

# Beat the Boredom

## SUMMER READING PROGRAM



The following books are available at the Kenton County Public Library.

Library cards are free to residents of all ages. If you do not live in Kenton County, you can still get a free library card.

Learn more or apply for a card online at <http://www.kentonlibrary.org/library-card>.

### Self Esteem

**Hooray for You!** by Marianne Richmond

**Incredible Me!** by Kathi Appelt

**I Like Myself!** by Karen Beaumont

**It's Okay to Make Mistakes** by Todd Parr

**The I'm Not Scared Book** by Todd Parr

**I Like Me!** by Nancy L. Carlson

**100 Things to Make You Happy** by Lisa M. Gerry

### Food

**The Forest Feast for Kids** by Erin Gleeson

**Cool Eating** by Alex Kuskowski

**The Help Yourself Cookbook for Kids** by Ruby Roth

**Green Beans, Potatoes, and Even Tomatoes**

by Brian P. Cleary

**Building a Healthy Diet With the 5 Food Groups**

by Kim Etingoff

**What's So Yummy?** by Robie H. Harris

**My Daily Diet** by Rosa Waters

**Are You What You Eat?** by Dorling Kindersley, Inc.

**Eat Your Greens, Reds, Yellows, and Purples**

by Dorling Kindersley, Inc.

**How to Choose Foods Your Body Will Use**

by Rebecca Sjonger

**Fruit [DVD]: berries, citrus, dried fruit, fruit from trees & vines, melon**

### Fitness

**Yoga for Kids** by Lorena V. Pajalunga

**Good Morning Yoga** by Mariam Gates

**Shake Your Tail Feathers, Doc McStuffins**

by Andrea Posner-Sanchez

**Fitness for Young People** by Anthony Atha

**Get Moving!** by Mari Schuh

**Keep Running, Gingerbread Man!** by Steve Smallman

**Start Sweating!** by Rachele Kreisman

**ABC Yoga** by Christiane Engel

**Get Outside Guide** by Nancy Honovich

**Move Your Body!** by Gina Bellisario

**Exercise!** by Katie Marsico

**Being Fit** by Valerie Bodden

**I Like to Exercise** by Lisa M. Herrington

**10 Ways I Can Live a Healthy Life** by Sara Antill

**Sesame street [DVD]: Elmo's world: food, water & exercise**

**YogaKids [DVD]: for ages 3-6**

**Ballet class for kids! [DVD]: a fantasy garden I & II**

**Care Bears: Fitness Fun [DVD]**

**Get Fit America for Kids! [DVD]**

**Sid the Science Kid: Feeling Good Inside & Out [DVD]**

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