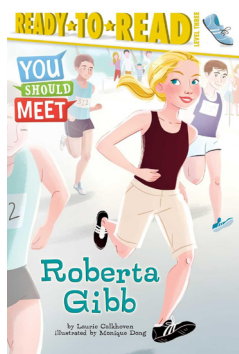


Healthy Kids Book List



Literacy is the pathway to liberation, and the ability to read can ignite newfound freedoms for beginning readers.

Guided by this sentiment, CLI highlights from our Healthy Kids book list over the next several weeks in an effort to encourage children and their families to grow a liberating understanding of health and inspire them not just to read but to prioritize their health. Our work is rooted in principles of diversity, equity, inclusion, and belonging - and as such, our book list is curated to show that there is a space for everyone, keeping in mind that everyone's background contributes to how they interact with literature and media. With this in mind, we feature books that coincide with six different areas of children's health with the aim of stimulating identity-building and affirmation, understanding, and joy around their well-being.



Inspire Movement **You Should Meet Roberta Gibb**

Written by Laurie Calkhoven, illustrated by Monique Dong

Meet Roberta Gibb. In 1966, Roberta was the first woman ever to run in the Boston Marathon. When Roberta applied for the event she received a letter saying women were not physically able to run marathons and therefore her request was denied. Roberta decided to run anyway, and told her mom, "This is really going to change things for women." She disguised her appearance with a blue hooded sweatshirt pulled up over her head and her brother's Bermuda shorts. Instead of being ridiculed, when the men running realized she was a woman, they cheered her on as she became the first woman to ever complete the Boston marathon!

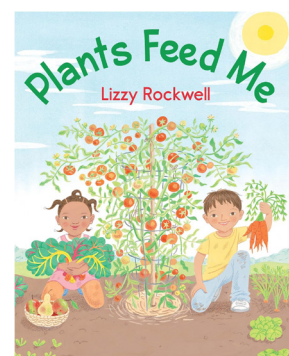
A Balanced Diet **Plants Feed Me**

Written and illustrated by Lizzy Rockwell

Sink your teeth into the plants that feed the world—flowers, fruits, seeds, and all!

With its simple text and bright, appealing illustrations, this book is perfect for young readers learning about where their food comes from.

Clearly-labeled diagrams show the different parts of plants we use and eat—leaves of spinach and cabbage, the roots of carrot plants, and the wide variety of fruits, such as apples, berries, and tomatoes. *Plants Feed Me* explores the different types of seeds we eat—beans, nuts, rice, and even how wheat is ground into flour and used to make many other types of food.



The Importance of Rest **Time For Bed, Old House**

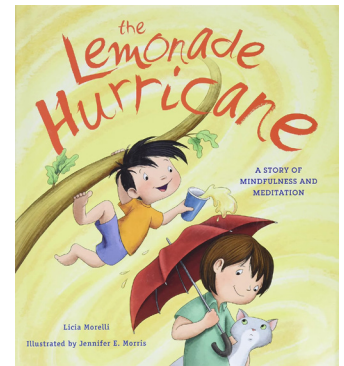
Written by Janet Costa Bates, illustrated by AG Ford

Isaac is excited about having a sleepover at Grandpop's house, but he's a little nervous about being away from home for the first time. Luckily, his knowing Grandpop tells him it's not quite time to go to bed yet—first, he needs Isaac's help in putting the house to bed. Quietly and slowly, they move from room to room, turning out lights and pulling down shades, as Grandpop gently explains the nighttime sounds that Isaac finds unfamiliar. Now it's time to read the house a bedtime story (Isaac is good at reading the pictures). By the time the house is settled in for the night, Isaac and Grandpop are ready for bed, too. Janet Costa Bates's tender story and A. G. Ford's cozy illustrations will have families—and extended families or friends—eager to take a wise Grandpop's cue and embrace a new nighttime tradition.

How to Be Mindful **The Lemonade Hurricane**

written by Licia Morelli, illustrated by Jennifer E. Morris

Henry is a lot of fun when he's not storming through the house, so Emma decides to teach him how to be still. By showing him how to sit, bow, and breathe, Emma is able to calm the hurricane within Henry. A perfect introduction to meditation for young readers, presented in a captivating story. The illustrations bring the story to life with delightful whimsy. Explore the simple mindfulness techniques in the back of the book.



Forming Healthy Habits **Healthy Kids**

by Maya Ajmera, Victoria Dunning, and Cynthia

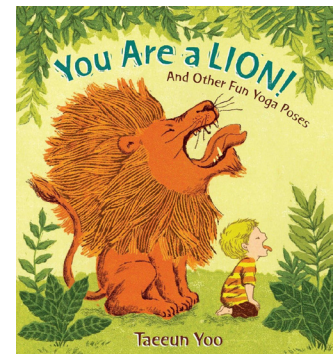
In this title from The Global Fund for Children, readers learn the different ways kids from around the world can stay healthy. Photographs showcase children from Afghanistan washing their hands, a team of boys from Australia playing sports, a group of girls from Panama wearing their seatbelts. There are many ways kids can practice healthy living, no matter where they live. In a foreword by Melinda French Gates, co-chair and trustee of the Bill and Melinda Gates Foundation, readers are reminded that not all children are lucky enough to have access to clean water, or to receive vaccines regularly. Back matter includes further information about how to live healthy lives, and how kids can help to improve healthy living around the world so that more kids become healthy kids.



The Home Stretch (and the importance of stretching!) **You Are a Lion - And Other Fun Yoga Poses**

written and illustrated by Taeun Yoo

With simple instructions and bright, clear illustrations, award-winning artist Taeun Yoo invites children to enjoy yoga by assuming playful animal poses. And she sparks their imagination further by encouraging them to pretend to be the animal - to flutter like a butterfly, hiss like a snake, roar like a lion and more. Yoga is great for kids because it promotes flexibility and focus - and it's relaxing good fun! The charming pictures of children and animals and the lyrical text make this gentle introduction to yoga a book to be treasured.



Additional Reads

Inspire Movement

Fauja Singh Keeps Going by Simran Jeet Singh
Wilma Unlimited by Kathleen Krull
The Quickest Kid in Clarksville by Pat Zietlow Miller
You Should Meet Jesse Owens by Laurie R. King

A Balanced Diet

Farmer Will Allen and the Growing Table
by Jacqueline Briggs Martin
Yummy by Shelley Rotner
Summer Supper by Fuel
Zombies Don't Eat Veggies by Megan Lacera

The Importance of Rest

If Your Monster Won't Go to Bed by Denise Vega
Please, Baby, Please by Spike Lee
Bedtime for Sweet Creatures by Nikki Grimes
I Just Want to Say Goodnight by Rachel Isadora

How to Be Mindful

All Around Us by Xelena Gonzalez
Nino Mindful: Rest and Relax by Whitney Stewart
Wonder Walkers by Micha Archer
A Morning with Grandpa by Sylvia Liu

The Home Stretch

Head, Shoulders, Knees, and Toes by Skye Silver
Yoga Tots: Strong Puppy by Tessa Strickland
Yoga Tots: Calm Bunny by Tessa Strickland
Up, Down, and Around by Katherine Ayers

More to explore

Tenacious: Fifteen Adventures Alongside Disabled Athletes by Patty Cisneros Prevo
We Move Together by Kelly Fritsch
The Floating Field by Scott Riley
Girls with Guts by Debbie Gonzalez
Ready, Set, Go! Sports of All Sorts by Celeste Cortright
The Water Walker/Nibi Emosaawdang by Joanne Robertson
What Do Wheels Do All Day? by April Jones Prince