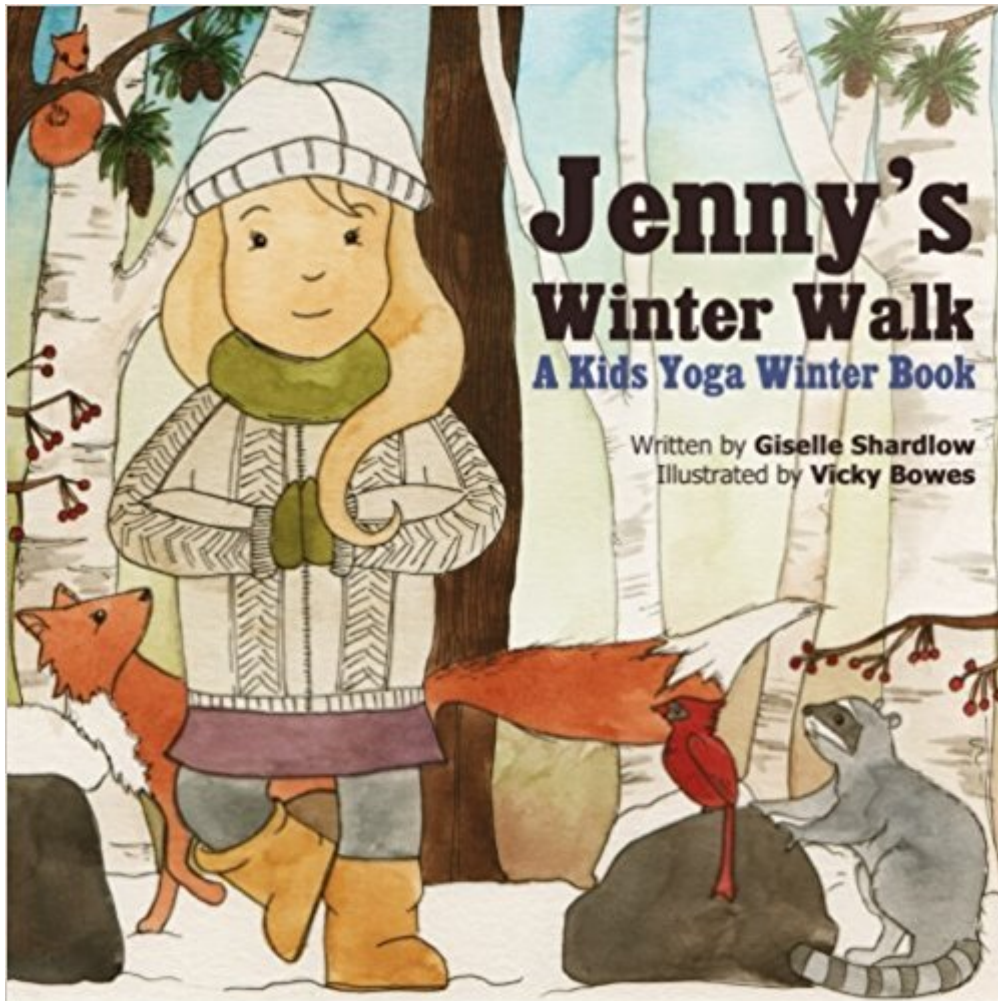




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# Jenny's Winter Walk: A Kids Yoga Winter Book



## Synopsis

Experience the benefits of yoga with your children or students by acting out what you see and hear in winter with this interactive yoga story, *Jenny's Winter Walk!* Join Jenny as she meets various animals on a winter walk with her mom. Be a squirrel, a fox, and a bunny. Discover winter, explore movement, and learn the five senses. The yoga storybook includes a list of kids yoga poses and a parent-teacher guide. Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! The story links several yoga poses in a specific sequence to create a coherent and meaningful story. This winter yoga story for ages 2 to 5 is more than a storybook, but it's also a unique experience for children.

## Book Information

Paperback: 34 pages

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Product Dimensions: 8.5 x 0.1 x 8.5 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 83 customer reviews

Best Sellers Rank: #446,208 in Books (See Top 100 in Books) #63 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #99 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

## Customer Reviews

The story highlights being aware of all that is around us innature and the practice of ahimsa, in a joyful yet calming way. - MaryJenny's Winter Walkis a perfect way to encourage children to enjoy the great outdoors, as well asebrace winter and yoga while looking after their bodies and their minds. -VictoriaAs an occupational therapist, I like that the yoga poses areof varying degrees of difficulty. - Sandral also like how this book has jumping jacks and balance beam,as well, as I can incorporate these activities into my PT sessions with thestudents. - Leslielt is a great way to introduce kids to yoga and winterhappenings in a fun and engaging way. - TaraMy kids are 2, 5, and 8, and they all love it! It's becomeone of our favorite books to read! - LaurenAnother amazing book! It's warm, cozy, and gentle. - WiseGirl Yogilt has inspired me to be more intentional on

our nature walks, incorporating more talking and observing out loud. - Rebecca A general sense of calm began to come over the class as we progressed through the book. - Melissa What a clever approach to teaching children about yoga! - Sandi We love books that also get us moving, and Jenny's Winter Walk fits the bill. - Karianne This book can take your child's imagination anywhere. - Bonny A great way to combine yoga and literature! - Jan

Giselle Shardlow draws from her experiences as a teacher, traveler, mother, and yogi to write her yoga stories for kids. The purpose of her yoga books is to foster happy, healthy, and globally educated children. She lives in Boston with her husband and daughter.

Awesome

a lovely book to use while teaching children's yoga. Works well for preschoolers and early primary students. Very nice pictures and explanations of poses as well...

A great story that incorporates yoga.

With lovely illustrations and a simply story, kids are encouraged to join in various yoga poses and discover more about themselves and the world around them. Jenny and her mother head out on a winter walk through the forest. Not only do they encounter all sorts of fun creatures but run across breath-taking, wintry scenes which inspire several yoga poses. This book starts out with a set of instructions, explaining how to use illustrations and story to its fullest potential. Then it dives right in. Jenny and her mother are introduced as a loving, caring mother and daughter. The obvious warmth and love already puts a smile on the face. They journey through a beautiful forest landscape, which is depicted in loving illustrations. There are cute animals around every corner, and the calmness of the landscape radiates from every page. Not only the sights, but the other five senses are addressed, allowing the world to unfold. On each spread, there's an illustration (usually in the lower corner) which depicts the name of a fitting yoga pose as well as a simple illustration of how it is to be done. These are fitting to the age group and not difficult to imitate, making it perfect for the younger age group. Kids are encouraged to join in and are sure to jump at the opportunity to strike the pose themselves. At the end of the book, there's a quick list of each pose with an accompanying illustration so that one doesn't have to flip back through the pages. There is also a section for parents/teachers with explanations and tips to help them use this book to its full potential. Summed

up, this is a lovely way to encourage young listeners/readers to explore yoga through the world around them. It shows a connection through calmness and warmth, and is sure to be read over and over again. I received a complimentary copy from the author.

Jenny's Winter Walk is wonderful children's yoga book from author Giselle Shardlow. I love how the storyline incorporates nature and weather in an enjoyable, interactive story. I read the book to my 4 year old daughter and she loved hearing the story about Jenny and her mama's adventures walking around outside in the cold weather. We live in Florida, so my daughter isn't as familiar with these winter scenes, but still likes to learn about what the winter is like. The most unique part of this book is how the yoga poses correlate so well with each scene. My daughter and I stopped on every page to do the yoga pose together like the mother and daughter in the story. When they saw pine trees, we did Tree Pose. When they spotted a cardinal, we did Warrior 3 Pose to mimic a bird. And when they saw a red fox, we did Extended Cat Pose to look like a fox. A major gem of this book is the Parent-Teacher Guide provided at the end. It outlines helpful ways that parents and teachers can engage their children—beyond just simply reading the book. The author provides important safety tips and suggestions for yoga props that can be used to enhance the practice. She explains how the book can be catered to different ages. Although it is geared toward 2-5 years olds, parents and teachers can add higher-level discussion for older children to identify meaningful observations and connections. Finally, she explains in more detail how children can develop mindful breathing and relaxation techniques by practicing yoga, such as the resting pose used at the end of the story. I highly recommend this book and the other interactive yoga stories by Giselle Shardlow. What a clever approach to teaching children about yoga! There is a yoga story for every season that your children will love.

Disclaimer: I received a free digital copy of this wonderful book. This book is well written. It engaged all four of my children and was easy for us beginning yoga gals to follow and enjoy. The pictures are so adorable! They draw you into the story. Jenny and her mother go on a fun nature walk, observing animals and other Winter sensory pleasures. It has inspired me to be more intentional on our nature walks, incorporating more talking and observing out loud. The Yoga poses are circled and a word is highlighted on each page to help guide you through the story. My girls were able to easily try each pose as I was reading and connect it to the story. Great book! I HIGHLY recommend it, especially those with children ages 3-10.

I love this new Winter Yoga book as it is geared around nature and animals. The illustrator's use of watercolor gives you a sense that it might snow as anticipated in the story. It models good family interaction and communication. It is special as all parents should spend more time with their children especially outdoors. As with all of her books, Giselle incorporates yoga poses with corresponding pictures. This is nice as it is Jenny doing the modeling and her hair falls as it would naturally in each illustration. It is beneficial to early readers that each picture has a word color coded in the story so students can make predictions of what is coming next. It is very peaceful when students are increasingly exposed to stressors. The book has simple minimal text which will allow me to stop and have students spend time on the poses or add to what they saw on their walk in the woods. I anticipate we'll use this book repeatedly and with a wide variety of possible follow-up activities or expansions to add more poses. The list of poses near the end will be great for follow up Occupational therapy sessions or for those shorter in length or for those students who need more practice. The parent teacher guide offers important yet not cumbersome information. This book makes a great addition to my seasonal yoga books by Giselle. I love the motivational ways to combine movement and learning and adding social/emotional strengths for the benefit of all of my students.

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 Jenny and the Cat Club: A Collection of Favorite Stories about Jenny Linsky (New York Review Children's Collection)  
 Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1)  
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