

**This week's  
theme:  
Zen/ Calm**

smith public library

# STORYTIME

Week of  
2/5/19

## BOOKS WE SHARED:

Owl Babies  
Martin Waddell

Little Cloud  
Eric Carle

If Your Monster Won't Go To Bed  
Denise Vega

A Bear and His Boy  
Sean Bryan

Honey  
David Ezra Stein

Leaves  
David Ezra Stein

Pete the Cat: I Love My White Shoes  
Eric Litwin

**Letter  
of the  
Week:**

**Z**

## Storytimes! @ SPL

- **Family Bilingual Storytime:**  
all ages- Tuesdays 6:30pm
- **Infants:** ages 0-11 months  
pre-walkers only!  
Wednesdays 10:00am
- **Toddler Time:** ages 1-2  
Fridays 10:00, 10:45am, & 11:30am
- **Big Kid Storytime:** ages 3-5  
Wednesdays 10:45 & 11:30am  
Thursdays 1:30 pm

Free tickets are required to attend all storytimes.

Tickets are available storytime day at the children's desk.

## Songs and Rhymes!

### 5 Yoga Cats

5 yoga cats stretching towards the floor. (forward fold)

1 left to play and then there were 4.

4 yoga cats practicing their tree. (tree pose)

1 left to play and then there were 3.

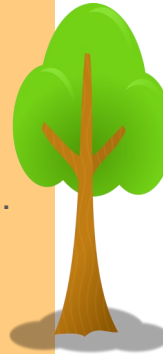
3 yoga cats practicing warrior two.

1 left to play and there were 2.

1 yoga cat stretching towards the sun.

She left to play and then there was one.

One yoga cat ready for a nap, laid down to rest and that was that!



### Toddler Yoga: Tall as a Tree

Tall as a tree  
(Stretch arms overhead)

Wide as a house  
(Stretch arms out to side)

Thin as a pin (Arms tight against side)

Small as a mouse  
(Crouch small)  
(Repeat)



## ZEN

IF YOU'RE ZEN AND YOU KNOW IT, STAND REAL TALL!  
(MOUNTAIN POSE)

IF YOU'RE ZEN AND YOU KNOW IT, STAND REAL TALL!  
IF YOU'RE ZEN AND YOU KNOW IT, THEN YOUR BODY  
WILL SURELY SHOW IT!

IF YOU'RE ZEN AND YOU KNOW IT, STAND REAL TALL!

Alternate with:

“breathe real big!” (Take a big breath in, hold it, and let a big breath out)

“stretch up high!” (Reach your arms up)