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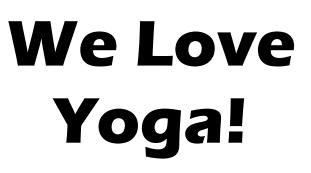
## Activities

#### Do the "Dead Bug" yoga pose!

- 1. Lay on your back with your knees bent close to your tummy and your feet up in the air.
- Spread your knees out wide, reach both arms between your legs, and grab your big toes. Remember to keep your head on the floor.
- 3. Count to 20 slowly while you hold the pose.

Do you think you look like a dead bug?





# **Stories**

From Head to Toe by Eric Carle Let's Get Moving In the Jungle by Emma Lynch Stretch by Doreen Cronin Toddlerobics: Animal Fun by Zita Newcome Good Night Yoga by Mariam Gates

### Non-fiction yoga books for kids:

I Love Yoga by Mary Kaye Chryssicas (J 613.7046 Chr) The Kids' Yoga Book of Feelings by Mary Humphrey (J 613.7042 Hum) Yoga for Kids by Bel Gibbs (J 613.7 Gib)

### Early Literacy Tip

By using their muscles to make the motions in a yoga pose,

children develop their gross motor skills and body self-awareness. Gross motor skills involve the movement and coordination of large body parts, like arms and legs.



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