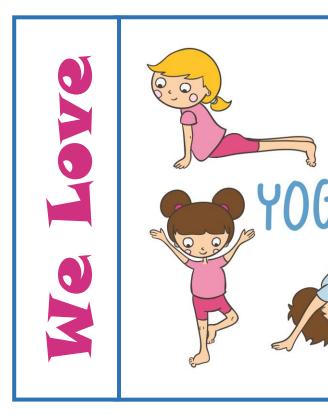


Sioux City Public Library

Storytime



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:

Ommmmmmm.



Books:

From Head to Toe by Eric Carle

Let's Get Moving In the Jungle by Emma Lynch

Stretch by Doreen Cronin

<u>Toddlerobics: Animal</u> Fun by Zita Newcome

Non-fiction Yoga Books:

<u>I Love Yoga</u> 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)

