



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. **XFICP 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. **XFICP 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.

XFICP BOLLING V

[From Head to Toe](#) by Eric Carle (1997).

Encourages the reader to exercise by following the movements of various animals. **XFICP CARLE E**

[Maisy's Field Day](#) by Lucy Cousins (2016). Maisy

and her friends participate in games and races as they laugh together. **XFICP COUSINS L**

[Stretch](#) by Doreen Cronin (2009). Rhyming text

describes the many ways to stretch. **XFICP 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. **XFICP DEMPSEY K**

[ABC Mindful Me](#) by Christiane Engel (2018). Pairs

simplified mindfulness principles with each letter of the alphabet' **XFICP 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. **XFICP 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. **XFICP 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).** **XFICP 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. **XFICP 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. **XFICP 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. **XFICP 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. **XFICP WILEY K, XP 158.12 WIL**

