**Pierce County Library System**

**Early Learning Books, Rhymes & Fun**

**piercecountylibrary.org**

**MAY 2021 - Family and Community**

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**Books, Rhymes & Fun**

**A Butterfly is Patient by Diana Hutts Aston***

An introduction to the life cycle of a butterfly and to many different varieties of butterflies found around the world. Beautiful illustrations! Ages 5-9.

**Breathe with Me: Using Breath to Feel Strong, Calm, and Happy by Mariam Gates**

What do you do when you are feeling sleepy or angry or worried? You can practice calming breaths. This book walks children through many simple and effective ways of calming down or waking up through breathing. Ages 4-7.

**Now by Antoinette Portis**

A little girl describes how everything she is experiencing in the moment is her favorite – because it is here with her now. A wonderful story about appreciating the good all around us! Ages 4-7.*

**Quiet by Tomie DePaola**

Two children spend quiet and quality time outdoors with their grandfather. Ages 3-7.

**Hurry Up! by Kate Dopirak***

A book about slowing down. A little boy leads quite a fast-paced life until the world tells him to STOP and he begins to enjoy nature and the simple joys all around him. Ages 3-7.

**Here and Now by Julia Denos***

This calming, lovely story helps children to focus on where they are in the moment and appreciate the moment by moment (or here and now) in their own lives! Ages 3-7.

**The Rabbit Listened by Cori Doerrfeld***

Although many of his friends offer well-meaning advice to Taylor after something upsetting happens, it is his rabbit who does the best thing possible for him – listen. Ages 3-6.

**Waiting by Kevin Henkes***

A gentle story that celebrates waiting – waiting does not have to be hard or boring but it can be fun, relaxing and enjoyable for its own sake! Ages 4-7.

**Waiting is Not Easy by Mo Willems**

The fantastic duo of Elephant & Piggie teach us about waiting – how hard it can be but also how rewarding too, when we discover what we were waiting for! Ages 4-8.

**Yoga Bear by Sarah Jane Hinder**

A series of board books for very young children with simple yoga stretches they can do to help center and calm themselves anytime in the day. Ages 1-4. Check out Yoga Bug and Yoga Whale too!

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**Other Fun Books About Pausing, Mindfulness and Taking Time to Slow Down…**

All books that have an asterisk are available to read as an e-book on OverDrive.

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**New STARS class available for all teachers of young children in Pierce County**

**Flannel Board Fun: How to Make and Use Flannel Boards**

To view the seven videos in this class, go to the Library’s YouTube Channel – youtube.com/user/piercecountylibrary1. Look for the title “Flannel Board Fun” toward the bottom of the page. Once you begin watching the videos, you can contact Alison Pascone – apascone@piercecountylibrary.org for a short quiz to fill out and send back for STARS credit.
Mindful Jar Activity

What you need:
• A clear jar or bottle
• Glitter glue (one big tablespoon full, or a little more)
• Water

Each child can make their own mindful jar.

Make sure the lid is closed very tightly! This activity teaches children how strong emotions can take over and how to calm down when these emotions happen. Invite children to shake the jar. The glitter is like their thoughts when they are upset or angry.

When it is whirling around it makes it hard to see clearly. Ask children to set their swirling jar down in front of them and watch what happens when the jar is still for a little while – the glitter starts to settle and the water clears. This exercise can help children to understand that, just like the mindful jar settles and gets clearer to see when it is still and calm, when they are calm, their thoughts will also settle and they will see clearer.

It can also be a calming tool for children to watch when they are feeling overwhelmed or upset. Take a moment to shake the jar vigorously, set it down, and watch it settle itself gradually.

https://mindfulness4u.org/mindfulness-activities-children

Fun Learning Activities

BUNNY like BINGO

Sing to the tune of Bingo...

There was a rabbit I once knew
And bunny was his name-o
B-U-N-N-Y
B-U-N-N-Y
B-U-N-N-Y

And bunny was his name-o!

As you sing the song, take away a letter each time and replace the letter with a “HOP!”
By the end, you will be doing five hops.
Good song to get children up and moving!

A Butterfly Visitor

A butterfly came to visit me.  
First, he landed on my knee.  
Then, he flew down to my toes,  
Now, he’s sitting on my nose!

Fun rhyme to practice rhyming words and also words that talk about the order of things – first, then, next, etc.

Gratitude Flowers Craft

What you need:
• Colorful paper
• Scissors
• Glue
• Markers or crayons

Children cut out circles for the flower’s center and write their names on the circle (or grown ups write their names). Cut out flower petals and on each petal, children write or draw someone or something they are grateful for! Glue the petals behind the circle center. If you want to glue a stem for the flower, you can.

You can extend this activity to make a gratitude garden if you are doing this project with a class. Post your indoor garden up on a wall for all to see and add to…

Children can also take their flowers home right away to share with their families and friends!

blissfulkids.com/mindfulness-for-kids-gratitude-flowers

DID YOU KNOW? Pierce County has an Early Learning Coalition called “Project Child Success.”
You may read all about it and get involved here: projectchildsuccess.org