



Celebrate Acts of Kindness

In honor of [Random Acts of Kindness Day](#), celebrated February 17, we're featuring APA children's books about kindness. Share these with your child and help make kindness shine!



Bee Heartful: Spread Loving Kindness

FRANK J. SILEO, PHD

When compassionate Bentley Bee sends loving-kindness thoughts to himself and others, he can feel his heart growing: May you be happy. May you be healthy. May you be safe. May you be peaceful.

When Willie Wasp steals Bentley's favorite red scarf, it really stings! Bentley has the whole garden buzzing as he works through the situation. This sweet story shows the power of strong, positive, and loving thoughts.

This book is the third in an award-winning series. It includes a note from the author with more information about loving-kindness and related meditation, and guidelines for how readers can practice being heartfelt just like Bentley!

"A bee-utiful introduction to the practice and power of loving-kindness...More important now than ever!"

—Christopher Willard, PsyD, Psychologist, Faculty Harvard Medical School, author of many books including Alphabreaths and Breathing Makes It Better

[Read an excerpt from the book here.](#)



Grow Kind

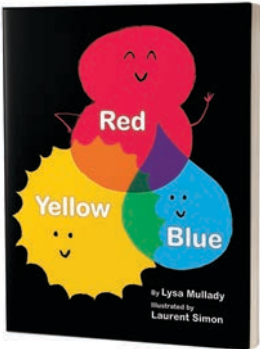
JOHN LASSER, PHD AND SAGE FOSTER-LASSER

Kiko grows and cultivates her garden, harvesting and sharing the fruits and veggies with her friends, neighbors, and family. This delightful tale serves as a metaphor of nurturing relationships and community, while sharing kindness with others. *Grow Kind* is a gentle narrative based on positive psychology and choice theory, essentially about cultivating kindness.

“Grow Kind is a wonderful book that helps teach children the importance of kindness and how small acts of kindness make a difference for others.”

—Talking About Books for Kids

[Read an excerpt from the Note to Parents and Caregivers and hear the book read aloud.](#)



Red, Yellow, Blue

LYSA MULLADY

Red loves being red! Apples, wagons, fire trucks — he thinks all the best things are red!

Yellow admires Red’s roses, but Red just wants to be left to mind his own business — why can’t Yellow mind hers? But when Yellow and Blue go off to make frogs, shamrocks, and caterpillars, Red realizes that he may be missing out. The possibilities are endless when the colors work together!

Includes a Note to Parents and Caregivers with more information on encouraging empathy and cooperation.

“This is a wonderful book about teamwork, acceptance, kindness, forgiveness, self-esteem and emotions.”

—Storywraps

[Read an excerpt from the Note to Parents and Caregivers.](#)



The Sound of Kindness

AMY LUDWIG VANDERWATER

Kindness is all around us every day, if we know where to look—and listen!—for it. This book is a gentle and encouraging acknowledgment of how much it matters to be kind...in our families, friendships, and communities.

Follow an adult and child as they explore their neighborhood, listening for the sounds of kindness. Words of friendship, gratitude, support, generosity, and love...we can see and hear them if we try. What will you hear if you take a kindness walk?

This heartwarming book touches on the themes of kindness and socio-emotional resonance, and the idea that our words matter.

This book will be published on June 13, 2023. [Preorder your copy here.](#)