

Do-BeMindful Readers – First Level

Book	Skill	Quote	Teaching Idea
That's Me Loving You By Amy Krouse Rosenthal	Kindness, Love	"Wherever you are, Wherever you go, Always remember And always know. That feeling you always have in your heart? That's me loving you."	Draw something that reminds you that someone is always with you like a butterfly, a rainbow, the sun, the moon.
I Wish You More By Amy Krouse Rosenthal	Kindness, Compassion, Empathy, Positivity	"I wish you more umbrella than rain"	Write or draw in the blanks. I wish you more _____ than _____
Talulla Bear Goes Exploring: A mindful Take of Discovery By Heather Roan Robbins	Attention, Awareness, Connection	"I'm here with you. Together we will find beautiful things and learn how to walk in new places."	Let's go outside and look around – what can we hear? What can we see? What can you smell? What can you taste? What do you feel on your skin?
Silence by Lemniscates	Attention, Awareness	"When I listen I can hear my feet when I'm dancing."	Draw or write down the sounds that you can hear when you listen mindfully..

