

Dear Caregivers:

Today we used some of these books, fingerplays, and other materials in our storytime. Please continue helping your child develop by sharing these at home!

YOGA/MINDFULNESS

LETTER OF THE DAY

Y y

BOOKS TO SHARE

Here and Now
by Julia Denos

I Am Yoga
by Susan Verde

Good Night Yoga
by Mariam Gates

Yoga Bunny
by Brian Russo

*Yoga For Kids: Simple Animal
Poses For Any Age*
by Lorena Pajalunga

A Morning With Grandpa
by Sylvia Liu

Yoga Baby
by Amy Hovey

Mindful Day
by Deborah Hopkinson

Breathe Like A Bear
by Kira Willey

ABC Mindful Me
by Christiane Engel

Baby Present
by Rachel Neumann

The Silence Slips In
by Alison Hughes

FUN WITH FINGERPLAYS AND SONGS

This Is Yoga [action rhyme]
[Tune: Frere Jacques]

Extend and stretch [*sit crisscross applesauce and do seated side bends*]

Extend and stretch

Twist and turn [*seated twists*]

Twist and turn

This is yoga, [*hands overhead on "this," then bring to chest on 'yoga'*]

This is yoga

Come and learn, [*hands folded, bow forward*]

Come and learn.

Tall And Small [action rhyme]

When I stretch out, my arms are wide [*stretch out*]

When I bring them in, I can hide [*hide behind hands*]

Wide, wide, wide, wide [*reach to sides*]

Hide, hide, hide, hide [*hide behind hands*]

Now they're by my side [*stand straight*]

When I stretch up, I feel so tall. [*reach high*]

When I bend down, I feel so small. [*bend over*]

Taller, taller, taller, taller. [*reach up high and higher*]

Smaller, smaller, smaller, smaller. [*bend down low to ground*]

Into a tiny ball. [*sit down*]



"Calm"

ASL SIGN OF THE DAY

Flutter Flutter Butterfly [Tune: Twinkle Twinkle Little Star]

Done in "Baddha Konasana," ("butterfly") position

Flutter, flutter, butterfly,
Floating in the deep blue sky,
Floating by for all to see,
Floating by so merrily,
Flutter, flutter, butterfly,
Floating in the deep blue sky.

If You're Angry And You Know It [Tune: "If You're Happy And You Know It"]

If you're angry and you know it, drain it out,
[take deep inhale and slow exhale]
If you're angry and you know it, drain it out,
[take deep inhale and slow exhale]
If you're angry and you know it, then you know
how to control it,
If you're angry and you know it, drain it out,
[take deep inhale and slow exhale]

Bend and Stretch [movement rhyme]

Bend and stretch
Reach for the stars!
There goes Jupiter -
Here comes Mars!
Bend and stretch
Reach for the sky!
Stand on tippy toes
Oh, so high!

MORE FUN!

Beanbag Breathing

Materials:

Beanbag or beanie baby-type toy

Have your child(ren) lay down on the floor in "Savasana" pose. In this pose, you lie on your back with your arms and legs stretched out and breathe.

Give your child a beanbag/beanie baby to put on their belly while in the pose.

This way, they have a physical and visual expression of their deep breathing to help them increase their awareness of their bodies.

Beanbag breathing also helps encourage the body to breathe more deeply, and therefore increases relaxation.

Remind your child(ren) that it's okay if they can't hold this pose for more than a minute or so.

Emphasize that they have a choice of what to do with their own bodies, so they can move on from this activity if they choose.



A mindfulness practice that incorporates physical movement (whether they are official yoga poses or not) gives your child(ren) the opportunity to develop SO MANY skill sets -- balance, body and spatial awareness, flexibility, coordination, self-regulation . . .

Your child(ren) is never too young (or too old) to start!

Brainstorm with your child(ren) a list of other words that begin with the letter 'y.' This is a tough one!

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