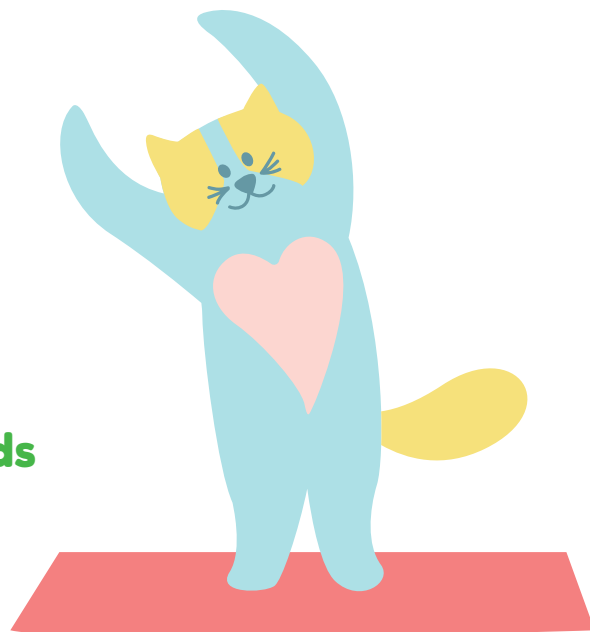


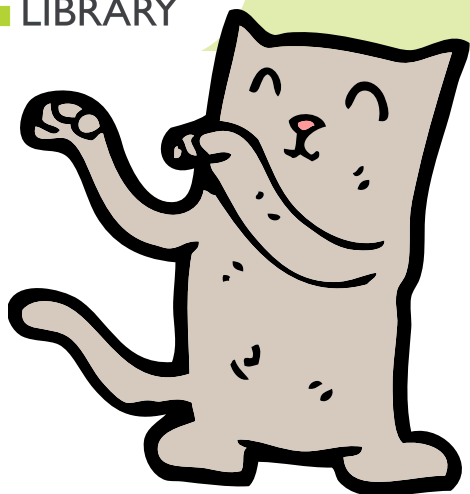
Move & Breathe Together

THIS BOOK BELONGS TO:



TO VIEW OUR "STRETCHY STORY TIME"
VIDEOS, VISIT OUR YOUTUBE CHANNEL:
www.lincoln.library.on.ca/kids





Move & Breathe BINGO!

Place an x in the boxes of the activities you complete. Mark at least five activities in any row (across, down or diagonally), or challenge yourself to complete them all!

Hop like a
frog 10 times

Teach a mini yoga
class to someone
using your
favourite poses
from this book!

Design an
obstacle course
inside or outside
using whatever
supplies you have
on hand!

Breathe in deeply,
then breathe out
and say, "Moo!"
like a cow. Repeat
with another
animal sound!

Run in place
for 5 minutes.
Can you do
10 minutes?

Lie down on your
back with a stuffy
on your tummy.
Breathe deeply and
watch your stuffy
move up & down!

Waddle like a
penguin all
around the
room!

Lie down
comfortably and
simply notice
yourself breathing in
and out as you count
down from 10 to 0.

Jump like a
kangaroo! Try
10 kangaroo
jumps.

Lie down on your back
with one hand on your
belly and one hand on
your heart. Breathe
deeply and feel your
chest and belly rise
and fall.



Plank for 10
seconds.

Do 10
jumping jacks

**FREE
SPACE**

Do 10
"flamingo
hops" (hop
on one leg!)

Stretch up high to
the sky, then
stretch down low
to the ground.
Repeat!

Try "flower breath."
Imagine you are
holding a flower.
Breathe in and
"smell" your flower,
then breathe out.
Repeat 3 times.

Walk like an
elephant -
don't forget to
swing your
"trunk!"

Lie down and
scrunch up every
part of your body -
your face, your
hands, your legs,
everything. Relax &
un-scrunch. Repeat.

Lie on your
tummy and try to
slither around
the room like a
snake!

Lie down on the
ground (inside or
outside) and
challenge yourself to
do nothing except
breathe & listen for
10 minutes.

Lie down on your back
and stretch out long
like a pencil, reaching
your arms above your
head and pointing your
toes. Hold for 5
seconds, then let go.
Repeat.

Walk on all
fours like a
bear around
the room!

Put on your
favourite song
and dance
around the
room!

Make a bed sheet
into a parachute.
Put a stuffed
animal or ball on
top and try to
shake it off!

Crab walk
around the
room!



Baby & Me Bounces & Tickles

Sing, tickle, clap and bounce with your baby as you enjoy some favourite songs from our Babies & Books classes!



TO VIEW A VIDEO OF FAVOURITE BABY SONGS, VISIT:
www.lincoln.library.on.ca/kids

Bouncing Songs

My Bonnie lies over the ocean (lift or lower baby every time you say a 'b' word)
My Bonnie lies over the sea. My Bonnie lies over the ocean. So bring back my Bonnie to me!
Bring back, bring back, oh bring back my Bonnie to me, to me! (x2)

Bumping up and down in my little red wagon (bounce) (x3)
Won't you be my darling?

Additional verses:

One wheel's off and the axle's broken (tilt to side and dramatically say "whoa!") (x3)
Jenny's going to fix it with her hammer (make hammering motion) (x3)

I'm toast in the toaster and I'm getting really hot (bounce child on lap) (x3)
Tick tock tick tock tick tock..... (drag out last tock to build anticipation)
POP! (lift baby high in the air)

Oh, the city is big (stretch out baby's arms) and the city is grand (make muscles!)
There's a whole lot of people (stretch out arms)
In a little patch of land (use fingers to signify a small amount)
We live way up on the 37th floor (lift baby in the air with a climbing motion)
And this is what we do when we go out the door.... We go in the elevator!
And the people go up (lift baby) and the people go down (lower baby) (x3)
And then they turn around

Tickle Songs

This little piggie went to market (wiggle baby toe or finger)
And this little piggie stayed at home (wiggle next toe or finger)
This little piggie had roast beef (wiggle next toe or finger)
And this little piggie had none! (wiggle next toe or finger)
And this little piggie (wiggle thumb or big toe) went wee wee wee wee wee (tickles!!)
All the way home

Criss cross (use fingers to make a cross on baby's back) applesauce (tickle sides)
Spiders crawling up your back (use fingers to 'crawl' up baby's back)
Tight squeeze (gently squeeze sides) Sea breeze (blow gently on the nape of their neck)
Now you've got the shivers!! (tickles!)

Round and round the garden goes the little bear (draw circles on baby's back/tummy with your finger throughout) One step ('step' with finger on baby), two step (again!) Tickle under there!
Round and round the garden goes the little bunny (draw circles on baby's back/tummy with your finger throughout) One step ('step' with finger on baby), two step (again!) Tickle on the tummy!

Pat-a-cake, pat-a-cake (clap your hands together, then clap them to your baby's hands)
Baker's man, bake me a cake as fast as you can! (continue clapping)
Roll it (rolling motion), knead it (rub fists together), and mark it with a B (trace a 'b' on your palm or baby's palm) And put it in the oven for baby and me! (continue clapping)

E-BOOKS TO SHARE, FREE
WITH YOUR LIBRARY CARD:

Available on: **hoopla**

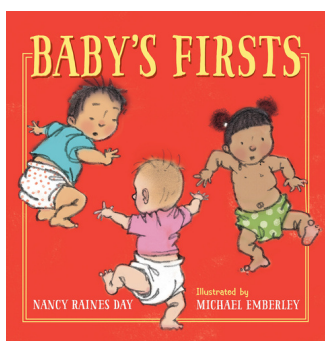
TRAINS GO



Perfect for introducing
new sounds to babies!



Vibrant photos introduce
babies to emotions.



A year in the life of three
active babies!



Baby & Me Yoga

A sequence of favourite movements from our Baby & Me yoga classes to enjoy with your baby or on your own. You may want a blanket and a favourite toy nearby for your baby while you stretch.

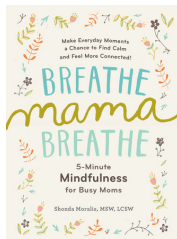


TO VIEW A VIDEO OF THIS YOGA SEQUENCE, VISIT:

www.lincoln.library.on.ca/kids

E-RESOURCES TO EXPLORE, FREE WITH YOUR LIBRARY CARD:

Available on: **hoopla**



HANDS TO HEART BREATHING



SEATED WARM-UP FLOW



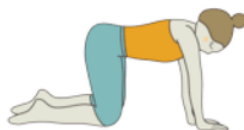
GENTLE NECK STRETCH



SEATED CAT POSE



TABLE TOP POSE



CAT / COW POSE



DOWNWARD DOG POSE



DOWNWARD DOG POSE TO PLANK POSE FLOW



CHILD POSE WITH BABY



"FLYING BABY" TWISTS FROM SIDE TO SIDE



TREE POSE WITH BABY



TREE POSE (OTHER SIDE)



CRESCENT LUNGE



GODDESS POSE



CRESCENT LUNGE (OTHER SIDE)



BRIDGE POSE



"SUPERHERO BABY" LEG LIFTS



**RELAXATION
POSE OPTIONS:**

LEGS UP THE WALL



LYING ON YOUR BACK OR SIDE



Please be mindful of your baby's developmental stage and level of head control when deciding how to involve them in this Baby & Me Yoga Sequence. Check in with your healthcare provider before beginning a postnatal fitness routine.



Stretchy Story Time

Up In The Garden And Down In The Dirt

by Kate Messner



TO VIEW A VIDEO OF THIS STORY TIME, VISIT:

www.lincoln.library.on.ca/kids

GARDEN YOGA



I am a tree.

TREE POSE



I am a frog.

SQUAT POSE



I am a seed.

CHILD'S POSE



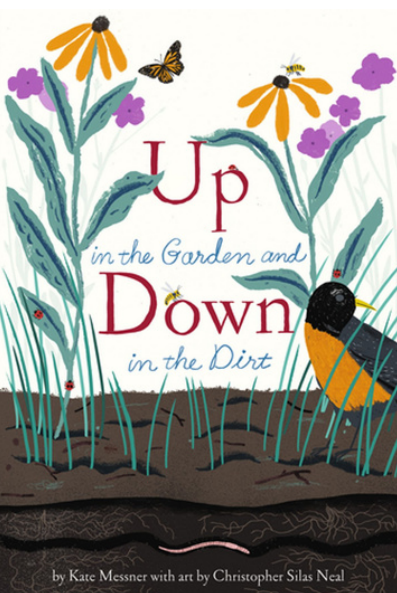
I am a butterfly.

COBBLER'S POSE



I am a flower.

FLOWER POSE

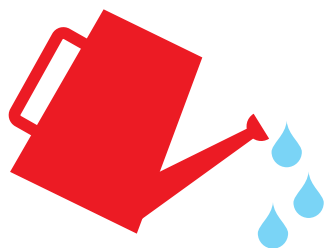


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OverDrive

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Stretchy Story Time

Stellaluna

by Janell Cannon



TO VIEW A VIDEO OF THIS STORY TIME, VISIT:

www.lincoln.library.on.ca/kids

NIGHT ANIMALS YOGA



I am a bat.

STANDING FORWARD BEND



I am a toad.

SQUAT POSE



I am a fox.

EXTENDED CAT POSE



I am a coyote.

DOWNWARD-FACING DOG POSE



I am an owl.

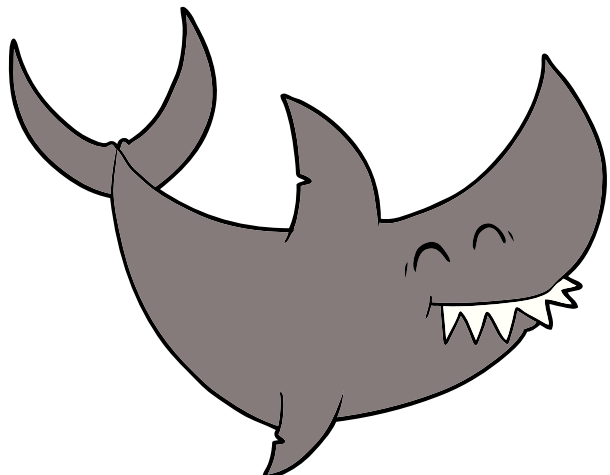
HERO POSE



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Stretchy Story Time

Shark Lady

by Jess Keating



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OCEAN YOGA



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MOVIE WITH READALONG
& AUDIOBOOK
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I am a jellyfish.

STANDING FORWARD BEND



I am a shark.

LOCUST POSE



I am a dolphin.

DOLPHIN POSE



I am a crab.

TABLE TOP POSE



I am a turtle.

TORTOISE POSE





Stretchy Story Time

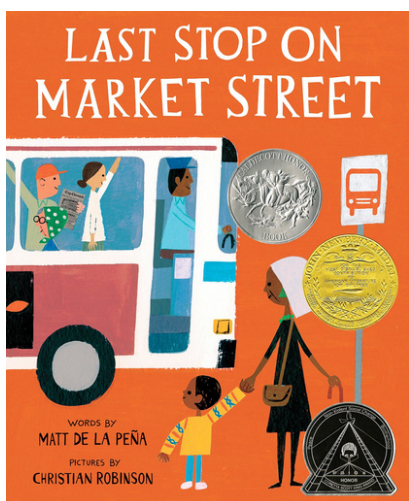
Last Stop On Market Street

by Matt de la Peña



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TRANSPORTATION YOGA



READ-ALONG MOVIE
AVAILABLE ON

hoopla



I am a boat.
BOAT POSE



I am a surfboard.
PLANK POSE



I am a sailboat.
TRIANGLE POSE



I am a train.
STAFF POSE



I am a motorbike.
LUNGE POSE



Stretchy Story Time

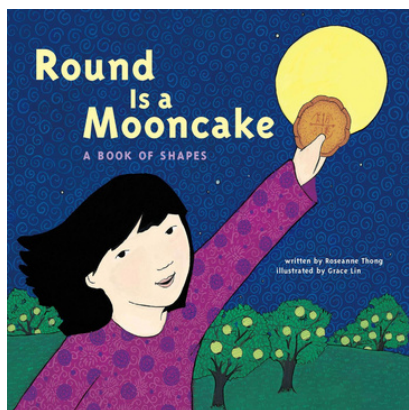
Round Is A Mooncake

by Roseanne Thong



TO VIEW A VIDEO OF THIS STORY TIME, VISIT:
www.lincoln.library.on.ca/kids

SHAPES YOGA



E-BOOK AVAILABLE ON

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I am a triangle.
DOWNWARD-FACING DOG POSE



I am a rectangle.
PLANK POSE



I am a square.
TABLE TOP POSE



I am a circle.
CHILD'S POSE



I am a star.
RESTING POSE





Partner Yoga!



PARTNER TREE POSE



PARTNER EAGLE POSE



**PARTNER DOWNWARD-FACING
DOG POSE**



LIZARD SUNBATHING ON A ROCK



PARTNER EASY POSE

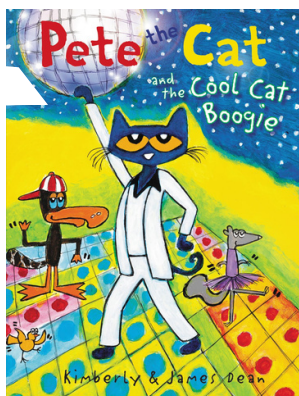


Stretchy Story Time

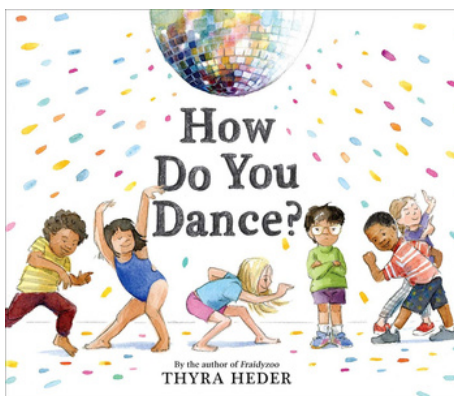
Move,
Groove
& Read!



TO VIEW A VIDEO OF THIS
STORY TIME, VISIT:
www.lincoln.library.on.ca/kids



Pete the Cat and the
Cool Cat Boogie
by Kimberly & James Dean



How Do You Dance?
by Thyra Heder

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Put on your
favourite
music and try
some new
dance moves!

DANCE PARTY!

