Get Kindergarten Ready at OC Public Libraries
Movement & Breath

Pass the Ball, Mo! by Adler, David (2018). A beginning reader about a little boy with a big passion for sports that is a funny, motivational. XFCP ADLER D

Dinos Don't Do Yoga by Catherine Bailey (2020). Although Rex insists dinosaurs do not do yoga, his friends give it a try. XFCP BAILEY C

Let's Dance by Valeria Bolling (2020). Rhyming, onomatopoeic text takes readers on a joyful journey through 10 dance styles from around the world. XFCP BOLLING V

From Head to Toe by Eric Carle (1997). Encourages the reader to exercise by following the movements of various animals. XFCP CARLE E

Maisy's Field Day by Lucy Cousins (2016). Maisy and her friends participate in games and races as they laugh together. XFCP COUSINS L

Stretch by Doreen Cronin (2009). Rhyming text describes the many ways to stretch. XFCP CRONIN D

A Hop Is Up by Kristy Dempsey (2016). Walking with his energetic puppy, a young boy hops, bends, spins, and jumps with friends he encounters along the way. XFCP DEMPESEY K

ABC Mindful Me by Christiane Engel (2018). Pairs simplified mindfulness principles with each letter of the alphabet. XFCP ENGEL C

Zoo Zen: A Yoga Story for Kids by Kristen Fischer (2017). Lyla learns yoga poses and gets some tips from the animals at the zoo. XFCP FISCHER K

Good Morning Yoga: A Pose-by-pose Wake-up Story by Mariam Gates (2016). Rise like a volcano, stretch like a dog, and get ready to start your day. XP 613.7046 GAT

My Encyclopedia of Very Important Sports by Chris Hawkes (2020). A complete and comprehensive children's book about sports that combines facts and figures with the inspiring stories of sporting legends and icons. XP 796.03 HAW

How Do You Dance? by Thyra Heder (2019). A celebration of movement and self-expression, perfect for adding movement to storytime. XFCP HEDER T

I Am the Jungle: A Yoga Adventure As children practice a sequence of yoga poses, they imagine they are the animals for which each pose is named and describe the emotions each evokes. by Melissa Hurt (2020). XFCP HURT M

Llamaste & Friends: Being Kind Through Yoga by Pat-a-Cake (2019). Llamaste’s poses are designed to help parents and children begin their own yoga practice at home. XFCP LLAMASTE

We’re Going on a Bear Hunt by Michael Rosen & Helen Oxenbury (1997). Brave bear hunters go through grass, a river, mud, and other obstacles before the inevitable encounter with the bear forces a headlong retreat. XFCP ROSEN M

Yoga Animals: A Wild Introduction to Kid-Friendly Poses by Paige Towler (2020). Let these creatures inspire your young ones to get moving, practice mindfulness, or calm down after a long day. XP 613.7046 TOWLER

Dino-Boarding by Lisa Wheeler (2014). Dinosaurs compete in surfing, skateboarding, and snowboarding events. XFCP WHEELER L

Breathe Like a Bear by Kira Willey (2017). A collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. XFCP WILEY K, XP 158.12 WIL