

***The Lemonade Hurricane: A Story About Mindfulness and Meditation* by Licia Morelli, illustrated by Jennifer Morris**

This cute picture book is a nice, short introduction to mindfulness and meditation for children. Emma is the calm older sister and Henry is her rowdy younger brother. She has nicknamed him The Lemonade Hurricane because of his love of lemonade and the destruction that is often left in his wake. Emma really just wants Henry to be a little less rambunctious so that they can play together. So she introduces him to her meditation techniques and he adds his own spin on things. It's a sweet book that encourages learning by example. And there are some helpful notes at the end on how to meditate!

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