DOCTOR RECOMMENDED CHILDREN’S BOOKS
Brought to you by Raising Readers

Physical Activity

**Head, Shoulders, Knees and Toes**
By Annie Kubler
Child’s Play
ISBN 9780859537285
Board Book, $4.99
An illustrated version of the song encourages toddlers to identify parts of the body and move to the rhythm. Ages 12 months-2 years.

**Llama Llama Hoppity-hop!**
By Anna Dewdney
Viking Childrens Books
ISBN 9780670013296
Board Book, $5.99
Invites children to join in the fun as young Llama Llama hops, stretches, touches and thumps. Ages 12 months-2 years.

**Hop, Skip and Jump, Maisy!**
By Lucy Cousins
Candlewick Press
ISBN 9780763658137
Interactive Hardcover, $12.99
An energetic Maisy Mouse invites young fans to help her move through an active day of stretching, skipping and turning somersaults. Ages 2-4 years.

**You Are a Lion!: And Other Fun Yoga Poses**
By Taeun Yoo
Nancy Paulsen Books
ISBN 9780399256028
Hardcover, $16.99
Children pretend to be many different animals as they do various yoga poses. Ages 3-7 years.

**Get Up and Go!**
By Nancy L. Carlson
Penguin Group USA
ISBN 9780142410646
Paperback, $5.99
Encourages readers to turn off the TV and play games, walk, dance, and engage in other forms of exercise. Ages 4-7 years.

**Happy, Healthy Ajay!**
By Stuart J. Murphy
Charlesbridge Publishing
ISBN 9781580894708
Hardcover, $14.95
Ajay learns what he needs to do so he can become healthier and play with his friends. Ages 5-6 years.

**The Busy Body Book**
By Lizzy Rockwell
Random House
ISBN 9780553113747
Paperback, $6.99
Explores all the ways the body moves, twists, and turns and how kids can stay fit. Ages 5-8 years.

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