAM BF 723 .E6 M33 2012

**Voyage** / Becker, Aaron. -- Paris: Gautier-Languereau, 2014.  
*Pour partir à la recherche d'un royaume perdu, il suffit parfois d'un simple crayon et d'un peu d'imagination... Un livre sans texte / To go in search of a lost kingdom, it is sometimes enough of a simple pencil and a little imagination ... A book without text*  
 FAM BF 723 .I642 B43 2014

**Wemberly worried** / Henkes, Kevin. -- New York: Greenwillow Books, 2000.  
*A mouse named Wemberly, who worries about everything, finds that she has a whole list of things to worry about when she faces the first day of nursery school.*  
 FAM BF 723 .A5 H46 2000

### Treasure Hunting / Chasse au trésor

**All the world** / Garton Scanlon, Liz; Frazee, Marla (ill). -- New York: Beach Lane Books, 2009.  
*Pictures and rhyming text celebrate a family's day spent going to the beach, shopping at the market, eating at a restaurant and spending the evening with the rest of the extended family.*  
 FAM RA 783 .G47 2009

**Awesome is everywhere** / Pasricha, Neil. -- Toronto: Penguin, 2015.  
*Are you ready? With the simple touch of your fingers, go on a stunning interactive journey to see the world as you never have before. Fly through wispy clouds, dive deep into the sparkling ocean, feel wet grains of sand on a hot and sunny beach... You will discover you can fly your mind to anywhere on Earth*

FAM BJ 1651 .P37 2015

**Last stop on market street** / de la Pena, Matt; Robinson, Christian (ill). -- New York: Penguin, 2015.  
*CJ begins his weekly bus journey around the city with disappointment and dissatisfaction, wondering why he and his family can't drive a car like his friends. Through energy and encouragement, CJ's nana helps him see the beauty and fun in their routine.*  
 FAM BJ 1533.2 .D45 2015

**Ma plus belle victoire** / Tibo, Gilles; Després, Geneviève (ill). -- Montréal: Québec Amérique, 2015.  
*Un garçon nommé Mathieu décrit comment il a vaincu ses problèmes de peur et d'anxiété accablants, avec l'aide de son père et d'un médecin gentil.*  
 FAM BF 723 .F4 T53 2015

**My blue is happy** / Young, Jessica; Chien, Catia (ill). -- Somerville, MA: Candlewick Press, 2013.  
*Your neighbour says red is angry like a dragon's breath, but you think it's brave like a fire engine. Or maybe your best friend likes pink because it's pretty like a ballerina's tutu, but you find it annoying - like a piece of gum stuck on your shoe. This book offers a gentle exploration of the emotions colours can evoke.*  
 FAM BF 723 .E6 Y68 2013

**Sidewalk flowers** / Arno Lawson, Jon; Smith, Sydney (ill). -- Toronto: Groundwood Books, 2015.  
*A little girl collects wildflowers while on a walk with her distracted father. Each flower becomes a gift, and whether the gift is noticed or ignored, both giver and recipient are transformed by their encounter.*  
 FAM BF 723 .I642 A76 2015

### Umbalakiki / Umbalakiki

**L'étrange peur de monsieur Pampalon** / Émond, Louis; Beha, Philippe. -- Saint-Lambert, PQ: Dominique et compagne, 2014.  
*Monsieur Pampalon a peur de tout. C'est pourquoi il ne sort jamais de chez lui. Mais voilà qu'un jour, un drôle de petit chien tout rond aperçu en train de jouer avec un petit garçon l'amène à surmonter ses terribles phobies.*  
 FAM BF 723 .F4 E36 2014

**Frisson l'écureuil** / Watt, Mélanie. -- Toronto: Éditions Scholastic, 2006.  
*Rencontrez Frisson l'écureuil, un écureuil qui ne quitte jamais son arbre aux noix parce qu'il a peur de l'inconnu. Mais alors, il arrive quelque chose d'inattendu qui pourrait simplement changer ses perspectives.*  
 FAM BF 723 .F4 W388 2006

**The most magnificent thing** / Spires, Ashley. -- Toronto: Kids Can Press, 2014.  
*A little girl has a wonderful idea. With the help of her canine assistant, she is going to make the most magnificent thing! She knows just how it will look. She knows just how it will work. But making the most magnificent thing turns out to be harder than she thinks.*  
 FAM BF 575 .A5 S65 2014

**Sarcelle: le chant qui enlève la peur = Te'wayahkerondih ayiatsih** / Paré, Hélène. -- Montréal: Planète rebelle, 2015.  
*Sarcelle est une petite fille solitaire. Bien au chaud dans sa courtepoinette, elle voyage dans ses rêves et ses histoires inventées. S'il lui arrive de faire des cauchemars, grand-mère n'est jamais*

*bien loin; elle connaît les chants qui consolent et rassurent. Sarcelle grandit et ses histoires ne suffisent plus à la rendre heureuse. Elle rêve maintenant d'avoir des amis avec qui parler, courir et chanter, mais le monde l'effraie? Et grand-mère, où est grand-mère?*

FAM BF 723 .F4 P37 2015

**Stuck with the blooz** / Levis, Caron; Davis, Jon (ill). -- New York: Harcourt Children's Books, 2012.

*Through trial and error, the child in this story discovers that while it may not be easy, it's not impossible to shake the Blooz. With read-aloud rhythm and whimsical, sweet illustrations, this debut picture book can serve as a jumping-off point for talking about the blues . . . or simply enjoyed as a day spent with a big blue monster.*

FAM BF 723 .E6 L48 2012

**When Sophie's feelings are really, really hurt** / Bang, Molly. -- New York: The Blue Sky Press, 2015.

*Sophie's feelings are hurt when the other children laugh at her painting of her favorite tree--but when she explains her painting everybody understands what she was trying to do.*

FAM BF 723 .E6 B36 2015

#### General / Autre

**Alexander and the terrible, horrible, no good, very bad day** / Viorst, Judith; Cruz, Ray (ill). -- New York:

Simon & Schuster, 1972.

*One day when everything goes wrong for him, Alexander is consoled by the thought that other people have bad days too.*

FAM BF 723 .I642 V56 1972

**Dans mon petit cœur** / Witek, Jo; Roussey, Christine. -- Paris: De la Martinière, 2013.

*Aujourd'hui j'ouvre grand les portes de mon cœur. C'est un trésor qui change de couleur suivant mon humeur.*

FAM BF 723 .E6 W58 2013

**The great big book of feelings** / Hoffman, Mary; Asquith, Ros (ill). -- London: Frances Lincoln Children's Books, 2013.

*Explores the host of emotions that children can feel, including happiness, sadness, anger, loneliness, fear, and embarrassment*

FAM BF 723 .E6 H64 2013

**How are you peeling: foods with moods** / Freymann, Saxton; Elffers, Joost. -- New York: Scholastic, 2004.

*The book "How Are You Peeling?" contains brief text and photographs of carvings made from vegetables introduce the world of emotions by presenting leading questions such as "Are you feeling angry?"*

FAM BF 723 .E6 F74 2004

**In my heart: a book about feelings** / Witek, Jo; Roussey, Christine (ill). -- New York: Abrams Appleseed, 2013.

*A young girl explores what different emotions feel like, such as happiness which makes her want to twirl, or sadness which feels as heavy as an elephant.*

FAM BF 723 .E6 W584 2013

**My side of the car** / Feiffer, Kate; Feiffer, Jules (ill). -- Somerville, MA: Candlewick Press, 2011.

*Sadie, a girl with positive self-esteem, and her father have been planning a trip to the zoo for a long*

*time but something always gets in the way, so when they finally start out and her father sees some raindrops, Sadie insists there is no rain on her side of the car.*  
FAM BF 723 .S3 F45 2011

**Noni is nervous** / Hartt-Sussman, Heather. -- Toronto: Tundra Books, 2013.

*A unique hardcover picture book for two to five year olds, this is the story of a lovely little girl who is nervous about many things. Noni finds a way to control her nerves and work through her anxiety.*  
FAM BF 723 .A5 H27 2013

**Rouge comme une tomate: et autres émotions** naturelles / Freymann, Saxton; Elffers, Joost. -- Paris: Mila, 2007.

*Quelle tête fais-tu lorsque tu es heureux? Fatigué? Fâché? Ou que tu t'es fait gronder? Toutes les moues et expressions enfantines, des plus drôles aux plus tendres, sous la forme de fruits et légumes hilarants!*  
FAM BF 723 .E6 F749 2007

**Sitting still like a frog: mindfulness exercises for kids (and their parents)** / Snel, Eline. -- Boston: Shambhala, 2013.

*Simple mindfulness practices to help your child deal with anxiety, concentration and difficult emotions.*  
FAM BF 723 .S3 S64 2013

**Today I feel silly: & other moods that make my day** / Curtis, Jamie Lee; Cornell, Laura (ill.). -- New York: HarperCollins, 2007.

*A child's emotions range from silliness to anger to excitement, coloring and changing each day.*  
FAM BF 723 .E6 C87 2007

## Web Sites / Sites internet

Mindfulness for Teens

<http://mindfulnessforteens.com/>

MindMasters2 – Child & Youth Health Network for Eastern Ontario / Réseau de santé des enfants et adolescents de l'est de l'Ontario

[www.cyhneo.ca](http://www.cyhneo.ca)

MindMasters – Activities and Songs – CHEO /

<http://www.cheo.on.ca/en/MindMasters2>

## Apps

MindMasters 2

- Children's Hospital of Eastern Ontario
- Free / gratuit
- English, French / anglais et français
- Last updated Feb 2017 / Mis-à-jour 2017 février
- The MindMasters 2 app helps to teach children about stress control, positive thinking and mindfulness through a series of fun and interactive activities. This app is designed for parents, educators and other to use with children ages 4-9 years. A guidebook detailing instructions, discussion questions and more can be found online at [www.cyhneo.ca](http://www.cyhneo.ca). / Le MindMasters 2 app aide à enseigner aux enfants sur le contrôle du stress, la pensée positive et la pleine conscience à travers une série d'activités amusantes et interactives.



Cette application est conçue pour les parents, les éducateurs et les autres à utiliser avec les enfants âgés de 4-9 ans. Un guide détaillant les instructions, les questions de discussion et plus peuvent être consultés en ligne à [www.cyhneo.ca](http://www.cyhneo.ca).

- Available from / Disponible depuis [iTunes](#)

#### Breathe, Think, Do with Sesame

- From Sesame Workshop
- Free
- English and Spanish
- Last updated Nov 2015
- From Google Play: Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This bilingual (English and Spanish), research-based app helps your child learn Sesame's "Breathe, Think, Do" strategy for problem-solving. Tap and touch to help the monster friend take deep breaths, think of plans, and try them out! Your child will enjoy silly animations and playful interactions as she is exposed to important emotional vocabulary, a calm breathing technique, personalized encouragements, and more! PLEASE NOTE: Breathe, Think, Do with Sesame is a very robust app and requires a strong Wi-Fi connection to ensure a complete download process.
- Available from [Google Play](#) and [iTunes](#)

*This guide provides medical material for information purposes only and is not intended to replace the advice of your physician. The information may not always apply to your individual situation.*

*The guide represents material available in the Family Resource Library collection at CHEO. It is not intended to be an exhaustive list. Your local public library may also be able to provide you with information.*

*If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at [library@cheo.on.ca](mailto:library@cheo.on.ca).*

*Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.*

*Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.*

*Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à [library@cheo.on.ca](mailto:library@cheo.on.ca).*

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