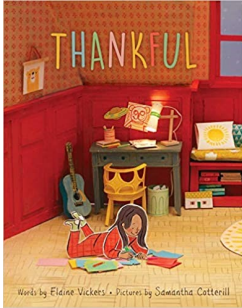




E Thiele

Thiele, Bob.
[What a Wonderful World](#)

Illustrations and lyrics introduce a song, first recorded in 1967 by Louis Armstrong, which celebrates the wonders of nature, loving friends, and the promise of the future in a baby's cry.



E Vickers

Vickers, Elaine. [Thankful](#)

When the first snow falls, a girl takes paper, scissors, and pencils. On each slip of paper she writes one thing for which she is thankful: soup, the sun and moon, a friend. As the snow falls, the chain grows. What are YOU thankful for?

Non-Fiction

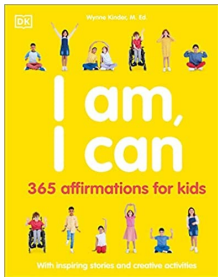


J 152.42 Bs

Bstan-'dzin-rgya-mtsho, Dalai Lama XIV & Tutu, Desmond.
[The Little Book of Joy](#)

Two Nobel Peace Prize winners--His Holiness the Dalai Lama and Archbishop Desmond Tutu--use their own childhood stories to show

young readers how to embrace the transformative power of joy and share it with the world.



J 158.12808 Ki

Kinder, Wynne.
[I Am, I Can: 365 Affirmations for Kids](#)

A collection of 365 daily affirmations includes special mindful movements, inspiring people and events in history, and activities to

help bring affirmations to life.



Compiled by

Kathleen Ageton, Youth Services Librarian

Tammy Ching, Youth Services Librarian

Jessica Gleason, Bookmobile Librarian

Hawai'i State Public Library System

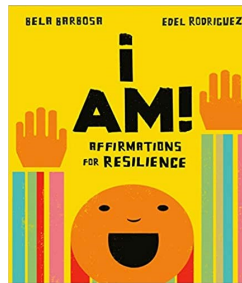
May 2023

GROWING MY GARDEN: KEIKI SELF-CARE TOOLKIT SUNSHINE

Much like sunshine provides warmth and energy for seeds to grow, we need warmth and positive energy to thrive. Read these books as a family to cultivate kindness and gratitude toward yourself and others and practice positive affirmations to encourage positive thinking habits to grow.

Recommended for ages 4 and up.

Easy Fiction



E Barbosa

Barbosa, Bela.
[I Am! : Affirmations for Resilience](#)

Ten relatable emotions are each followed by a centering exercise and a positive affirmation to be recited, as a practice in mindfulness. Young readers are

encouraged to find their inner strength by recognizing and addressing their emotions, instilling a sense of power and self-confidence.



E Beer (*Board Book*)

Beer, Sophie.
[Kindness Makes Us Strong](#)

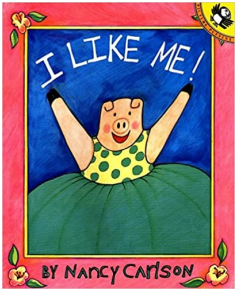
Shows various children as they extend kindness in all kinds of situations: on the playground, at lunchtime, on a bike path, and on a neighborhood street.



E Campbell

Campbell, Marcy.
[The More You Give](#)

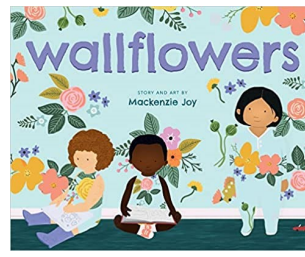
A modern-day response to *The Giving Tree*, this lyrical picture book shows how family love is passed down from generation to generation.



E Carlson

Carlson, Nancy. [I Like Me](#)

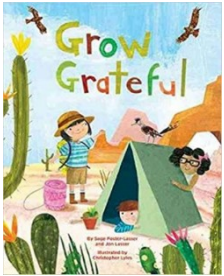
By admiring her finer points and showing that she can take care of herself and have fun even when there's no one else around, a charming pig proves the best friend you can have is yourself.



E Joy

Joy, MacKenzie. [Wallflowers](#)

Joy beautifully pairs her gorgeous illustrations with minimalist text in this heartwarming book that doesn't just acknowledge shy children, but celebrates them--because every wallflower deserves their chance to grow.



Grow Series

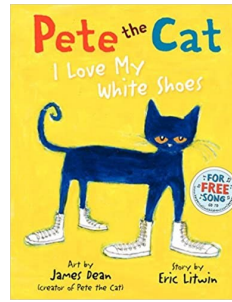
E Foster-Lasser

Foster-Lasser, Sage. [Grow Grateful](#)

E Lasser

Lasser, Jon. [Grow Happy](#); [Grow Kind](#)

Explore gratitude, happiness, and kindness with Kiko. Includes Reader's Note with advice for parents and caregivers.

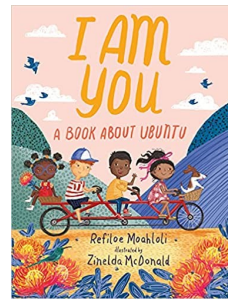


E Litwin

Litwin, Eric.

[Pete the Cat: I Love My White Shoes](#)

Pete the Cat goes walking down the street wearing his brand-new white shoes. Along the way, his shoes change from white to red to blue to brown to WET as he steps in piles of strawberries, blueberries, and other big messes! But no matter what color his shoes are, Pete keeps movin' and groovin' and singing his song...because it's all good. Also available as an [eBook](#).



E Moahloli

Moahloli, Refiloe.

[I Am You: A Book About Ubuntu](#)

A picture book exploring the idea of ubuntu--a concept of shared humanity, compassion, and oneness.

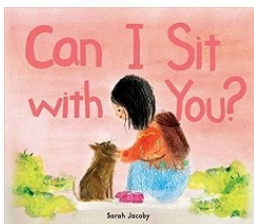


E Gianferrari

Gianferrari, Maria. [Be A Tree!](#)

Compares the structures and functions of trees to human bodies, shows the interconnectedness and dependence of trees in a forest, and urges readers to communicate, share, and care for one another. Includes notes

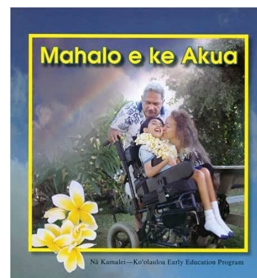
on the anatomy of a tree, ways to help save trees, and how to help in one's community.



E Jacoby

Jacoby, Sarah. [Can I Sit With You?](#)

A scruffy stray dog follows a girl home, promising to stay by her side and be her loyal friend and companion for as long as she needs him.



E H Mattox-Primacio

Mattox-Primacio, M. Nālani.

[Mahalo e ke Akua](#)

Depicts a young boy in a wheelchair; outlines the importance of appreciating the special moments of daily life; and recognizes a child can be defined for his or her strengths, values and power to make positive choices. Children learn how to respect others, regardless of their image, color, impairment, or place of origin. Hawaiian English flip format, includes ideas for reading with keiki and a pronunciation guide to the Hawaiian language.