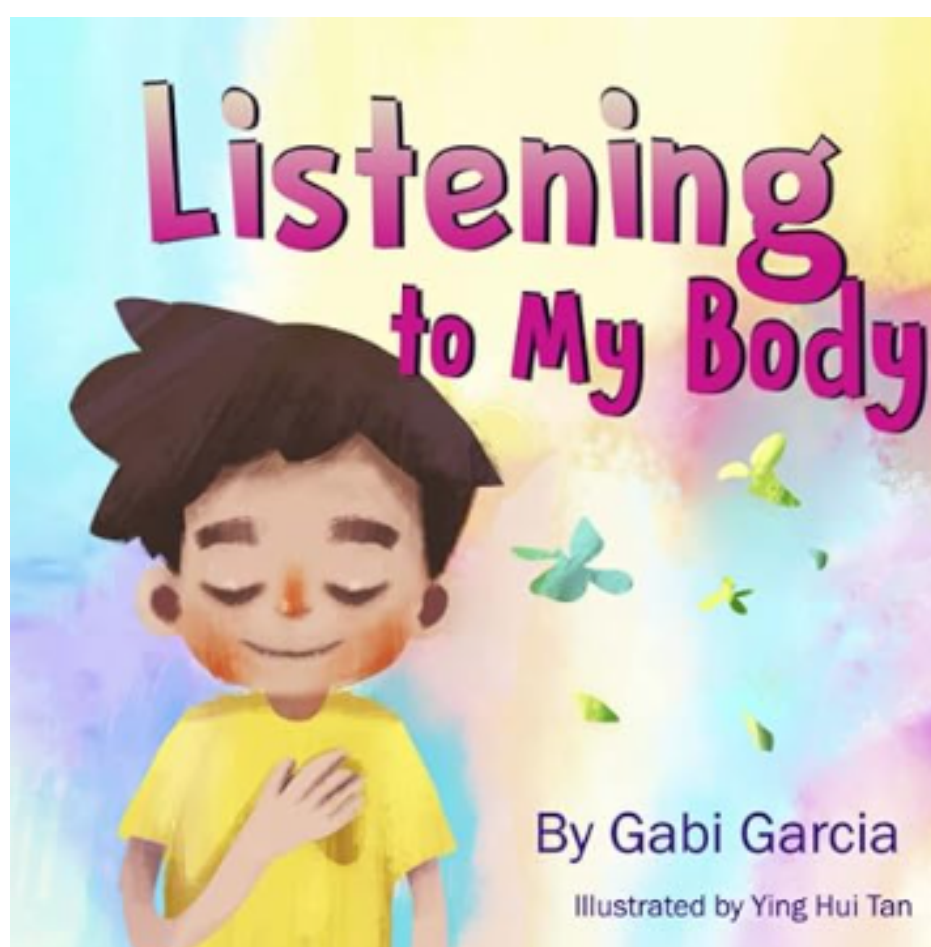


# Book Recommendations

## UConn 4-H Healthy Living

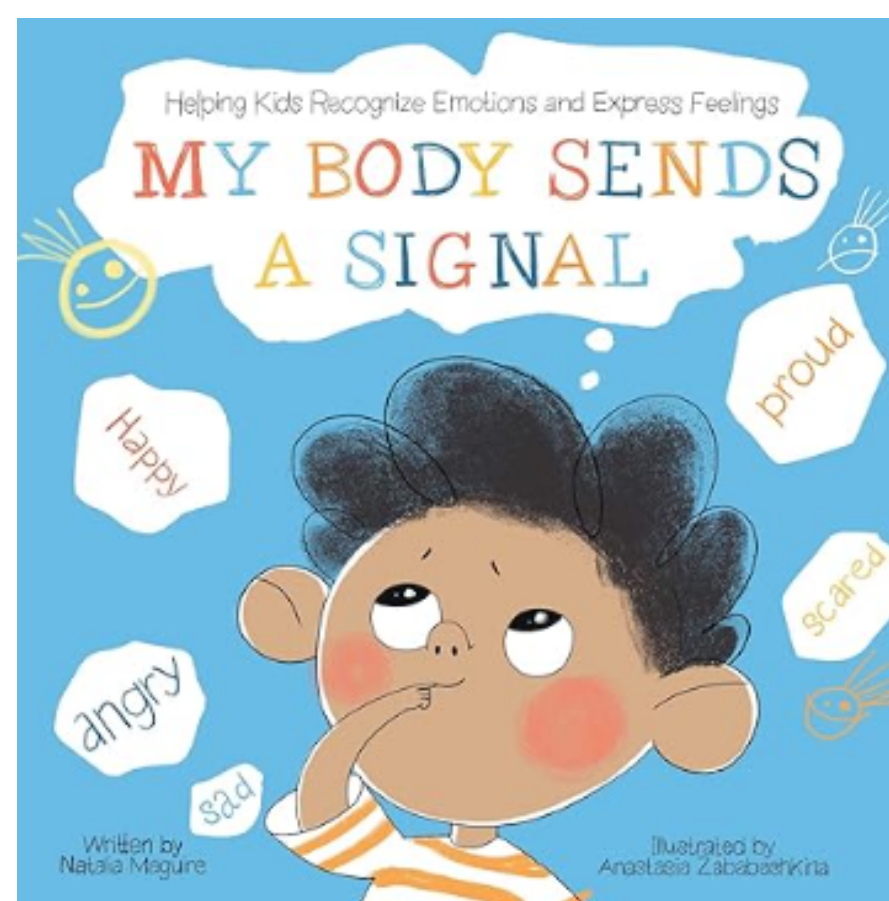
Interested in learning more about the topics discussed in this program? Check your local library for these recommended titles.

### Kit #2: Mindfulness



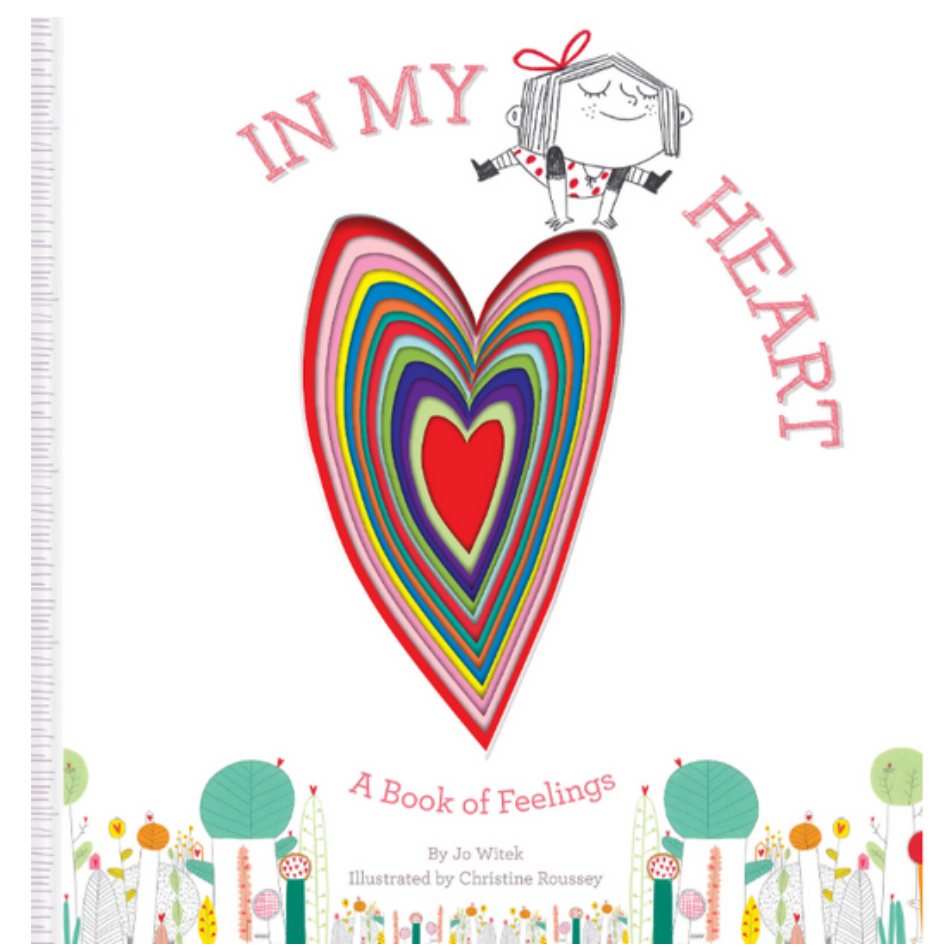
#### ***Listening to my body***

By Gabi Garcia  
Picture book



#### ***My Body Sends a Signal***

By Natalia Maguire  
Picture book



#### ***In My Heart: A Book of Feelings***

By Jo Witek  
Picture book

If you enjoyed this project, visit [4-h.extension.uconn.edu](http://4-h.extension.uconn.edu) to learn more about UConn 4-H. Check out the [UConn 4-H New London County](http://UConn 4-H New London County) webpage to view the videos and resources associated with this program.

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