

Early Childhood/Picture Book

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

Sutton's yoga series features lively illustrations with simple, rhyming text that introduces youngsters to the basics of yoga. *Say Goodnight* is no exception. Readers who enjoyed the first two books are already familiar with the author's sing-song style that makes the books read like a story yet instruct like a pleasurable children's manual. As Tommy and Tina reach the end of the day, the siblings wind down by moving through yoga poses that help them to relax and get ready for bed. They attempt poses that are difficult but never give up as they try again and feel a sense of accomplishment. This delightful charmer is just the book to encourage little ones to get active while they learn to relax, calm themselves, and maybe even nod off peacefully to dreamland.

– Debbie Sellars, Library Media Services, Plano ISD, Plano, TX.