

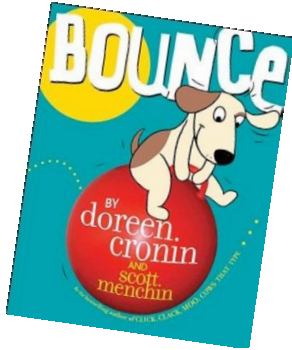


WELLNESS:



A Select List of **Brown County Library Children's Books** (Toddler – 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](#) - 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](#) – Anna Hines

[Is Everyone Ready for Fun?](#) - Jan Thomas

[Move!](#) - Steve Jenkins

[My First Ballet Class](#) – Alyssa Capucilli

[Sofa Boy](#) - Scott Langteau

[We're Going on a Bear Hunt](#) – Michael Cronin

[Wiggle](#) - Doreen Cronin

[You are a Lion! And Other Fun Yoga Poses](#) – Taeun Yoo



Non-Fiction and Parent/Teacher Center Resources

[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)

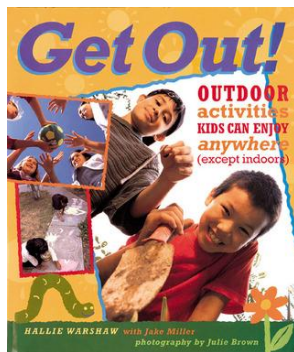
[My Daddy is a Pretzel: Yoga for Parents and Kids](#) – Baron Baptiste

[Personal Best: Swimming](#) – Clive Gifford

[Pilates Step-by-Step](#) - Dr. Louise Aikman

[Running for Fun](#) – Jessica Deutsch

[Strike a Pose: The Planet Girl Guide to Yoga](#) - Karen Birkemoe & Heather Collett



Nutrition

Picture Book Fiction

[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

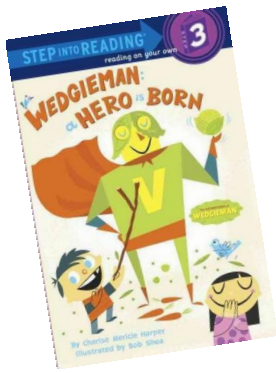
Librarian's Choice! *The revival of "slow food" and locally sourced organic food have their roots in the wisdom of Edna Lewis, a black female chef who became famous for her Southern cuisine. Set in Lewis' hometown of Freetown, Virginia, this story emphasizes growing seasons and the enjoyment of preparing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

[D.W. the Picky Eater](#) – Marc Brown

[Eating the Alphabet](#) – Lois Ehlert

[First Garden: The White House Garden & How It Grew](#) - Robin Gourley





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

[Rabbit Food](#) – Susanna Gretz

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

[The Ugly Vegetables](#) - Grace Lin

[Wedgieman: A Hero is Born](#) - 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.

Non-Fiction and Parent/Teacher Center Resources

[Early Sprouts Cookbook](#) – Karrie Kalich (Parent/Teacher)

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

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

[Food Fights](#) – Laura A Jana, M.D. and Jennifer Shu, M.D.

(Parent/Teacher)

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

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

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

(Parent/Teacher)

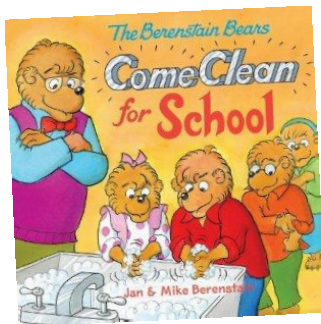
[Healthy Eating with MyPyramid](#) (Series) by Capstone Press *These large books with simple text and big, bright photographs work great for beginning readers and for reading aloud to groups.*

[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)

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

[Snacks for Healthy Teeth](#) – Marie Schuh



Hygiene/Self-Care

Picture Book Fiction

[The Berenstain Bears Come Clean for School](#) - Jan and Mike Berenstain

[Clarabella's Teeth](#) – An Vrombaut

[Fancy Nancy and the Late, Late, Late Night](#) – Jane O'Connor

[Get Well, Good Knight](#) – Shelley Moore Thomas

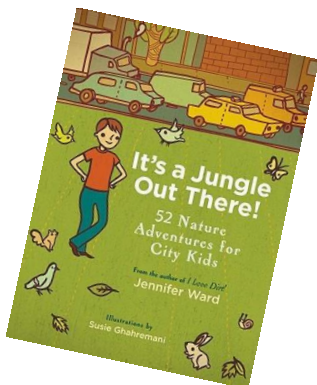
[Gorgonzola: A Very Stinkysaurus](#) – Margie Palatini

[How Do Dinosaurs Get Well Soon?](#) – Jane Yolen

[Open Wide: Tooth School Inside](#) - Laurie Keller

[Princess Peepers](#) – Pam Calvert **Librarian's Choice!** *A near-sighted princess ditches her glasses to fit in with the popular girls. After many comical mishaps caused by blurred vision, our heroine realizes her glasses empower her to see things as they really are.*

[Wash Your Hands!](#) – Tony Ross



Non-Fiction and Parent/Teacher

[Blech! Icky, Sticky, Gross Stuff in Your School](#) – Pam Rosenberg

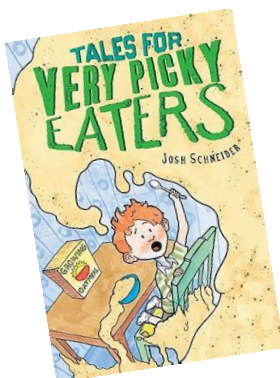
[Germs Are Not for Sharing](#) – Elizabeth Verdick

[Go Wash Up: Keeping Clean](#) – Amanda Tourville

[Your Body Battles a Cold](#) – Vicki Cobb

[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/BCLreads>