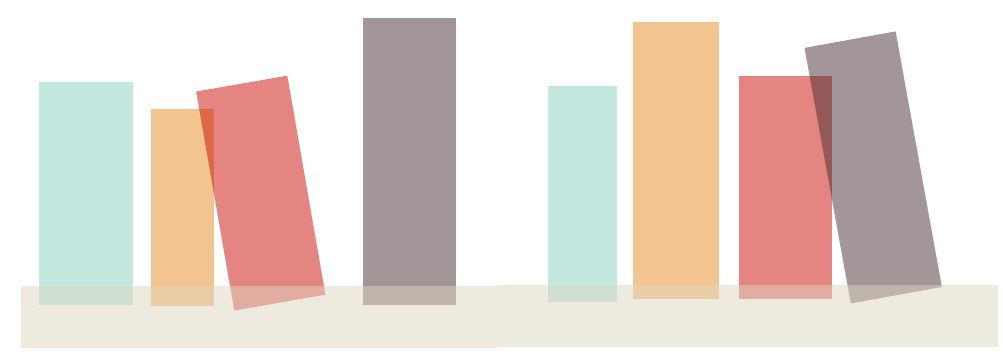


BOOK LIST FOR SENSORY AND EMOTIONAL REGULATION



Books for Children

- **Arnie and His School Tools: Simple Sensory Solutions that Build Success** by Jennifer Veenendall
- **The Goodenoughs Get in Sync: 5 Family Members overcome their Sensory Issues** by Carol Stock Kranowitz,
- **The Way I Feel** by Janan Cain
- **When My Worries Get Too Big** by Karl Dunn Buron
- **Even Superheroes Have Bad Days** by Shelly Becker
- **My Mouth is a Volcano!** by Julia Cook
- **In My Heart: A Book of Feelings (Growing Hearts)** by Jo Witek
- **The Color Monster: A Story About Emotions** by Anna Llenas
- **Superflex Takes On Rock Brain And The Team of Unthinkables ... A New Beginning...** by Stephanie Madrigal
- **The Incredible Flexible You 5 Storybooks** by Ryan E. Hendrix, Kari Zweber Palmer, Nancy Tarshis, Michelle Garcia Winner
- **Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens** by Lisa Roberts
- **Whole Body Listening Larry at School/ Whole Body Listening Larry at Home** by Kristen Wilson & Elizabeth Sautter

Other Resources

- [Children's books that promote understanding of Autism](#)
- [List of books that teach kids to stop and think, be mindful and handle emotions](#)



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