

# Healthy Activity Booklist

<b>Row, Row, Row Your Boat</b> 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.				
<b>Wiggle Waggle</b> 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.				
<b>On the Go!</b> 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.				
<b>Head, Shoulders, Knees and Toes</b> 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.				
<b>Eyes, Nose, Fingers, and Toes</b> 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.				
<b>Bear About Town</b> 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.				
<b>I Went Walking</b> 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.				
<b>Skippyjon Jones Shape Up</b> 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.				
<b>Jumping Day</b> 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.				
<b>Doing the Animal Bop</b> 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.				
<b>I'm as Quick as a Cricket</b> 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.				

(continued on other side)

# Healthy Activity Booklist (continued)

<b><i>Get Moving with Grover</i></b> <b>by Tabby, Abigail</b>	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.				
<b><i>Duck on a Bike</i></b> <b>by Shannon, David</b>	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.				
<b><i>From Head to Toe</i></b> <b>by Carle, Eric</b>	Big Paperback	\$24.99	Age 2-6	ISBN: 0061119725
Encourages the reader to exercise by following the movements of various animals.				
<b><i>Froggy Learns to Swim</i></b> <b>by London, Jonathan</b>	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.				
<b><i>Hop Jump</i></b> <b>by Walsh, Ellen Stoll</b>	Paperback	\$6.99	Age 4-6	ISBN: 015201375X
Bored with just hopping and jumping, a frog discovers dancing.				
<b><i>Froggy Plays Soccer</i></b> <b>by London, Jonathan</b>	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.				
<b><i>Puddles</i></b> <b>by London, Jonathan</b>	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.				
<b><i>Get Up and Go!</i></b> <b>by Carlson, Nancy L.</b>	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.				
<b><i>Animal Exercises</i></b> <b>by Ross, Mandy</b>	Paperback	\$7.99	Age 5-6	ISBN: 1846430445
A collection of poems describes how familiar animals keep in shape.				
<b><i>I Love Yoga</i></b> <b>by Chrissy, Mary Kaye</b>	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.				
<b><i>The Busy Body Book</i></b> <b>by Rockwell, Lizzy</b>	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.				
<b><i>Anna Banana</i></b> <b>by Cole, Joanna</b>	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.				
<b><i>Spriggles: Activity &amp; Exercise</i></b> <b>by Gottlieb, Jeff</b>	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.				