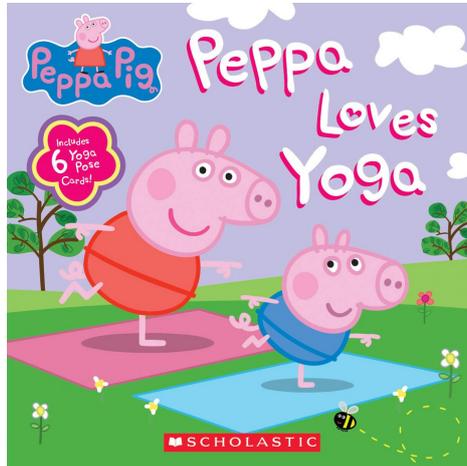


EARLY LITERACY ACTIVITIES FOR FAMILIES

Recommended Age Group: Preschool



Book Highlight:

Peppa Loves Yoga

By Lauren Holowaty

It is a busy day at Peppa and George's playgroup, but they have a very special visitor coming in the afternoon. Miss Rabbit is going to teach the children how to calm down and relax with yoga.

Questions to Ask While Reading

Asking questions while reading is a great way to support your child's learning. Ask questions that draw your child's attention to details in the story, encourage your child to make predictions, help your child understand new words, and support your child in recognizing similarities and differences between the story and their life. Try these out to get started!

Birth - 3 Years Old

What would you like to play with in that classroom?

Can you find Peppa? Show me!

Can you say 'namaste'? Let's practice.

Can you make your body look like Miss Rabbit's? Let's try.

3 - 5 Years Old

Have you done yoga before? Tell me about it!

Who do you think the visitor will be?

What do you think 'namaste' means?

Why do you think it is called tree pose?

Activities to Keep Children Engaged



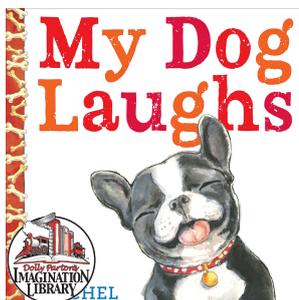
Scan to see a video of
Peppa Loves Yoga
being read.

Foster a love of reading through fun activities!

- Go back through the book together and pick out all the yoga poses that Peppa and her friends do. Practice doing these poses together! Once you and your child know how to do each pose, make your own yoga book by drawing or taking photos of each pose and writing its name.
- Do yoga like Peppa! Scan the QR code to do a guided yoga session that follows the story.
- The book talks about using yoga to calm down and relax when you are feeling stressed. Talk with your child about what it means to feel stressed and what they feel stressed about. Then you can work together to make a plan about how to relax during those times. Maybe your plan will include yoga!

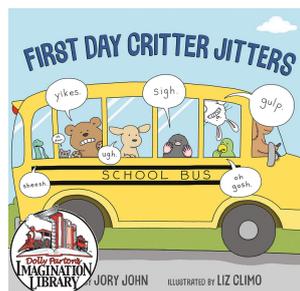
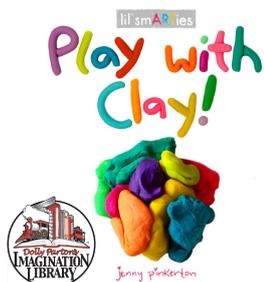


If your child likes this book, try these next!



"The seeds of dreams are often found in books and the seeds you help plant in your community can grow across the world."
~ Dolly Parton

Reading tip!
Children learn best when they can use their bodies and minds at the same time. If your child wants to try out the poses as you read, don't worry, they are still listening!



Don't receive books from Dolly Parton's Imagination Library? Scan the code to sign up so your child will receive one new book each month!