



Perry Public Library Storytime

Get Moving & Get Healthy!

Stories we shared:

From head to toe / Eric Carle

Go, Go, Go! Kids on the Move / Stephen Swinburne

Other books you may enjoy sharing:

A yoga parade of animals / Mainland, Pauline

Babar's yoga for elephants / de Brunhoff, Laurent

Busy fingers / C.W. Bowie

Busy toes / C.W. Bowie

Fly like a butterfly / Khalsa, Shakta Kaur

I can / Helen Oxenbury

Super simple hop & jump / Nancy Tuminelly

Super simple move & shake / Nancy Tuminelly

Super simple throw & catch / Nancy Tuminelly

Super simple walk & run / Nancy Tuminelly

The busy body book / Rockwell, Lizzy

Clap your hands / Ellwand, David.

Animal fun / Newcome, Zita.

Being active / Mari Schuh

Children's book of yoga / Luby, Thia

Clara's Dancing Feet / J. Richardson

Hands Can/ Cheryl Hudson

You are a lion! / Yoo, Taeun

Kids make music! / Hart, Avery

Stretch/ Cronin, Doreen

My daddy is a pretzel / - Baptiste, Baron

Look at me / Stephen Schott

I can / Susan Winter



Early Literacy Extras:

- ✓ Help your child think of words that rhyme with the names of body parts like “nose” (rose, hose, goes) and “belly” (jelly, smelly) – make up silly rhymes with these words.
- ✓ Help your child find things that start with the “M”- “muh” sound and the sound all around the house (mom, mud, mustard).
- ✓ Sing familiar songs about the body such as “Head Shoulders Knees and Toes” “If You’re Happy And You Know It .” Try some new songs and rhymes too (on following pages).
- ✓ When you child starts school he will be more successful if already proficient at holding a pencil, writing his name, and manipulating small objects. This will lead to greater success in writing words, tying shoes, etc. You can practice at home by sorting small objects into containers (buttons, bottle caps, etc.) and writing alphabet letters in chalk, out of clay, in sand, etc.
- ✓ When you read together, let your child hold the book and turn the pages – this is a great time to sneak in extra snuggles!
- ✓ Get some exercise and learn at the same time! Take a walk together outside and point out all of the words, letters, and numbers you can find – on mailboxes, street signs, vehicles, billboards, bumper stickers, etc.
- ✓ Practice fine motor skills by putting together simple puzzles. Helping your child notice the different shapes will lead to recognizing the different shapes that make up the letters of the alphabet.
- ✓ Play hopscotch, do jumping jacks, march up and down the stairs and practice counting at the same time!

- ✓ Bounce a ball to each other – each time you catch the ball say a new word – when your child catches the ball see if he can name a word that rhymes with yours.
- ✓ Step outside. Whatever the weather, just being out in the fresh air and basking in the sunshine will inspire your child to get moving.
- ✓ Build fitness into your day. Walk to the library or supermarket whenever you can, and be sure to get your toddler out of her stroller so she can walk some of the way, too. One of the easiest ways to help your toddler get more exercise is to skip the stroller. It is certainly more convenient to push your child in a stroller, but if you have time to spare, the extra exercise your toddler will get from the outing may be worth the inconvenience.
- ✓ As much as you treasure the quiet that comes with a Disney DVD, try to limit your child’s TV time to no more than two hours a day (preferably not in one stretch, since kids this age shouldn’t be sedentary for more than an hour at a time).
- ✓ If you can afford it, consider signing her up for tumbling class at the gym or a preschool movement class at the local dance studio.
- ✓ Dance at home too. Dancing is fun for toddlers, and it's also a wonderful way for both parents and toddlers to exercise. Turn on some fast-paced, kid-friendly music and dance for as long as you can (your toddler will probably last longer than you!).
- ✓ Utilize classic children's games to encourage your toddler to get more exercise. Hide-and-seek, Simon Says, and tag are great ways to get your child moving while having a lot of fun.
- ✓ Create an indoor obstacle course to encourage exercise. You can use pillows, couch cushions, bean bags, boxes, or any other safe objects that you have at your disposal to create an obstacle course that your child can crawl and climb through. This is a great way for toddlers to exercise indoors when the weather prevents outdoor exercise.
- ✓ The best way to get your toddler active and teach her the importance of exercise is to get yourself moving too. Meet for strolls with other moms and kids in your neighborhood or join a family exercise class.

Songs and rhymes to share:

Head Shoulders Knees and Toes

If You’re Happy and You Know It

Lots of Exercise! *(sing to “Farmer In the Dell”)*

We’re jumping up and down
 We’re jumping up and down
 We’re getting lots of exercise
 We’re jumping up and down
 -repeat with...
 We twist from side to side ...
 We bend and touch our toes ...
 We stretch up to the sky ...

1-2 Buckle My Shoe

Five Little Monkeys Jumping on the Bed

Twiddle Your Thumbs *(suit actions to words)*

Twiddle your thumbs, clap your hands
 And then you touch your feet
 Shake your hands, then raise them high
 And make your fingers meet
 Point to the left, point to the right
 And give another clap
 Wave your hands, then fold your hands
 And put them in your lap

The Hokey Pokey

Jack in the box

Jack in the box, lying so still (crouch down)

Won't you come out?

Yes I will! (jump up)

One Hand, Two Hands

One hand can wave (*wave one hand*)

One hand can tap (*tap knee with one hand*)

But they each need a friend

If they want to clap (*clap hands together*)

Stretching (*suit actions to words*)

I'm stretching very tall

Now I'm very small

Tall – Small

Now I'm a tiny ball

I stretch my arms out wide

Now my arms will hide

Wide – Hide

Now they're by my side

We Can! (*suit actions to words*)

We can jump, jump, jump.

We can hop, hop, hop.

We can clap, clap, clap.

We can stop, stop, stop.

We can nod our heads for yes.

We can shake our heads for no.

We can bend our knees a little bit.

And we can sit down slow

Hop like a rabbit (*suit actions to words*)

We can hop like a rabbit.

We can jump like a frog.

We can quack like a duck.

We can run like a dog.

We can fly like a bird.

We can swim like a fish.

We can sit like a good child,

As still as this.

The Royal Duke

Oh the royal duke of York

He had 10 thousand men (hold up 10 fingers)

He marched them up to the top of the hill (march on toes)

And marched them down again (crouch down)

And when they're up, they're up (march on toes)

And when they're down, they're down (crouch down)

And when they're only halfway up (bend knees)

They're neither up (march on toes)

Nor down (crouch down)

Reach Up High (*suit actions to words*)

Reach up high

Bend down low

Reach up, up, up

Bend down, down, down

Up, up, up

Down, down, down

And jump! Jump! Jump!

My Hands (*suit actions to words*)

My hands upon my head I place

Upon my shoulders, on my face

On my hips, and by my side

Now behind me they will hide

I can raise them way up high

And make my fingers fly, fly, fly

Now they are in front of me

I will clap them 1, 2, 3!

Here are my eyes (*suit actions to words*)

Here are my eyes, here is my nose.

Here is my chin, here are my toes.

Here is my waist, here are my knees.

Now you can see all of me

In Between (*suit actions to words*)

Giraffes are tall, monkeys are small

And zebras are in between

Grownups are tall, babies are small

And I am in between!