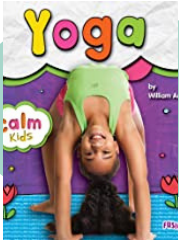


# THE ANNE FREITAG LIBRARY

Recommended Reading

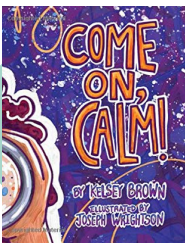
## CALMING EXERCISES

To Use With Children



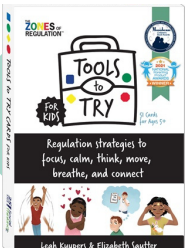
### **YOGA BY WILLIAM ANTHONY**

Breathe in, and breathe out. It's time for yoga! Learn the basics of what yoga is and how it can help keep your mind and body healthy. Then, explore different poses!



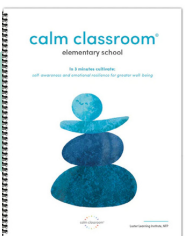
### **COME ON, CALM! BY KELSEY BROWN**

This book, illustrated as a whimsical treasure hunt, gives step by step ideas for self-soothing when its readers find themselves nervous, excited, or just in a MOOD.



### **TOOLS TO TRY CARDS FOR KIDS: REGULATION STRATEGIES TO FOCUS, CALM, THINK, MOVE, BREATHE, AND CONNECT BY LEAH KUYPERS & ELIZABETH SAUTTER**

These strategy cards are divided into 5 categories that describe strategies to focus, calm, think, move, breathe, and connect.



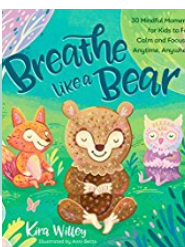
### **CALM CLASSROOM KIT: ELEMENTARY SCHOOL JAI & JOY LUSTER**

Includes 42 scripted mindfulness-based techniques that are easy to learn and teach. The curriculum includes breathing, stretching, focusing and relaxation techniques designed to meet the developmental needs of students.



### **PURRBLE: AN INTERACTIVE FRIEND WHO HELPS YOU FIND CALM**

The Purrble companion's heart races to show emotion. Hold and pet your friend to slow their heartbeat into a gentle purr. You'll be surprised to find you've calmed yourself in the process.



### **BREATHE LIKE A BEAR: 30 MINDFUL MOMENTS FOR KIDS TO FEEL CALM AND FOCUSED ANYTIME, ANYWHERE BY KIRA WILLEY**

Thirty mindful moments for kids to feel calm and focused anytime, anywhere.

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