



BOOK LIST

TODDLER & PRESCHOOL

BOOKS ABOUT YOGA & MINDFULNESS

Breathe Like a Bear

AUTHOR: Kira Willey

Simple movement and breathing exercises to help kids feel calm and focused.

Good Morning Yoga

AUTHOR: Miriam Gates

With each turn of the page, readers are invited to rise like a volcano, stretch like a dog, and get ready to start their day.

I am Yoga

AUTHOR: Susan Verde

Help children learn a few basic steps and stretches to calm their fears and worries and reach for what is possible today!

The Yoga Game by the Sea

AUTHOR: Kelly Believeau

Guess the riddle and strike the pose with this ocean themed picture book.

BOOKS ABOUT DANCE

Dance, Dance, Dance!

AUTHOR: Ethan Long

Can a fly dance like a horse? Can a horse and fly dance together? Dance along with horse and fly as these friends learn to move in harmony.

Dancing Feet!

AUTHOR: Lindsey Craig

Move with the mystery feet as you try to guess who is moving the beat!

Everybunny Dance!

AUTHOR: Ellie Sandall

Dance and play along with the bunnies as they make new friends.

From Head to Toe

AUTHOR: Eric Carle

Animals move in many different ways. Follow along and see if you can too.

How do you Dance?

AUTHOR: Thyra Heder

Can you dance with just your fingers? Can you dance like you feel sad? Or silly? Can you dance with your whole body? How do you dance?

I Got the Rhythm

AUTHOR: Connie Schofield-Morrison

On a trip to the park, a mother and daughter discover that music, and rhythm, is all around them!

Monster Boogie

AUTHOR: Laurie Berkner

A big, purple groovy monster is ready to dance when it is time for bed.

Rap a Tap Tap: Here's Bojangles, Think of That!

AUTHOR: Leo and Diane Dillon

Tap out the rhythm with the legendary dancer Bill 'Bojangles' Robinson.

The Croaky Pokey

AUTHOR: Ethan Long

A riotous froggy twist on the Hokey-Pokey.