

LIBRARY Storytime

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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.
2. 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?



We Love Yoga!

Stories

From Head to Toe by Eric Carle

Let's Get Moving In the Jungle

by Emma Lynch

Stretch by Doreen Cronin

Toddlers: 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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