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** – Taeeun 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 Ehler 
**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** –Loren 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