



Children's Literature and iRest

The following books have been selected as representing the various stages of iRest.

INTENTION

- More Than Anything Else, by Marie Bradby (ages 3-8)
- Snowflake Bentley, by Jacqueline Briggs Martin (ages 3-8)
- A Chair For My Mother, by Vera B. Williams (ages 3-8)

HEARTFELT DESIRE

- Wish, by Roseanne Thong (all ages)
- Alexander And The Wind-up Mouse, by Leo Leonni (ages 4-9)

INNER RESOURCE

- A Quiet Place, by Douglas Wood (ages 3)
- The Salamander Room, by Anne Mazer (ages 3-8)
- Weslandia, by Paul Fleischman (ages 4-9)
- In The Attic, by Hiawyn Oram (ages 4-9)

BODY SENSING

- The Princess And The Pea, (all ages)
- Milton's Secret, by Eckhart Tolle, (ages 5-10)
- Quick as a Cricket, by Audrey Wood (ages 3-7)

EMOTIONS

GENERAL EMOTIONS

- Lots Of Feelings, by Shelly Rotner (ages 3-8)
- How Are You Peeling, by Saxton Freymann (ages 3-9)
- Fun Is A Feeling, by Chara M. Curtis (ages 4-8)

SPECIFIC EMOTIONS

LOVE

- On The Day You Were Born, by Debra Frasier (ages 3-6)
- Bear Of My Heart, by Joanne Ryder (ages 3-6)
- Velveteen Rabbit, by Margery Williams (ages 3 and up)

SPECIFIC EMOTIONS, CONT'D

ANGER

- When Sophie Gets Angry-Really, Really Angry, by Molly Bang (ages 3-8)
- Angry Arthur, by Hiawyn Oram (ages 3-8)
- The Owl And The Woodpecker, by Brian Wildsmith (ages 3-8)
- Where The Wild Things Are, By Maurice Sendak (all ages)
- Its Mine, by Leo Leoni (ages 3-8)

BULLYING

- One, by Kathryn Otoshi (ages 5-12)
- The Lazy Bear, by Brian Wildsmith (ages 3-8)
- A Weekend With Wendell, by Kevin Henkes (ages 4-78)
- King Of The Playground, by Phyllis Reynolds Naylor (ages 4-8)
- Milton's Secret, by Eckhart Tolle (ages 6-12)

FEAR

- Sheila Rae The Brave, by Kevin Henkes (ages 3-8)
- Wemberly Worried, by Kevin Henkes (ages 3-8)
- There Is A Nightmare In My Closet, by Mercer Meyer (ages 4-8)

JEALOUSY

- Julius The Worst Baby In The World, by Kevin Henkes (ages 3-8)
- A Baby Sister For Frances, by Russel Hoban (ages 3-6)

BELIEFS

- Tiger-Tiger, Is It True, by Byron Katie (ages 4-10)
- Nobody Listens To Andrew, by Elisabeth Guilfoile (ages 3-8)
- I Believe In Me, by Connie Bowen (all ages)
- The Kissing Hand, by Audrey Penn (ages 3-8)
- The Emperors New Clothes, (ages 4 and up)
- The Biggest House In The World, by Leo Leoni (ages 3-8)
- The dot, by Peter H. Reynolds (all ages)

INNER STRENGTHS

- Swimmy, by Leo Leoni (3 and up)
- Ferdinand, by Munro Leaf (3 and up)
- Ish, by Peter H. Reynolds

IMAGINATION

Regards To The Man In The Moon, by Ezra Keats

Sector 7, by David Wiesner (all ages)

Flotsam, by David Wiesner (all ages)

Cloudy With A Chance Of Meatballs, by Judi Barrett

Harold And The Purple Crayon, by Crockett Johnson

JOY

Fun Is A Feeling, by Chara M. Curtis (ages 4-8)

AWARENESS:

All I See Is Part Of Me, by Chara M. Curtis (all ages)

There Is A Flower At The Tip Of My Nose Smelling Me, by Alice Walker (3 and up)

STILLNESS

God's Quiet Things, by Nancy Sweetland (ages 3-7)

Owl Moon, (ages 4-9) by Jane Yolen (ages 3-8)

POEM

The Guest House, by Rumi (ages 7-99)