



Resources For Kids (3-8)



ODYSSEY TO ME
PSYCHOTHERAPY CLINIC

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Feelings

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1. Learning Kindness my Feelings Sticker Book. <https://a.co/d/8HYBVtR>
 2. Torlam Feelings and Emotions Book for Kids, Calm Down Corner Supplies, Social Emotional Flipbook Mood Feelings Chart. <https://a.co/d/16xRR2u>
 3. Listening to My Body: A guide to helping kids understand the connection between their sensations (what the heck are those?) and feelings so that they can get better at figuring out what they need. <https://a.co/d/2hrYKJG>
 4. My Body Sends a Signal: Helping Kids Recognize Emotions and Express Feelings <https://a.co/d/00lxbSk>
 5. Feelings Ninja: A Social, Emotional Children's Book About Emotions and Feelings - Sad, Anger, Anxiety (Ninja Life Hacks 48) <https://a.co/d/fTnQma8>
 6. My Feelings Make Me Stronger: Social Emotional Book for Kids about Feelings that Teaches How to Identify and Express Big Emotions (Anger, Anxiety, Fear, ... Ages 3 to 8 (World of Kids Emotions) <https://a.co/d/6Lalnk>
 7. It's Okay To Not Be Okay: A Rhyming Read Aloud Story for Children About Feelings of Sadness and Loneliness (Social Emotional Learning Toolbox - Therapists, Educators, and Parents Book 3) <https://a.co/d/66rppqX>
 8. Don't Feed The Worry Bug: A Book about Worry <https://a.co/d/f9M81NH>
 9. The Kids' Book of Worries: Understanding Anxiety and Managing Feelings <https://a.co/d/dRX6YK4>
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Selective Mutism

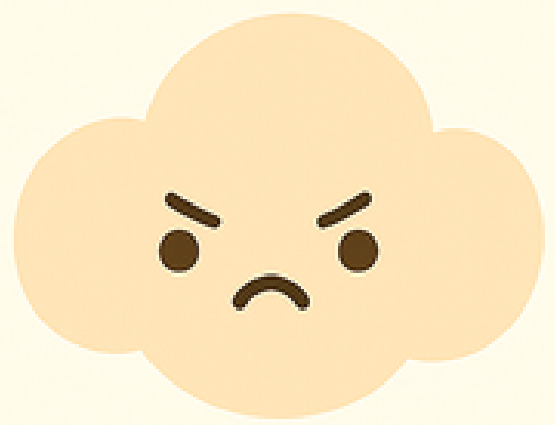
1. The Loudest Roar: A book about selective mutism <https://a.co/d/i1H3edk>
2. Maya's Voice <https://a.co/d/0NYC8IL>
3. Lola's words disappeared <https://a.co/d/7goPVDD>

Anxiety & Worry

1. Anxious Ninja: A Children's Book About Overcoming Anxiety (Ninja Life Hacks 11) <https://a.co/d/1q3DV3q>
2. Toby the Turtle: a story about change and fear of the unknown <https://a.co/d/bRZtoBO>
3. Help Your Dragon Deal With Anxiety: Train Your Dragon To Overcome Anxiety. A Cute Children Story To Teach Kids How To Deal With Anxiety, Worry And Fear. <https://a.co/d/455AM80>
4. You and Me 5+ <https://a.co/d/7UvgwZ2>



Anger



1. Train Your Angry Dragon: A Cute Children Story To Teach Kids About Emotions and Anger Management. (My Dragon Books Book 2)

<https://a.co/d/d3wL9W0>



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2. Fix Your Dragon's Attitude: Help Your Dragon To Adjust His Attitude. A Cute Children Story To Teach Kids About Bad Attitude and Negative Behaviors (My Dragon Books Book 18) <https://a.co/d/gMceuli>

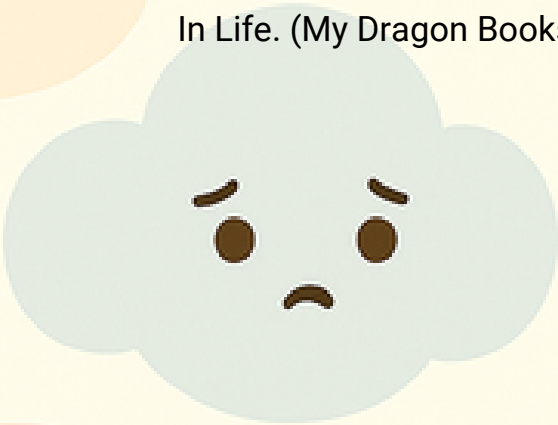
Transition & Change

1. Get Your Dragon To Try New Things: Help Your Dragon To Overcome Fears. A Cute Story To Teach Kids To Embrace Change, Learn New Skills, and Expand Their Comfort Zone. (My Dragon Books Book 19)

<https://a.co/d/1tIFLxN>



2. Help Your Dragon Deal With Change: Train Your Dragon To Handle Transitions. A Cute Children Story to Teach Kids How To Adapt To Change In Life. (My Dragon Books Book 27) <https://a.co/d/3B0wmAF>





Mindfulness



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1. Mindfulness Makes Me Stronger: Kid's Book to Find Calm, Keep Focus and Overcome Anxiety (Children's Book for Boys and Girls) (World of Kids Emotions) <https://a.co/d/aEGigtG>
 2. Breathing is My Superpower: Mindfulness Book for Kids to Feel Calm and
 3. Peaceful <https://a.co/d/iwwUcOC>
 4. Mindful Mr. Sloth <https://a.co/d/6eko6n7>
 5. I Am Yoga (I Am Books) <https://a.co/d/fb151wa>
 6. The Mindful Dragon: A Dragon Book about Mindfulness. Teach Your Dragon To Be Mindful. A Cute Children Story to Teach Kids about Mindfulness, Focus and Peace. (My Dragon Books 3) <https://a.co/d/gsxA5w7>

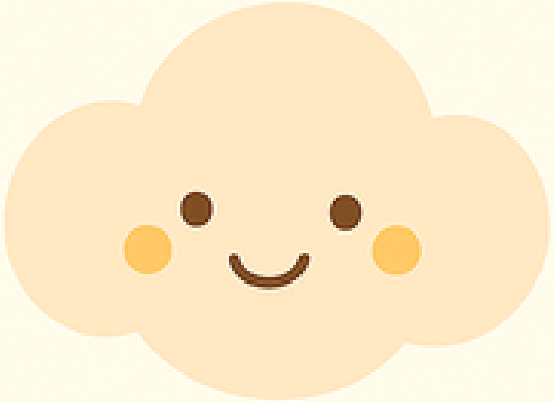
Unconditional Love



1. I Love You, Stinky Face <https://a.co/d/dGV10vE>
2. I Will Always Love You <https://a.co/d/dL4PCiy>
3. I Will Always Be Proud of You <https://a.co/d/6P2s0ag>



It is Ok & Fun



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1. The Girl Who Makes a Million Mistakes: A Growth Mindset Book for Kids to Boost Confidence, Self-Esteem and Resilience <https://a.co/d/aNV8ZVz>
 2. Richard Scarry's Busytown Treasury <https://a.co/d/50CDJkC>
 3. This Book Is Perfect!: A Funny Interactive Read Aloud Picture Book For Kids Ages 3-7 <https://a.co/d/3shjN1U>
 4. It's Okay To Be Different <https://a.co/d/3VGENRA>
 5. Big (Caldecott Medal Winner & Coretta Scott King Honor Title) <https://a.co/d/8zcgKR>
 6. If You Give A Mouse A Cookie: Books
 7. Little Critter: Books
 8. Bluey: Books
 9. We Share Everything! <https://a.co/d/bL5P1D5>
 10. Who Pooped on Me? <https://a.co/d/inMaql1>
 11. Mistakes Are How I Learn: An Early Reader Rhyming Story Book for Children to Help with Perseverance and Diligence <https://a.co/d/1Oz6J3n>
 12. Teach Your Dragon To Understand Consequences: A Dragon Book To Teach Children About Choices and Consequences. A Cute Children Story To Teach Kids How To Make Good Choices. (My Dragon Books 14) <https://a.co/d/cYHP79N>

Confidence & Resilience & Gratitude & Affirmation

1. The Gratitude Jar - A children's book about creating habits of thankfulness and a positive mindset.: Appreciating and being thankful for the little things in life. (Asian-American Stories) <https://a.co/d/0QYI2lg>
2. Thankful <https://a.co/d/2sxsai5>
3. I Can Do Hard Things: Mindful Affirmations for Kids <https://a.co/d/aG1H1VI>
4. I Am Me: A Book of Authenticity (I Am Books) <https://a.co/d/1PuslGO>
5. Fiona the Hippo (A Fiona the Hippo Book) <https://a.co/d/jjZbNBK>
6. I Am Love: A Book of Compassion (I Am Books) <https://a.co/d/1KrKU4M>
7. I Am, I Can: 365 affirmations for kids <https://a.co/d/ix53Pob>
8. Your Superpowers 4 Book Box Set: Finding Your Superpowers for Kids Ages 5–7 <https://a.co/d/47DYuYj>
9. I Got This!: A Dragon Book To Teach Kids That They Can Handle Everything. A Cute Children Story to Give Children Confidence in Handling Difficult Situations. (My Dragon Books 8) <https://a.co/d/5vSlffx>
10. Train Your Dragon To Love Himself: A Dragon Book To Give Children Positive Affirmations. A Cute Children Story To Teach Kids To Love Who They Are. (My Dragon Books 13) <https://a.co/d/jildKlt>
11. Good Enough Dinosaur: A Story about Self-Esteem and Self-Confidence. 5+ <https://a.co/d/fAs99YG>



Social Skills & Boundary

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1. Train Your Dragon To Accept NO: Teach Your Dragon To Accept 'No' For An Answer. A Cute Children Story To Teach Kids About Disagreement, Emotions and Anger Management (My Dragon Books Book 7)



<https://a.co/d/4lY3hHH>

2. Body Boundaries Make Me Stronger: Personal Safety Book for Kids about Body Safety, Personal Space, Private Parts and Consent that Teaches Social Skills and Body Awareness <https://a.co/d/iceoNpa>

3. The Kids' Book of Friends: How to Make Friends and Be a Friend

<https://a.co/d/27R30VG>

4. The Not-So-Friendly Friend: How To Set Boundaries for Healthy Friendships (Capable Kiddos) <https://a.co/d/fm6cJ2z>

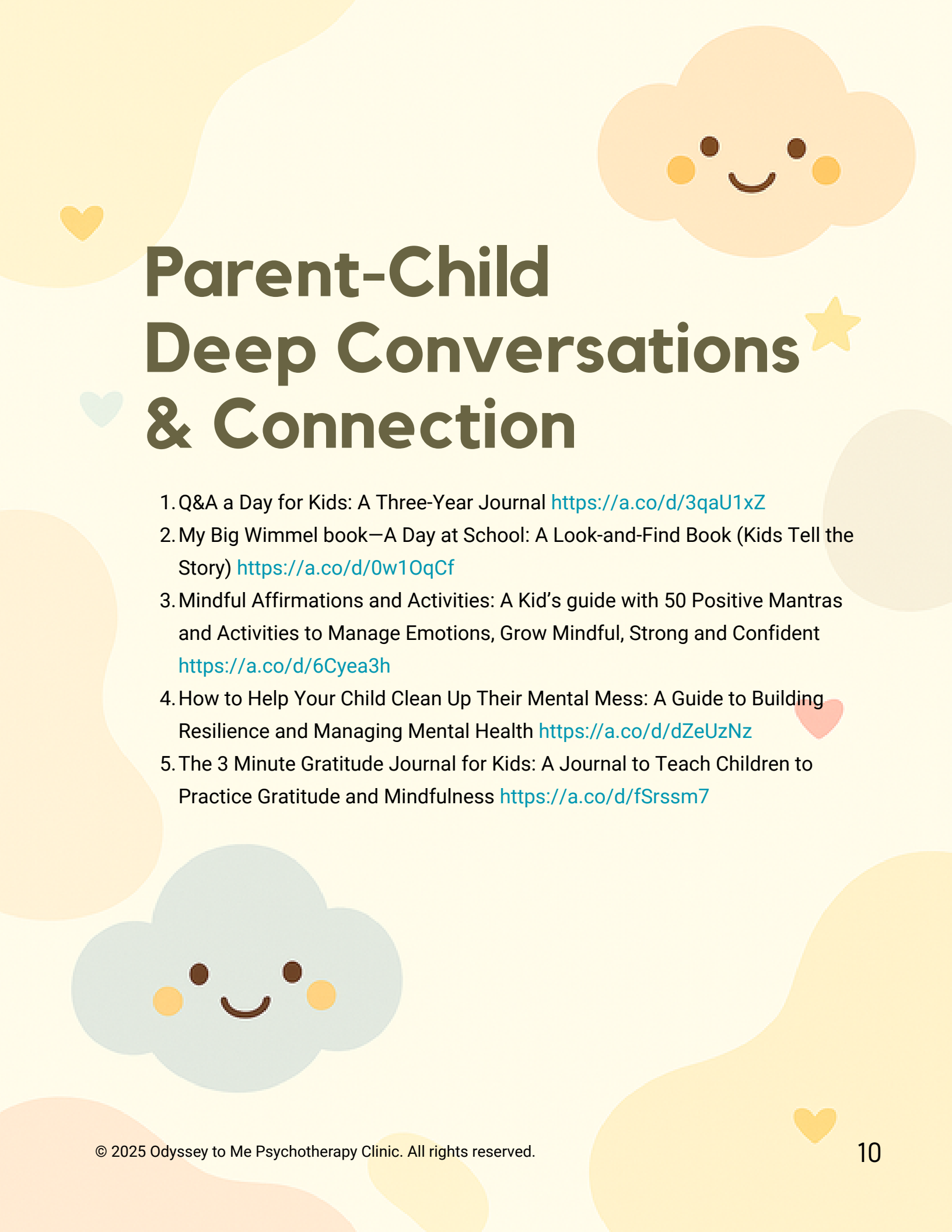
5. Kindness Makes Me Stronger: Children's Book about Magic of Kindness, Empathy and Respect (World of Kids Emotions) <https://a.co/d/fVWERLY>

6. Say Something! <https://a.co/d/0cJ1olM>

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7. My Way to Good Manners: Kids Book about Manners, Etiquette and Behavior that Teaches Children Social Skills, Respect and Kindness, Ages 3 to 10 (My way: Social Emotional Books for Kids) <https://a.co/d/9oSwHDP>

8. Dragon and The Bully: Teach Your Dragon How To Deal With The Bully. A Cute Children Story To Teach Kids About Dealing with Bullying in Schools. (My Dragon Books Book 5) <https://a.co/d/25oVXjS>

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9. Train Your Dragon To Be Kind: A Dragon Book To Teach Children About Kindness. A Cute Children Story To Teach Kids To Be Kind, Caring, Giving And Thoughtful. (My Dragon Books 9) <https://a.co/d/3hZ25rj>
10. Train Your Dragon To Follow Rules: Teach Your Dragon To NOT Get Away With Rules. A Cute Children Story To Teach Kids To Understand The Importance of Following Rules. (My Dragon Books Book 11) <https://a.co/d/5YWZHuM>
11. Train Your Dragon To Be Responsible: Teach Your Dragon About Responsibility. A Cute Children Story To Teach Kids How to Take Responsibility For The Choices They Make. (My Dragon Books Book 12) <https://a.co/d/3o5jnqZ>
12. Teach Your Dragon to Make Friends: A Dragon Book To Teach Kids How To Make New Friends. A Cute Children Story To Teach Children About Friendship and Social Skills. (My Dragon Books 16) <https://a.co/d/bGAsOc4>
13. Teach Your Dragon To Share: A Dragon Book To Teach Kids How To Share. A Cute Story To Help Children Understand Sharing and Teamwork. (My Dragon Books 17) <https://a.co/d/bLsHJEC>
14. Teach Your Dragon To Follow Instructions: Help Your Dragon Follow Directions. A Cute Children Story To Teach Kids The Importance of Listening and Following Instructions. (My Dragon Books Book 20) <https://a.co/d/bfHG3ac>



Parent-Child Deep Conversations & Connection

1. Q&A a Day for Kids: A Three-Year Journal <https://a.co/d/3qaU1xZ>
2. My Big Wimmel book—A Day at School: A Look-and-Find Book (Kids Tell the Story) <https://a.co/d/0w1OqCf>
3. Mindful Affirmations and Activities: A Kid's guide with 50 Positive Mantras and Activities to Manage Emotions, Grow Mindful, Strong and Confident <https://a.co/d/6Cyea3h>
4. How to Help Your Child Clean Up Their Mental Mess: A Guide to Building Resilience and Managing Mental Health <https://a.co/d/dZeUzNz>
5. The 3 Minute Gratitude Journal for Kids: A Journal to Teach Children to Practice Gratitude and Mindfulness <https://a.co/d/fSrsm7>



New Siblings

1. The Berenstain Bears and Baby Makes Five (First Time Books(R))
<https://a.co/d/hJCOQGH>
2. The New Baby (Little Critter) <https://a.co/d/4yBSAfj>
3. How to Be a Big Sister: A Guide to Being the Best Older Sibling Ever
<https://a.co/d/83jr8vQ>
4. The New Small Person <https://a.co/d/3x7qzql>
5. Julius, the Baby of the World <https://a.co/d/1rG1En0>
6. I'm a Big Sister <https://a.co/d/76lx2UH>
7. The Super Incredible Big Sister – Personalized Children's Book – I See Me!
(Hardcover) <https://a.co/d/4X3H0le>
8. Big Sister, Little Sister <https://a.co/d/bj8nwrB>

Movies & TV Shows

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1. Bluey
 2. If You Give A Mouse A Cookie
 3. Stillwater
 4. Shape Island
 5. Charlie and Lola
 6. Tumble Leaf
 7. PEEP and the Big Wide World



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