

Healthy Activity Booklist

Row, Row, Row Your Boat by Kubler, Annie	Board Book	\$4.99	Age 9 mo-2 yr	ISBN: 0859536580
In this traditional nursery rhyme, a group of babies and their toy animal friends row merrily down the stream.				
Wiggle Waggle by London, Jonathan	Board Book	\$5.95	Age 9 mo-2 yr	ISBN: 0152165886
Describes how various animals walk, from the wiggle waggle of a duck to the boing, boing, boing of a kangaroo to the bumble roll, bumble roll of a bear.				
On the Go! by Stockham, Jess	Board Book	\$6.99	Age 9 mo-2 yr	ISBN: 1846430496
Animals move by stretching, jumping, and climbing, and readers can flip the page to see babies doing the same action.				
Head, Shoulders, Knees and Toes by Kubler, Annie	Board Book	\$4.99	Age 9 mo-2 yr	ISBN: 0859537285
An illustrated version of the song which identifies parts of the body.				
Eyes, Nose, Fingers, and Toes by Hindley, Judy	Board Book	\$6.99	Age 9 mo-2 yr	ISBN: 0763623830
A group of toddlers demonstrate all the fun things that they can do with their eyes, ears, mouths, hands, legs, feet—and everything in between.				
Bear About Town by Blackstone, Stella	Board Book	\$6.99	Age 1-3	ISBN: 1841483737
The big, friendly bear goes on his daily walk through his neighborhood, meeting the people who live and work nearby.				
I Went Walking by Williams, Sue	Board Book	\$11.99	Age 1-3	ISBN: 0152056262
During the course of a walk, a young boy identifies animals of different colors.				
Skippyjon Jones Shape Up by Schachner, Judy	Board Book	\$6.99	Age 1-3	ISBN: 0525479570
Skippyjon Jones, a Siamese cat who thinks he is a Chihuahua dog, exercises using objects of different shapes.				
Jumping Day by Esbensen, Barbara Juster	Paperback	\$8.95	Age 2-4	ISBN: 1563978539
The pleasures of jumping, running, skipping, and hopping are celebrated as a little girl starts her day, goes to school, and comes home to play.				
Doing the Animal Bop by Ormerod, Jan	Paperback	\$9.99	Age 2-4	ISBN: 0764178997
Various animals dance to the animal bop, including ostriches, elephants, and monkeys; includes read-along compact disc.				
I'm as Quick as a Cricket by Wood, Audrey	Board Book	\$6.99	Age 2-4	ISBN: 0859536645
A young boy describes himself as loud as a lion, quiet as a clam, tough as a rhino, and gentle as a lamb.				

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Healthy Activity Booklist (continued)

<i>Get Moving with Grover</i> by Tabby, Abigail	Hardcover	\$6.99	Age 2-4	ISBN: 0375830464
Grover and Elmo show young readers that being fit can be fun, encouraging exercises involving jumping over, running around, and dancing around the book itself.				
<i>Duck on a Bike</i> by Shannon, David	Hardcover	\$16.99	Age 2-4	ISBN: 0439050235
A duck decides to ride a bike and soon influences all the other animals on the farm to ride bikes too.				
<i>From Head to Toe</i> by Carle, Eric	Big Paperback	\$24.99	Age 2-6	ISBN: 0061119725
Encourages the reader to exercise by following the movements of various animals.				
<i>Froggy Learns to Swim</i> by London, Jonathan	Paperback	\$5.99	Age 3-6	ISBN: 0140553126
Froggy is afraid of the water until his mother, along with his flippers, snorkle, and mask, help him learn to swim.				
<i>Hop Jump</i> by Walsh, Ellen Stoll	Paperback	\$6.99	Age 4-6	ISBN: 015201375X
Bored with just hopping and jumping, a frog discovers dancing.				
<i>Froggy Plays Soccer</i> by London, Jonathan	Paperback	\$5.99	Age 5-6	ISBN: 0140568093
Although Froggy is very excited when his Dream Team plays for the city soccer championship, he makes a mistake on the field that almost costs the team the game.				
<i>Puddles</i> by London, Jonathan	Paperback	\$6.99	Age 5-6	ISBN: 0140561757
When the rain stops falling and the skies clear up, it's time to put on boots and go outside to play in the puddles.				
<i>Get Up and Go!</i> by Carlson, Nancy L.	Paperback	\$5.99	Age 5-6	ISBN: 0142410640
Text and illustrations encourage readers, regardless of shape or size, to turn off the television and play games, walk, dance, and engage in sports and other forms of exercise.				
<i>Animal Exercises</i> by Ross, Mandy	Paperback	\$7.99	Age 5-6	ISBN: 1846430445
A collection of poems describes how familiar animals keep in shape.				
<i>I Love Yoga</i> by Chrissy, Mary Kaye	Hardcover	Need to buy used	Age 5-8	ISBN: 0756614007
Presents young readers with simple instructions for the practice of yoga, discussing how to relax, focus, and have fun through basic poses explained in step-by-step sequences.				
<i>The Busy Body Book</i> by Rockwell, Lizzy	Paperback	\$6.99	Age 6-8	ISBN: 0553113747
Exploring all the many moves, twists, and turns a human body can do, this book is designed to encourage kids to move around, use their bodies, and learn the importance of staying actively fit.				
<i>Anna Banana</i> by Cole, Joanna	Paperback	\$7.99	Age 6-9	ISBN: 0688088090
An illustrated collection of jump rope rhymes arranged according to the type of jumping they are meant to accompany.				
<i>Spriggles: Activity & Exercise</i> by Gottlieb, Jeff	Paperback	\$8.95	Age 3-5	ISBN: 1930439024
Motivates children in the areas of physical fitness and activity with animal rhymes such as "Go for a walk, Hawk", "Play in the park, Shark", "Ride your bike, Pike", and many more.				