



Get Kindergarten Ready at OC Public Libraries Movement and Breath



[Pass the Ball, Mo!](#) by David Adler (2018). A beginning reader about a little boy with a big passion for sports that is funny and 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 animal movements.

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

[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

[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](#) by Melissa Hurt (2020). 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.

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 at home.

XFICP LLAMASTE

[We're Going on a Bear Hunt](#) by Michael Rosen & Helen Oxenbury (1997). Brave bear hunters go through obstacles before they encounter the bear.

XFICP ROSEN M

[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

[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

[Yoga Animals: A Wild Introduction to KidFriendly 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

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

XP 796.03 HAW

