



*Sioux City
Public Library*

Storytime

We Love



Early Literacy Tip:

By using their muscles to make the motions in a yoga pose, children develop both their gross motor skills and body self-awareness.



This is the Hindi symbol for "OM," which is a special sound used in yoga. It is a kind of hum: Ommmmmmmm.



Books:

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

Non-fiction Yoga Books:

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)



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