



Blue Owl Books focuses on health, wellness, and life skills for kids, covering topics that will plant the seeds for academic success and a meaningful and healthy life.

Each Blue Owl Books series introduces topics that will help children develop the ability to recognize and understand their emotions, feel empathy for others, make good decisions, manage stress, establish positive relationships and cultivate a growth mindset.

SPECIFICATIONS

- Reading Level: Grade 2-3
- Interest Level: Grade 2-5
- ATOS Level: 2.4–3.8
- GRL Range: H-I
- Pages: 24

FEATURES

- Tips for Educators and Caregivers, including SEL goals
- Fun Facts and Helpful Tips Sidebars
- Grow with Goals
- Writing Reflections and Activities



Blue Owl (30 BOOKS)

BE A LEADER	LEADERSHIP AT HOME	THE SKY'S LIMIT	ASK FOR HELP
	LEADERSHIP AT SCHOOL		CREATE POSITIVE HABITS
	LEADERSHIP IN SPORTS		DON'T GIVE UP
	LEADERSHIP ON THE PLAYGROUND		SET GOALS
MINDFUL ME	MINDFULNESS AND DIGITAL DEVICES	YOGA FOR EVERYONE	BALANCING YOGA
	MINDFULNESS AND FOOD		BREATHING AND MEDITATION
	MINDFULNESS AT BEDTIME		CHAIR YOGA
	MINDFULNESS AT SCHOOL		SEATED YOGA
	MINDFULNESS IN NATURE		STANDING YOGA
	MINDFULNESS IN SPORTS		YOGA ON YOUR BACK AND BELLY
MINDING EMOTIONS	FEELING AFRAID	YOU'VE GOT A FRIEND	WHEN YOUR FRIEND IS ANGRY
	FEELING HAPPY		WHEN YOUR FRIEND IS EXCITED
	FEELING MAD		WHEN YOUR FRIEND IS LONELY
	FEELING NERVOUS		WHEN YOUR FRIEND IS SAD
	FEELING SAD		WHEN YOUR FRIEND IS SCARED

