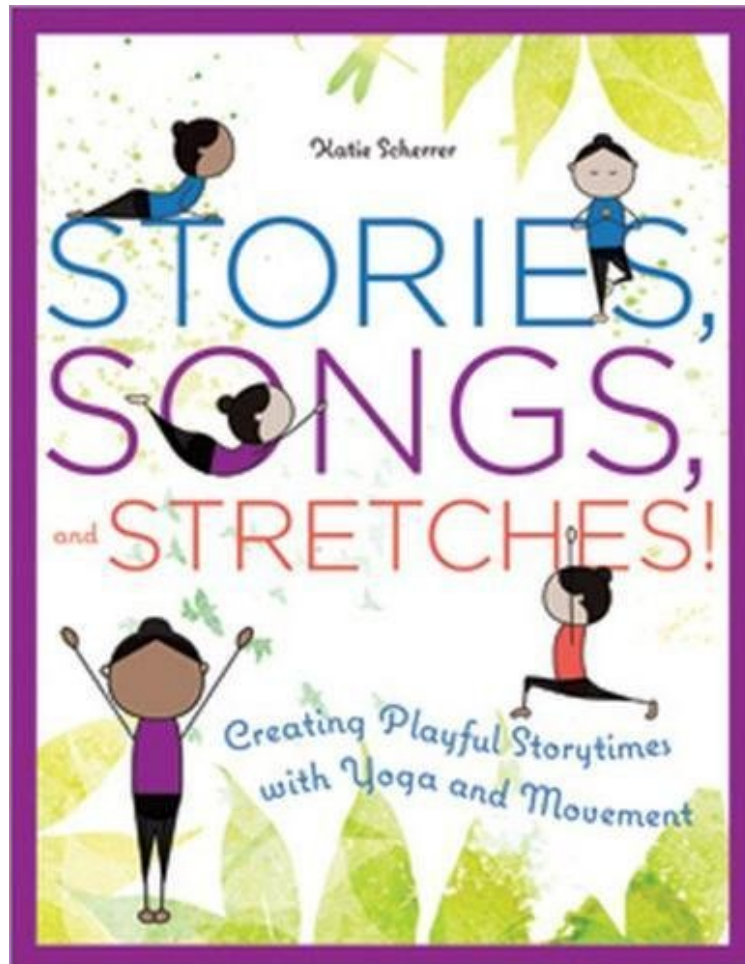


(Free pdf) Stories, Songs, and Stretches!: Creating Playful Storytimes with Yoga and Movement

Stories, Songs, and Stretches!: Creating Playful Storytimes with Yoga and Movement

Katie Scherrer

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Katie Scherrer : Stories, Songs, and Stretches!: Creating Playful Storytimes with Yoga and Movement before purchasing it in order to gage whether or not it would be worth my time, and all praised Stories, Songs, and Stretches!: Creating Playful Storytimes with Yoga and Movement:

Young children love to move and that's a great thing! Because in addition to supporting early learning, storytime can provide young children with opportunities to explore physical movement. The centuries-old contemplative movement practice known as yoga is more than just a passing trend; it can offer physical, emotional, and mental benefits to practitioners of all ages, including young children. And getting started with yoga storytime doesn't require any

previous yoga experience. This new book from accomplished library trainer Scherrer shows how to use yoga and movement to create playful, active storytimes. A complete guide for library staff and others serving young children, this resource draws on Scherrer's experience as a children's librarian and a yoga teacher, as well as research from the health and education fields, to introduce yoga, exploring its history while dispelling myths about the practice; demonstrate how yoga and movement can support children's early learning and social-emotional development; explain the differences between children's yoga classes and yoga storytimes; lay out step-by-step directions on how to design and launch a yoga storytime program, including guidance on materials selection, the logistical arrangements of physical space, props, and marketing; provide descriptions of more than 35 basic, child-friendly yoga poses suitable for anyone to use with children; offer 12 ready-to-use yoga storytime plans; and include an extensive bibliography of helpful print and online resources for future program planning. Readers will find the complete guidance they need to immediately begin incorporating yoga and movement into their storytime programs.

"Scherrer clarifies the issues involved in using yoga in storytime and distills the relevant information to present a guide enabling any librarian to present an authentic yoga movement storytime. For the librarian looking for more mindful use of movement in storytime, this book is a must-have. Written for the public librarian to be used in presenting preschool storytime, this book would be helpful to any early childhood educator, parent, or guardian who wishes to use yoga as a movement tool to support early learning." --Reference User Services Quarterly

About the Author
Katie Scherrer spends her time in the library and the yoga worlds, and she loves it when the two come together! Formerly a children's librarian, she is known for her consulting and training work helping libraries and educational organizations improve services to Latino immigrant communities through outreach and bilingual programming. She is also a Registered Yoga Teacher (RYT). Since 2013, she has been teaching yoga to children in many settings, including libraries, yoga studios, and schools. Katie graduated summa cum laude from Capital University (Ohio) in 2004, traveled the world, fell in love with yoga and libraries, and received her Master of Library and Information Science (MLIS) degree from Kent State University in 2009. She is the coauthor of *Once Upon a Cuento: Bilingual Storytime in English and Spanish*, published by ALA Editions.