

Physical Activity and General Health		
Age	Book Title	Author
2-5 years	<i>I Hear a Pickle</i>	Rachel Isador
2-12 years	<i>Meditate with Me: A Step-by-Step Mindfulness Journey</i>	Miriam Gates
3-5 years	<i>Calm with the Very Hungry Caterpillar</i>	Eric Carle
3-7 years	<i>Busy Body Book: A Kid's Guide to Fitness</i>	Lizzy Rockwell
3-7 years	<i>Fort Building Time</i>	Megan Wagner Lloyd
4-6 years	<i>You are Healthy</i>	Todd Snow
4-8 years	<i>Everybody in the Red Brick Building</i>	Anne Wynter
4-8 years	<i>Jack and the Hungry Giant Eat Right with MyPlate</i>	Loreen Leedy
4-10 years	<i>No Ordinary Apple: A Story About Eating Mindfully</i>	Sara Marlowe
5-8 years	<i>Keeping Fit, Blastoff! Readers: Eating Right with MyPlate</i>	Megan Bergert-Spaniol
8-12 years	<i>Just Breathe: Meditation, Mindfulness, Movement & More</i>	Mallika Chopra
8-12 years	<i>Water: Why We Drink to Refuel</i>	Harriet Brundle

