

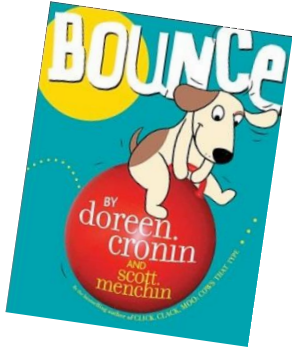


WELLNESS 2020



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

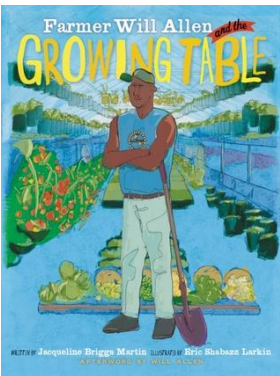
Click on each title below to see the library's catalog record. Then click on the title in the record for details, current availability, or to place a hold. For additional books and items on this theme, ask your librarian or search the library's online catalog.



Movement/Exercise

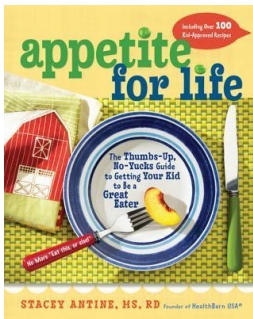
Picture Book Fiction

- [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
- [Is Everyone Ready for Fun?](#) - Jan Thomas
- [Move!](#) - Steve Jenkins
- [My First Ballet Class](#) – Alyssa Capucilli
- [My First Yoga](#) – Sally Beets
- [On My Way to Bed / On My Way to the Bath](#) - Sarah Maizes
- [We're Going on a Bear Hunt](#) – Michael Cronin
- [Yoga Friends](#) – Mariam Gates
- [You are a Lion! And Other Fun Yoga Poses](#) – Taeun Yoo



Non-Fiction and Parent/Teacher Center Resources

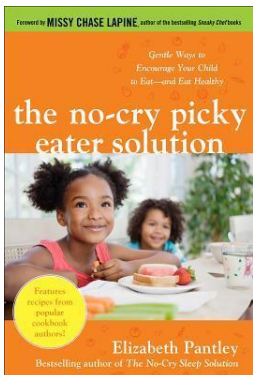
- [Active Baby, Healthy Brain: 135 Fun Exercises and Activities](#) -Margaret Sasse
- [It's a Jungle Out There: 52 Nature Adventures for City Kids](#) –Jennifer Ward (Parent/Teacher)
- [The Kid's Outdoor Adventure Book](#) -Stacy Tornio
- [Oh, the Things you Can Do that are Good for You!](#) -Tish Rabe

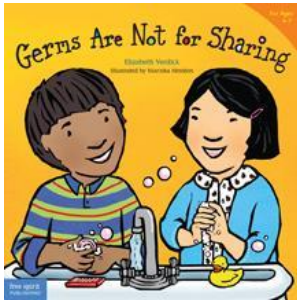


Nutrition

Picture Book Fiction

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

[Fruit Bowl](#) by Mark Hoffmann

[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

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

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

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

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

[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)

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

[MyPlate and You](#) by Gillia Olson

[Rah, Rah, Radishes: A Vegetable Chant](#) –April Pulley Sayre

[What's So Yummy? All about Eating Right and Feeling Good](#) -Robie Harris

Hygiene/Self-Care/Safety

Picture Book Fiction

[All Stuffed Up](#) – Cathy Hapka

[Curious George Discovers Germs](#) – Margret Rey

[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

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

[How Do You Take a Bath?](#) – Kate McMullan

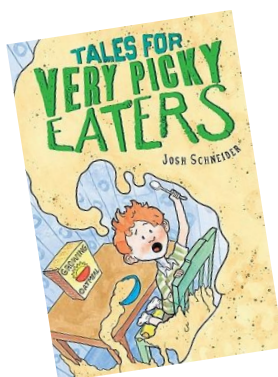
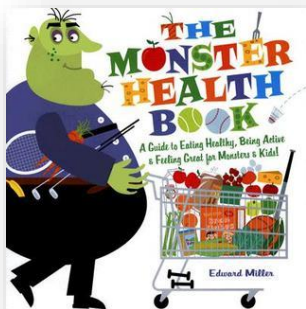
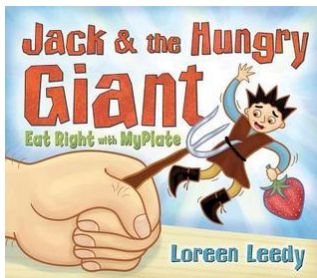
[Llama, Llama Home with Mama](#)-Anna Dewdney

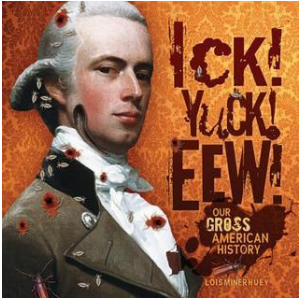
[Mrs. McNosh Hangs up her Wash](#)-Sarah Weeks

[101 Reasons Why I'm Not Taking a Bath](#)—Stacy McAnulty

[The Pigeon Needs a Bath!](#) -Mo Willems

[Pigs Make me Sneeze](#) (beginning reader)-Mo Willems





Non-Fiction and Parent/Teacher

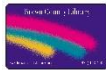
ABC Dentist -Harriet Ziefert

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

Germs Are Not for Sharing – Elizabeth Verdick

Safe Kids, Smart Parents –Rebecca Anne Bailey



<http://tinyurl.com/BCLReadsKids>