



## WELLNESS 2015:

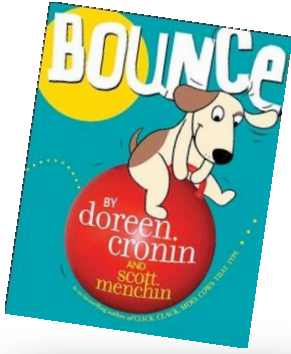


### A Select List of **Brown County Library Children's Books** (Preschool– Grade School)

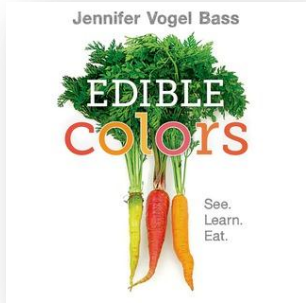
Click on each title below to see the library's catalog record. Then click on the title in the record for details, current availability, or to place a hold. For additional books and items on this theme, ask your librarian or search the library's online catalog.

#### Movement/Exercise

##### Picture Book Fiction

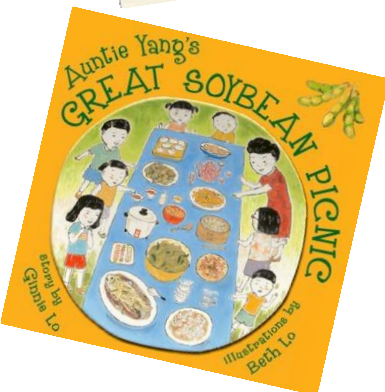


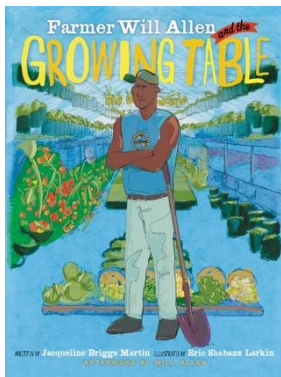
- [The Animal Boogie](#) – Debbie Harter
- [Bounce / Stretch / Wiggle](#)- Doreen Cronin
- [Can You Make a Scary Face?](#) – Jan Thomas
- [Fly Blanky Fly](#) – Anne Lewis **Librarian's Choice!** *Grab your blanky for an impromptu exercise session involving zooming, swimming, choo-chooing, and many other modes of transportation.*
- [From Head to Toe / De la cabeza a los pies](#) - Eric Carle
- [Get Up and Go](#) – Nancy Carlson
- [Hop, Hop, Jump!](#) - Lauren Thompson
- [How Do You Wokka-Wokka?](#) - Elizabeth Bluemle
- [I am a Backhoe / I am a Tyrannosaurus](#) – Anna Hines
- [It's a Tiger!](#) –David LaRochele
- [Is Everyone Ready for Fun?](#) - Jan Thomas
- [Little Yoga / Sleepy Little Yoga](#) -Rebecca Whitford
- [Move!](#) - Steve Jenkins
- [My First Ballet Class](#) – Alyssa Capucilli
- [On My Way to Bed / On My Way to the Bath](#) - Sarah Maizes
- [Sofa Boy](#) - Scott Langteau
- [We're Going on a Bear Hunt](#) – Michael Cronin
- [You are a Lion! And Other Fun Yoga Poses](#) – Taeun Yoo



##### Non-Fiction and Parent/Teacher Center Resources

- [Active Baby, Healthy Brain: 135 Fun Exercises and Activities](#) -Margaret Sasse
- [The Art of Roughhousing: Good Old-Fashioned Play and Why Every Kid Needs It](#) -Anthony DeBenedet
- [The Fitness Fun Busy Book](#) -Trish Kuffner
- [Get Moving!](#) - Marie Schuh
- [Get Out! Outdoor Activities Kids Can Enjoy](#) - Hallie Warshaw
- [It's a Jungle Out There: 52 Nature Adventures for City Kids](#) –Jennifer Ward (Parent/Teacher)
- [The Kid's Outdoor Adventure Book](#) -Stacy Tornio
- [My Daddy is a Pretzel: Yoga for Parents and Kids](#) – Baron Baptiste
- [Oh, the Things you Can Do that are Good for You!](#) -Tish Rabe
- [Personal Best](#) (series) – Clive Gifford
- [Run and Hike, Play and Bike: What is Physical Activity?](#) –Brian Cleary





## Nutrition

### Picture Book Fiction

[Adventures of Cow, Too](#) –Lori Korchek

[Auntie Yang's Great Soybean Picnic](#) –Ginnie Lo ages 6+

[The Berenstain Bears and Too Much Junk Food](#) - Jan & Mike Berenstain

[Betty Bunny Loves Chocolate Cake](#) – Michael Kaplan

[Bring Me Some Apples and I'll Make You a Pie](#) - Robbin Gourley

**Librarian's Choice!** *The revival of "slow food" and locally sourced organic food have their roots in the wisdom of Edna Lewis, a black female chef who became famous for her Southern cuisine. Set in Lewis' hometown of Freetown, Virginia, this story emphasizes growing seasons and the enjoyment of preparing and eating meals as a family.*

[Eating the Alphabet / Growing Vegetable Soup](#)– Lois Ehlert

[Edible Colors](#) by Jennifer Vogel Bass

[The Food Parade: Healthy Eating with the Nutritious Food Groups](#) -Elicia Castaldi

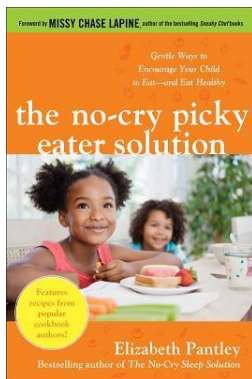
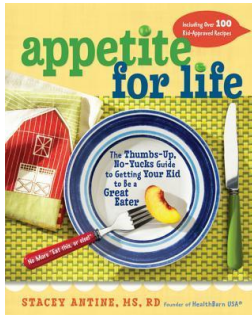
[I Will Never Not Ever Eat a Tomato](#)- Lauren Child

[Molly's Organic Farm](#) –Trina Hunner

[Tales for Very Picky Eaters](#) – Josh Schneider

[Wazdot?](#) –Michael Slack

[Wedgieman \(series\)](#) - Charise Harper **Librarian's Choice!** *Wedgieman is actually the unfortunate nickname of Veggieman, a flying crusader who got his strength from eating his veggies as a kid. A Step 3 beginning reader series.*



### Non-Fiction and Parent/Teacher Center Resources

[Appetite for Life: The Thumbs Up, No Yucks Guide to Getting your Kid to be a Great Eater](#) –Stacey Antine

[A Balanced Diet](#) by Catherine Veitch

[Fake Foods: Fried, Fast, and Processed](#) – Paula Johanson

[Farmer Will Allen & the Growing Table](#) by Jacqueline Martin

[The Family Nutrition Book](#) – William Sears M.D. (Parent/Teacher)

[Food is CATEGorical \(Series\)](#) – Brian Cleary

[Fuel the Body: Eating Well](#) – Amanda Tourville

[Grover's Guide to Good Eating](#) -Naomi Kleinberg

[Health, Safety, and Nutrition Activities from A to Z](#) by Joanne Matricardi

[The Healthiest Kid in the Neighborhood](#) – Sears Parenting Library (Parent/Teacher)

[Healthy Choices, Healthy Children: A Guide to Raising Fit, Happy Kids](#) – Lori Brizee

[Healthy Eating with MyPlate](#) (beginning reader series) –Nancy Dickmann

[Jack and the Hungry Giant Eat Right with MyPlate](#) –Loreen Leedy

[Keeping Healthy \(Series\)](#) by Capstone Press *Another series of large-format books written at a level ideal for beginning readers.*

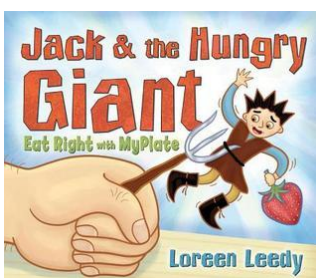
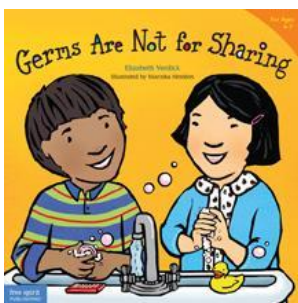
[Knack Healthy Snacks for Kids](#) – Amy Wilensky (Parent/Teacher)

[Mission, Nutrition](#) (series) –ABDO Publishing

[The Monster Health Book](#) – Edward Miller

[MyPlate and You](#) by Gillia Olson

[The No-Cry Picky Eater Solution: Gentle Ways to Encourage your Child to](#)

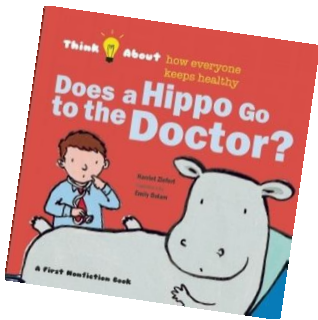


Eat Healthy –Elizabeth Pantley

Rah, Rah, Radishes: A Vegetable Chant –April Pulley Sayre

What's on MyPlate? (series) –Mari Schuh

What's So Yummy? All about Eating Right and Feeling Good –Robie Harris



## Hygiene/Self-Care/Safety

### Picture Book Fiction

Clarabella's Teeth – An Vrombaut

Fancy Nancy and the Late, Late, Late Night – Jane O'Connor

Get Well, Good Knight – Shelley Moore Thomas

The Girl who wouldn't Brush her Hair-Kate Bernheimer

Gorgonzola: A Very Stinkysaurus – Margie Palatini

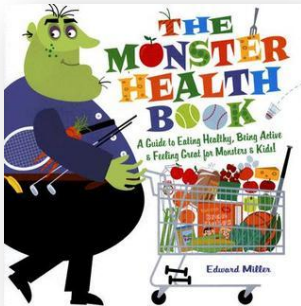
How Do Dinosaurs Get Well Soon? – Jane Yolen

Llama, Llama Home with Mama-Anna Dewdney

Mrs. McNosh Hangs up her Wash-Sarah Weeks

The Pigeon Needs a Bath! -Mo Willems

Pigs Make me Sneeze (beginning reader)-Mo Willems



### Non-Fiction and Parent/Teacher

ABC Dentist -Harriet Ziefert

The Big Book of Symptoms: A-Z Guide to Your Child's Health-Steven Shelov

Danger Zone (series) -Anara Guard

Does a Hippo go to the Doctor?: Think about how Everyone Keeps Healthy / Does a Tiger go to the Dentist?: Think about how Teeth Stay Healthy-Harriet Ziefert

First Aid Basics -Rebecca Weber

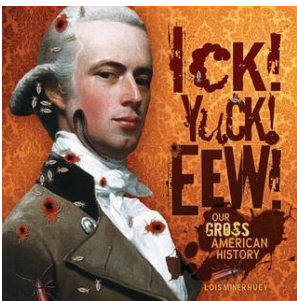
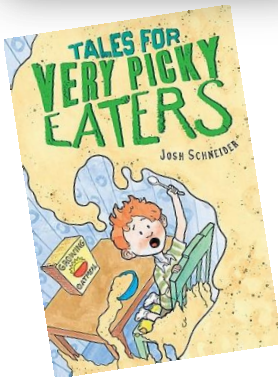
First Facts. Staying Safe (series) –Lucia Raatma

Germs Are Not for Sharing – Elizabeth Verdick

Safe Kids, Smart Parents –Rebecca Anne Bailey

Those Ooey Goey Winky-Blinky but Invisible Pinkeye Germs / Esos pringosos viscosos pesta~neantes parpadeantes pero invisibles

germenes que causan conjuntivitis – Judith Anne Rice *See also two similar bilingual Spanish/English books on germs for young children.*



<http://tinyurl.com/BCLReadsKids>

