

VISIT OUR WEBSITE: bfnakids.com

Self Care

Book Recommendations

1. *In My Heart: A Book of Feelings*, by Jo Witek and illustrated by Christine Roussey. A book for toddlers, and young children on emotions we feel inside. [Read Aloud here.](#)
2. *The Color Monster* by Anna Llenas, is about a confused monster who needs help sorting out his emotions. [Read Aloud here](#)
3. *Bad Mood and Stick* by Lemony Snicket with art by Matt Forsythe. [Read aloud here.](#)
4. *The Rabbit Listened* by Cori Doerrfeld. [Read aloud here.](#)
5. [List of books for children dealing with BIG feelings](#), including grief, loss, anger and fear.
6. [Children's Books About Feelings to Help You Raise Emotionally Intelligent Kids!](#)

Additional Resources

1. [Headspace Mindfulness Exercises for Kids.](#)
2. [25 Mindfulness Activities for Kids and Teens](#)
- 3.

Community Care

Book Recommendations

1. List of kids books that talk about Racism:
 - a. [30 books to help you talk to your kids about racism](#)
 - b. [These Books Can Help You Explain Racism and Protest to Your Kids](#)
2. [Picture books with diverse characters](#)
3. [Kids books with Disabled Characters](#)
4. [Books on activism for kids](#)
5. [Books for Young activists. Books to read for Kids who want to change the world](#)
6. *Be Kind* by Pat Zietlow Miler and illustrator Jen Hill. [Read aloud here.](#)
- 7.

Videos

1. [How to talk to kids about Racism by The Atlantic](#)
2. [Racism townhall by Sesame Street.](#)

Learn more about Children Who are Changing the World as included in this section:

1. Jahkil Jackson
 - a. Jahkil has an incredible [website](#) with resources and information about his work.
 - b. Watch his [interview](#) by the Children's Museum of Indianapolis.

2. Malala Yousafzai
 - a. Get involved and learn more about Malala through her [website](#).
 - b. Books written by Malala:
 - i. *I am Malala* is an autobiographical book co-written with Christina Lamb. Find it in your local library, bookstore or listen to her [audiobook](#) narrated by her.
 - ii. *My Magic Pencil* is a picture book for children. Listen to her [interview](#) about this book.
 - iii. *In We are Displaced* Malala shares her own story and the stories of other refugee girls from around the world. about her own story & story of refugee girls. Listen to her talk about it in her [interview](#) with CBS in the morning.
 - c. Documentary: He Named me Malala

3. Jaylen Arnold
 - a. Learn more about his work on his [website](#), and become involved in anti-bullying work.
 - b. Listen to some of his [interviews](#), and hear about his work in his own words.