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### Mental Health Resources for Mid Kids

James Bow  
*Life with ADHD*  
J 616.8589 Bow  
Hoopla (eBook)

Whitney Stewart  
*Mindful Me: Mindfulness and Meditation for Kids*  
J 158.1 Stewart  
Hoopla (eBook)

Kate Coombs  
*Breathe and Be: a Book of Mindfulness Poems*  
J Poetry General Coombs  
Hoopla (eBook)

Lizzie Cox  
*The Book of No Worries: A Survival Guide for Growing Up*  
J 152 Cox

Deepak Chopra  
*Just Breathe: Meditation, Mindfulness, Movement, and More*  
J 158.1 Chopra

Holly Duhig  
*Understanding Anxiety*  
J 616.8522 Duhig

Theresa Emminizer  
*Keeping Calm and Focused: Stress Management*  
Parents Development Behavior Spotlight  
Hoopla (eBook)

Lynda Madison  
*The Feelings Book: The Care & Keeping of Your Emotions*  
J 155.4 Madison