

Early Childhood/Picture Book

Sutton, Lindsey. *Tommy and Tina's Yoga Fun: Greet the Day*. Illustrated by Michelle Collins. PreS-Gr1

Tommy wakes up and starts his day with yoga stretches. He is soon joined by his sister, Tina. Together, they move through a series of yoga stretches and poses that allow them to blissfully greet their day. Sutton chooses rhyming text to add a fun dimension to this how-to book that introduces young children to yoga. Readers will appreciate the simplicity of the bold, colorful illustrations that manage to be both eye-catching and soothing at the same time. The artwork plays an important role as each character demonstrates the correct yoga positions, but it does not overwhelm each page. All in all, this book is a great tool for parents who want to help their children learn about relaxation through yoga. As an added bonus, the book includes an album of songs that are set to familiar tunes that will have the whole family singing along. – Debbie Sellars, Library Media Services, Plano ISD, Plano, TX.