

Children’s Literature to Promote Physical Development in Preschool Aged Children



This book list is a resource for educators and families of preschool aged children to assist in choosing books to explore and read together. It is organized according to the experiences identified in *Essential Learning Experiences for Three, Four and Five Year Olds* from the Ministry of Education.

It is not intended to be an exhaustive list of the books that support physical development of young children but a starting point from which to begin discovering. You may observe that many of the books support other areas of development as well!

<u>Developing Loco-motor Skills</u>	
<i>Barnyard Dance!</i> by Sandra Boynton	<i>Dancing Feet!</i> by Lindsey Craig
<i>Doing the Animal Bop</i> by Jan Omerod	<i>From Head to Toe</i> by Eric Carle
<i>The Gingerbread Man</i> (many versions available, choose one you enjoy)	<i>Giraffes Can’t Dance</i> by Giles Andreae and Guy Parker-Rees
<i>How Can You Dance?</i> by Rick Walton	<i>If You Hopped Like a Frog</i> by David Schwartz
<i>If You're Happy and You Know It</i> by James Warhola	<i>In the Small, Small Pond</i> by Denise Fleming
<i>The Mole Sisters and the Wavy Wheat</i> by Roslyn Schwartz	<i>Move</i> by Robin Page
<i>Puddles</i> by Jonathan London	<i>Rosie’s Walk</i> by Pat Hutchins
<i>Slither, Swoop, Swing</i> by Alex Ayliffe	<i>Tumble Bumble</i> by Felicia Bond
<i>We’re Going on a Bear Hunt</i> by Michael Rosen	<i>Wiggle</i> by Doreen Cronin

<u>Developing Fine Motor Skills</u>	
<i>Beautiful Oops</i> by Barney Saltzberg	<i>Chalk</i> by Bill Thomson
<i>The Dot</i> by Peter Reynolds	<i>Hand, Hand, Fingers, Thumb</i> by Al Perkins
<i>Hand Rhymes</i> by Marc Brown	<i>Ish</i> by Peter Reynolds
<i>The Itsy Bitsy Spider</i> (many versions available, choose one you enjoy)	<i>Piggies</i> by Audrey Wood

Developing Stability/Balance

Balancing Act by Ellen Stoll Walsh	Cosmo Zooms by Arthur Howard
Five Little Monkeys Jumping on the Bed by Eileen Christelow	The Great Big Enormous Turnip (many versions available, choose one you enjoy)
Jack and the Beanstalk (many versions available, choose one you enjoy)	Shake My Sillies Out by Raffi
Ten Apples Up on Top by Dr Seuss	The Three Billy Goats Gruff (many versions available, choose one you enjoy)

Developing Manipulative Skills

A Ball for Daisy by Chris Raschka	Bear and Ball by Cliff Wright
Froggy Plays Soccer by Jonathon London	My Baseball Book by Gail Gibbons
My Soccer Book by Gail Gibbons	Pete the Cat Plays Ball by James Dean
Watch me Throw the Ball by Mo Willems	The Wheels on the Bus by Raffi

Developing Space and Body Awareness

Follow the Leader by Erica Silverman	Me and My Amazing Body by Joan Sweeney
Show Shakes by Loris Lesynski	Ten in the Bed by Audrey Wood

Developing Healthy Habits

Eating the Alphabet by Lois Ehlert	Evette's Invitation by Mike Huber
Fast Food by Saxton Freymann	How are You Peeling? Foods with Moods by Saxton Freymann and Joost Elfers
How Do Dinosaurs Eat Their Food? by Jane Yolen & Mark Teague	I Like Berries, Do You? by Marjorie Pitzer
I Will Never Not Ever Eat a Tomato by Lauren Child	The Very Hungry Caterpillar by Eric Carle