

## Middle School

*Just Breathe: Meditation, Mindfulness, Movement, and More* by Mallika Chopra

Includes practical exercises for self-soothing, meditation, yoga, and other self-awareness practices.

*My Mixed Emotions: Help Your Kids Handle Their Feelings* by Maureen Healy

A guide that helps kids explore the four main emotions—happiness, anger, fear, and sadness—and the science behind why we feel each one.

*Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves* by Vanessa Green Allen, M.Ed

*Understanding Myself: A Kid's Guide to Intense Emotions and Strong Feelings* by Mary C. Lamia

*The Feelings Book: The Care and Keeping of Your Emotions (American Girl)* by Dr. Lynda Madison