Recommended Books  
Prekindergarten

Lesson 1

• From Head to Toe by Eric Carle

Lesson 2

• Eyes, Nose, Fingers and Toes by Judy Hindley  
• Sleep Is for Everyone by Paul Showers  
• Our Skeletal System by Seymour Simon  
• Your Skin and Mine by Paul Shower  
• I’m Growing by Aliki  
• From Head to Toe by Eric Carle  
• Your Bones by Terri DeGezelle  
• My Amazing Body by Joan Sweeney  
• The Skin You Live In by Michael Tyler  
• The Boo Boo Book by Joy Masoff

Lesson 3

• Chocolatina by Eric Kraft  
• Bread and Jam for Frances by Russel Hoban  
• The Berenstain Bears and Too Much Junk Food by Jan and Stan Berenstain  
• Pancakes for Breakfast by Tomie De Paola  
• The Popcorn Book by Tomie de Paola  
• The Very Hungry Caterpillar by Eric Carle

Lesson 4

• Today I Feel Silly and Other Moods That Make My Day by Jaime Lee Curtis  
• How Are You Peeling? Foods with Moods by Saxton Freymann and Joost Elffers  
• Glad Monster, Sad Monster by Ed Emberley and Anne Miranda  
• The Feelings Book by Todd Parr  
• My Many Colored Days by Dr. Seuss  
• What Do You Do With a Problem? By Kodi Yamada

Lesson 5

• Brontorina by James Howe  
• Houndsley and Catina by James Howe  
• How Do You Wokka-Wokka? by Elizabeth Bluemle  
• And Here’s to You! by David Elliott
- Stand Tall, Moly lou Melon by Patty Lovell
- 5 to 6 It Takes Cooperation! by Ellen Booth Church

Lesson 6

- Wilfrid Gordon McDonald Partridge by Mem Fox

Lesson 7

- A Cool Drink of Water by Barbara Kerley
- A Drop of Water: A Book of Science and Wonder by Walter Wick
- I Am Water by Jean Marzollo
- Water: Emergent Reader Science by Susan Canizares

Lesson 8

- The Vegetables We Eat by Gail Gibbons
- Monsters Don’t Eat Broccoli by Barbara Jean Hicks
- Life Cycle of a Bean (And) Life Cycle of an Apple Tree by Linda Gagliaoferro
- Tops and Bottoms by Janet Stevens
- Stems and Roots by David M. Schwartz

Lesson 9

- Monsters Don’t Eat Broccoli by Barbara Jean Hicks
- Eating the Alphabet by Lois Elhert
- From Seed to Plant by Gail Gibbons
- Growing Vegetable Soup by Lois Elhert
- Pancakes for Breakfast by Tommie dePaola

Lesson 10

- Your Body is Awesome by Digrun Danielsdottir
- Active for Life by Stephen Sanders
- Sleep is for Everyone by Paul Showers
- Hear Your Heart by Paul Showers
- Bread, Bread, Bread by Ann Morris
- Everybody Cooks Rice by Norah Dooley
- Beans by Terry Jennings