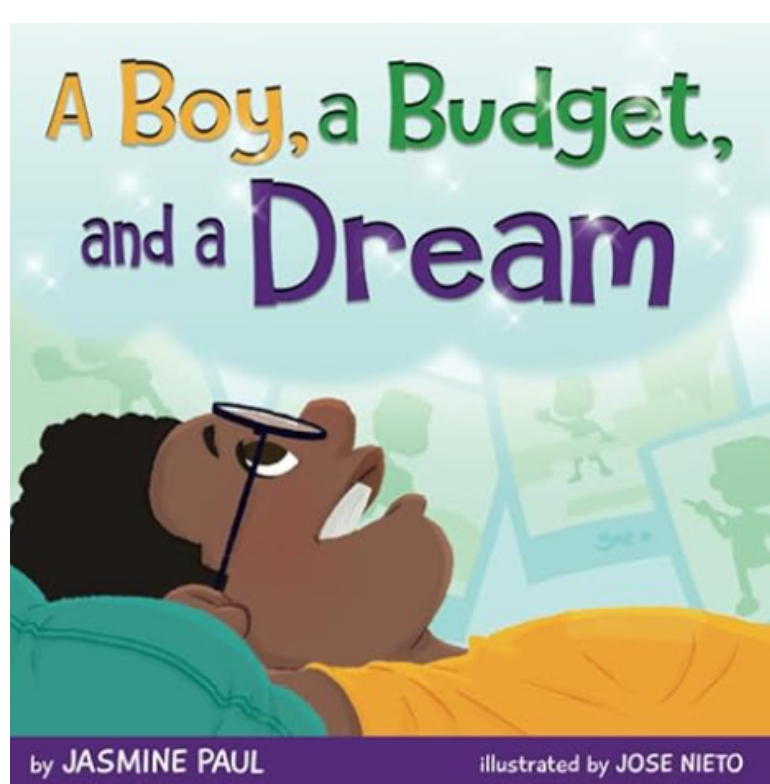


# Book Recommendations

## UConn 4-H Healthy Living

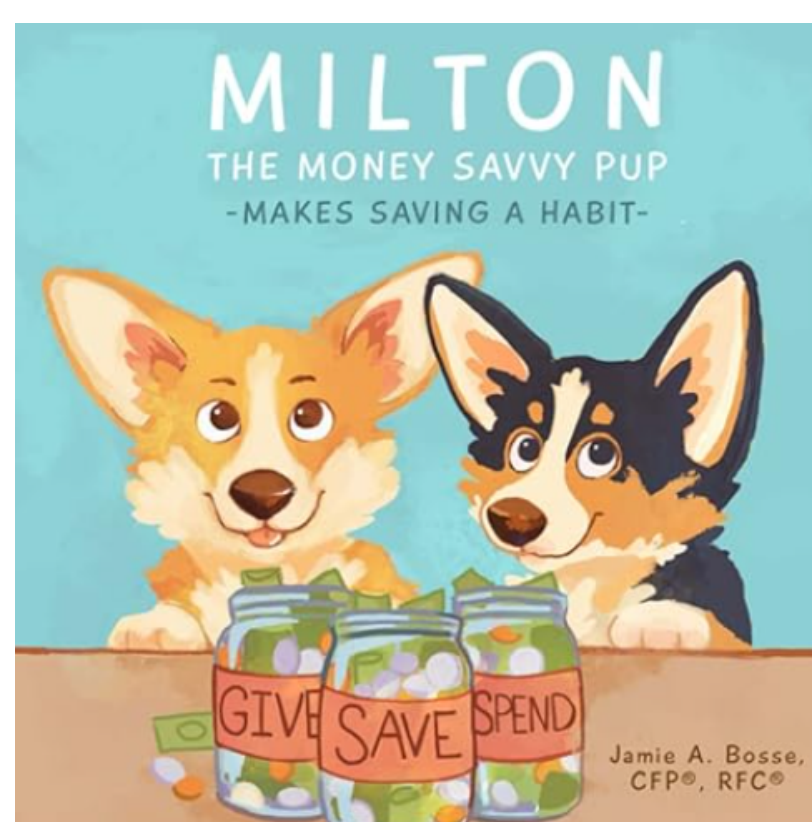
Interested in learning more about the topics discussed in this program? Check your local library for these recommended titles.

### Kit #1: Financial Literacy



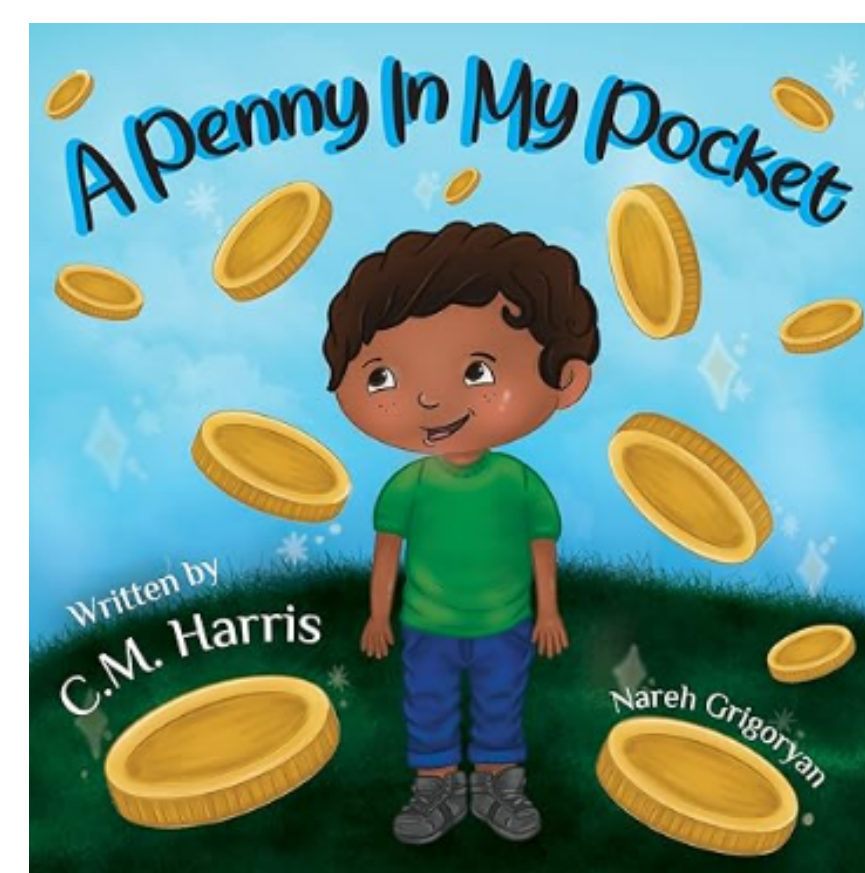
#### ***A Boy, a Budget, and a Dream***

By Jasmine Paul  
Picture book



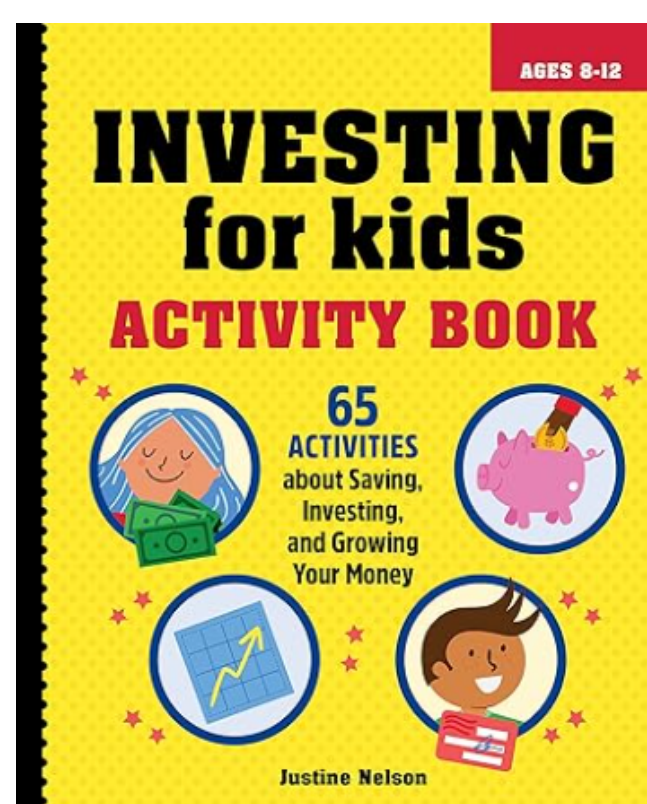
#### ***Milton the Money Savvy Pup: Makes Saving a Habit***

By Jamie A. Bosse  
Picture book



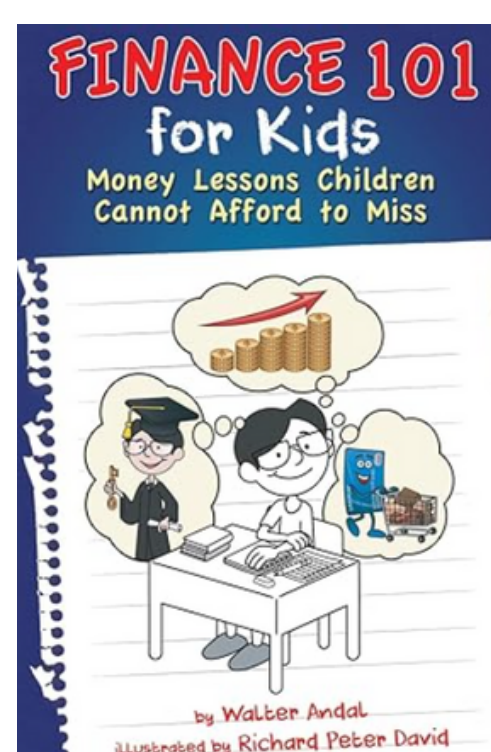
#### ***A Penny in My Pocket***

By C. M. Harris  
Picture book



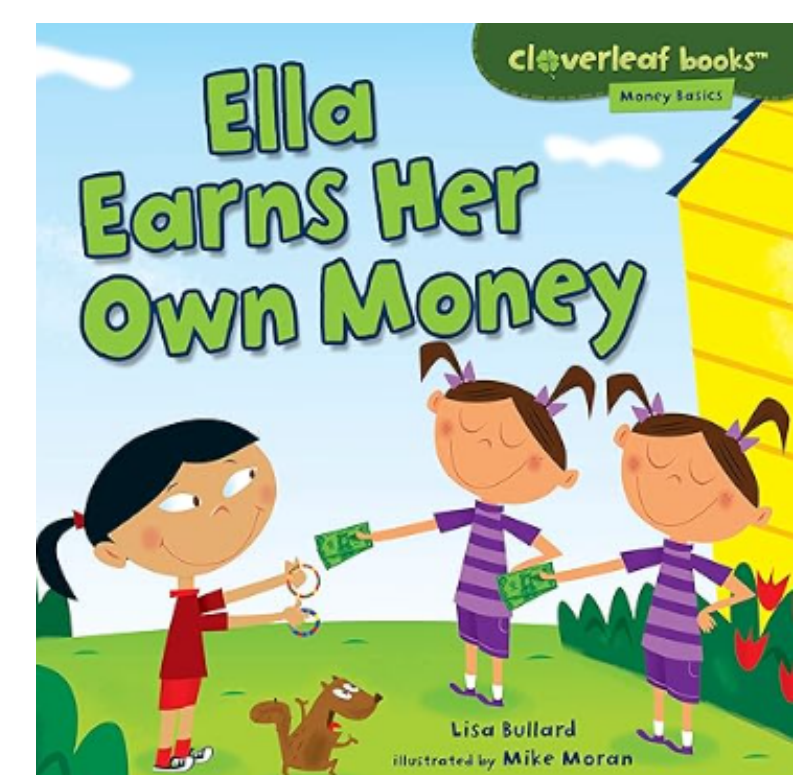
#### ***Investing for Kids Activity Book***

By Justine Nelson  
Ages 8-12



#### ***Finance 101 for Kids: Money Lessons Children Cannot Afford to Miss***

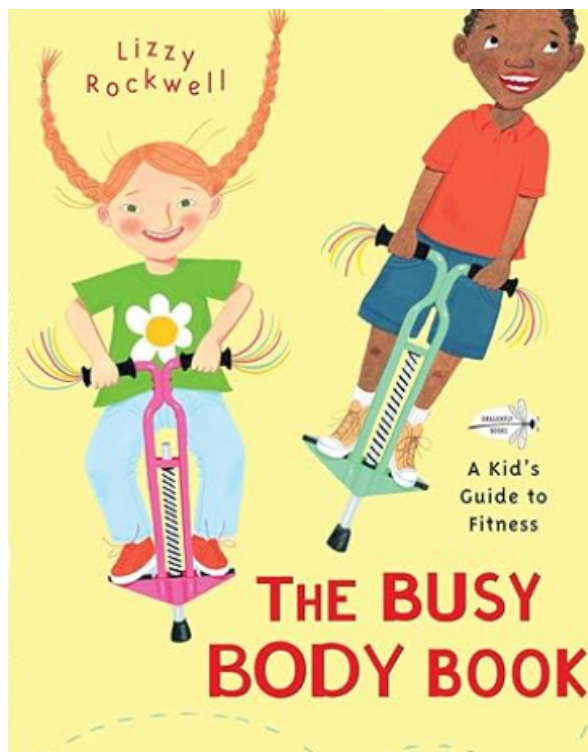
By Walter Andal  
Grades 8-11



#### ***Ella Earns Her Own Money***

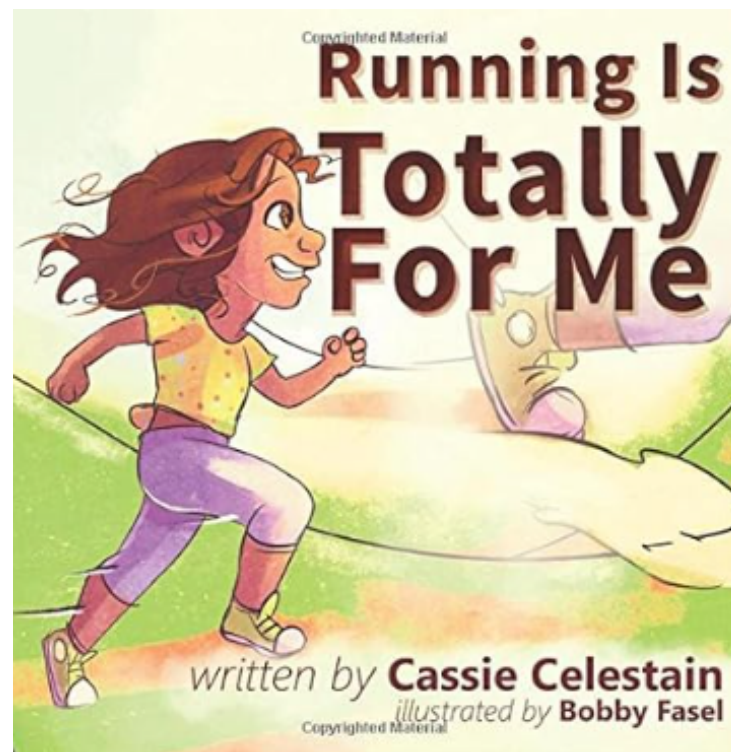
By Lisa Bullard  
Picture book

## Kit #2: Exercise and Fitness



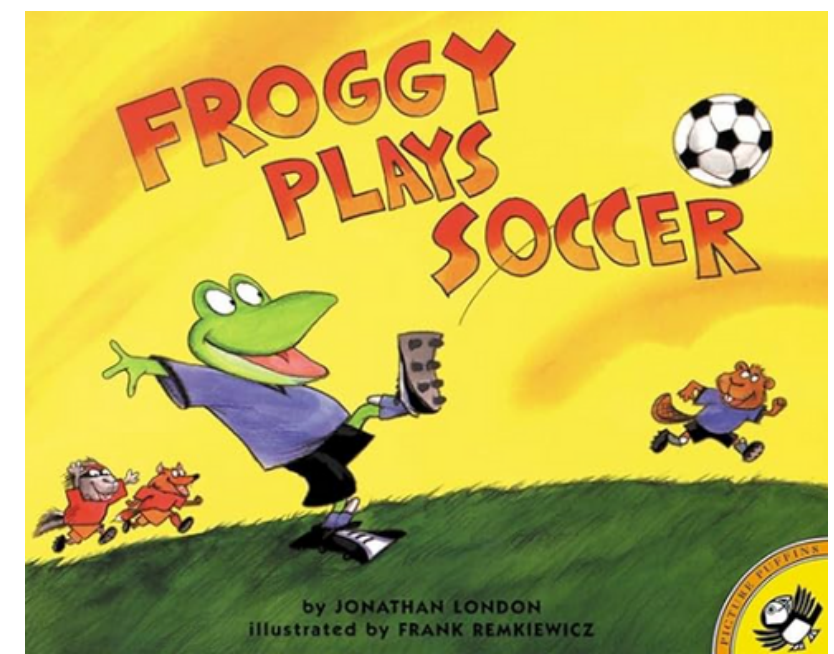
### ***The Busy Body Book***

By Lizzy Rockwell  
Picture book



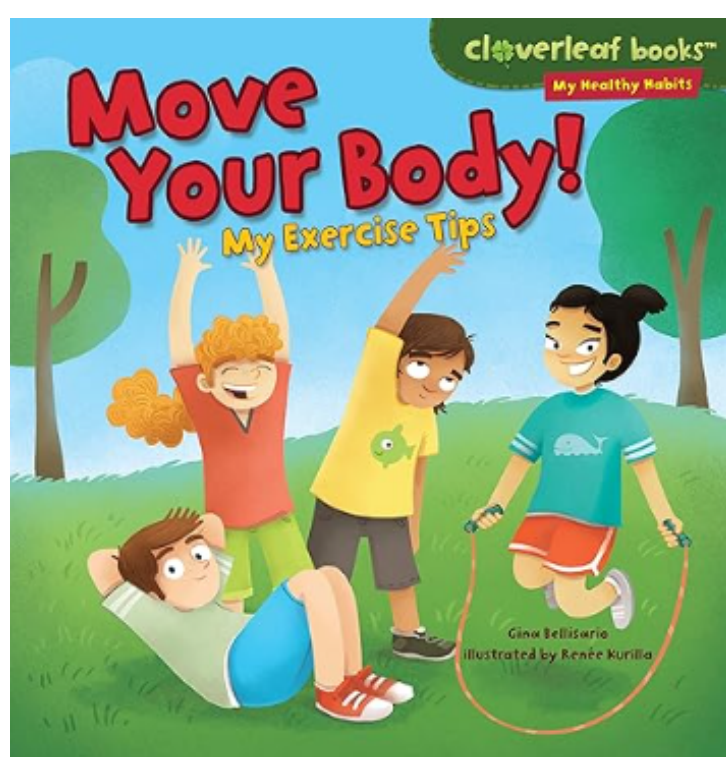
### ***Running is Totally for Me***

By Cassie Celestain  
Picture book



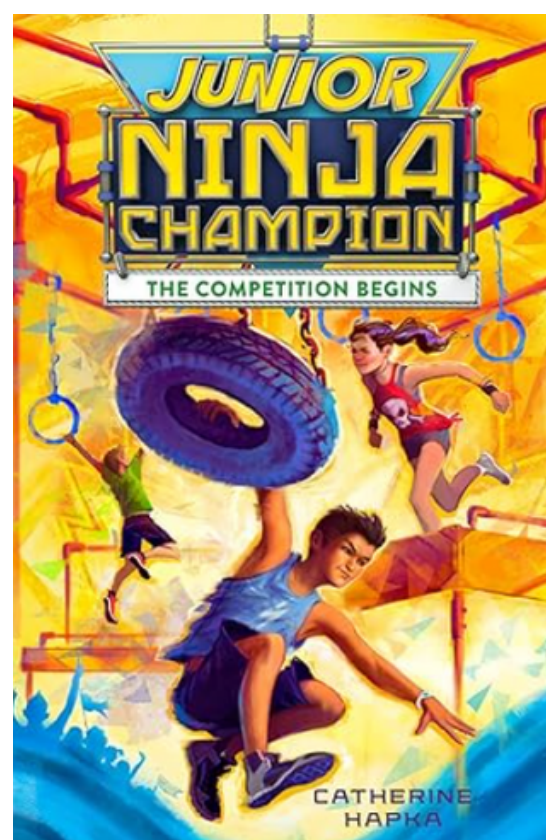
### ***Froggy Plays Soccer***

By Jonathan London  
Picture book



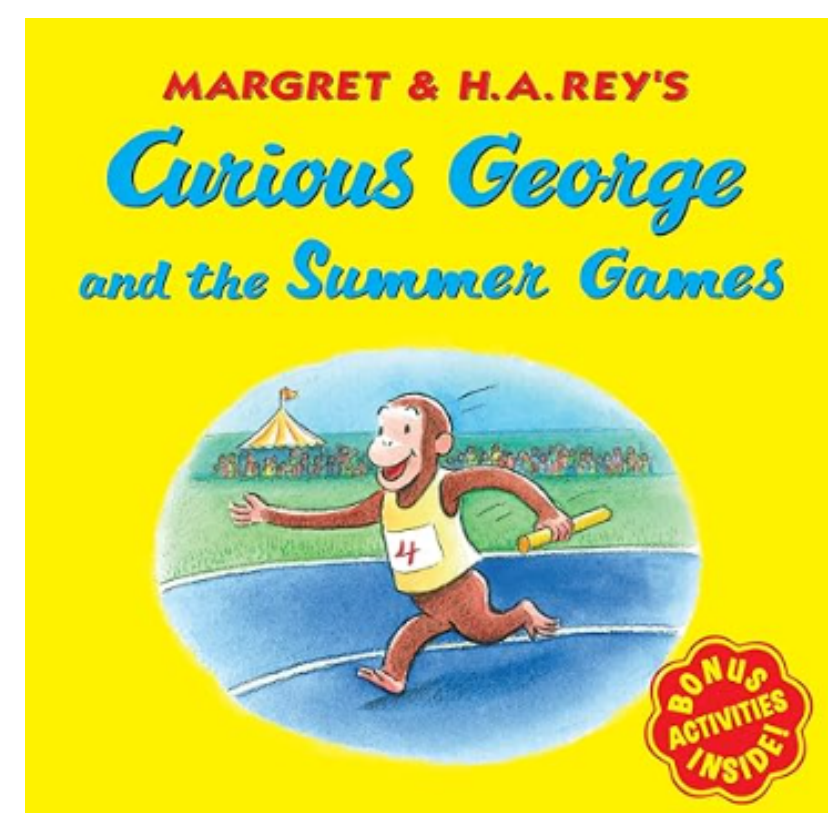
### ***Move Your Body!: My Exercise Tips***

By Gina Bellisario  
Picture book



### ***Junior Ninja Champion: The Competition Begins***

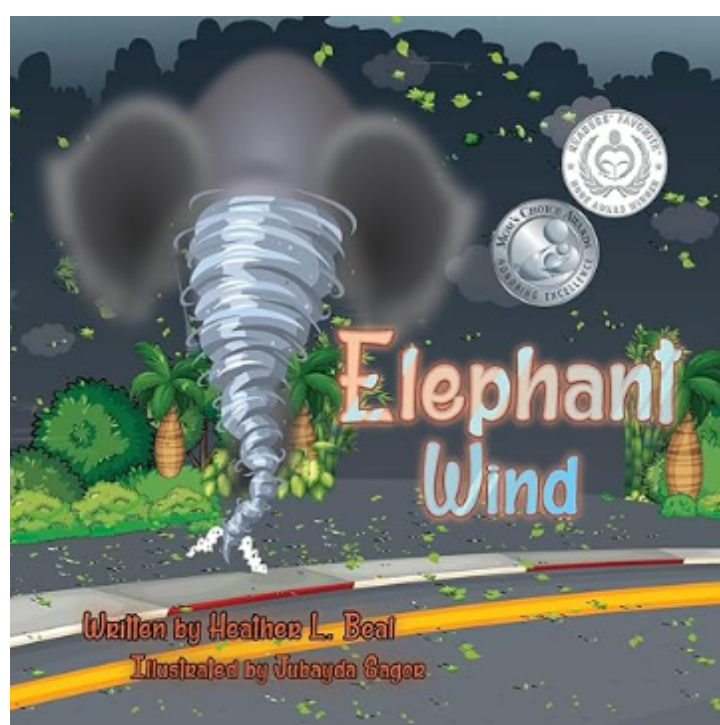
By Catherine Hapka  
Ages 10-12



### ***Curious George and the Summer Games***

By Margaret & H.A. Rey  
Picture book

## Kit #3: Emergency Preparedness



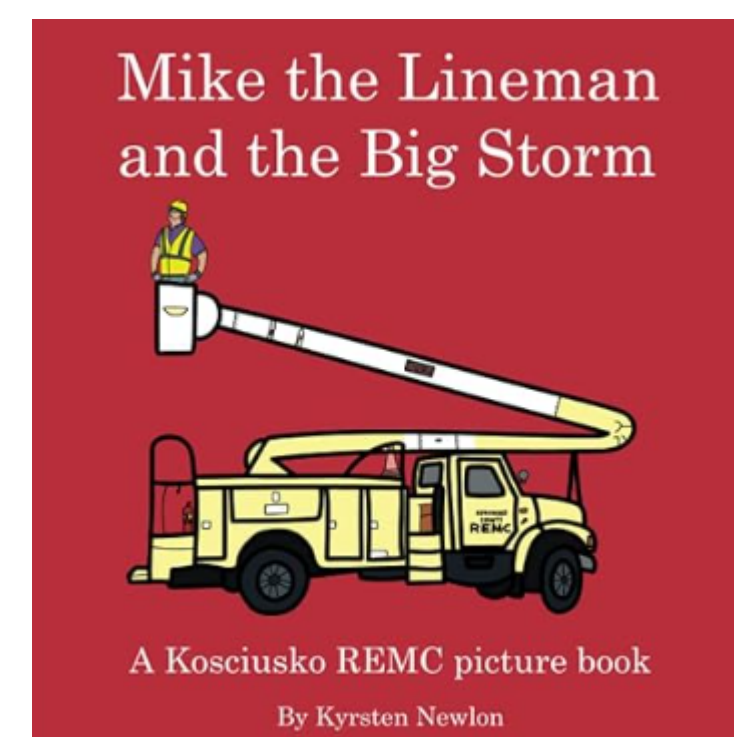
### ***Elephant Wind: A Tornado Safety Book***

By Heather L. Beal  
Picture book



### ***Plan and Prepare! (Fire Safety)***

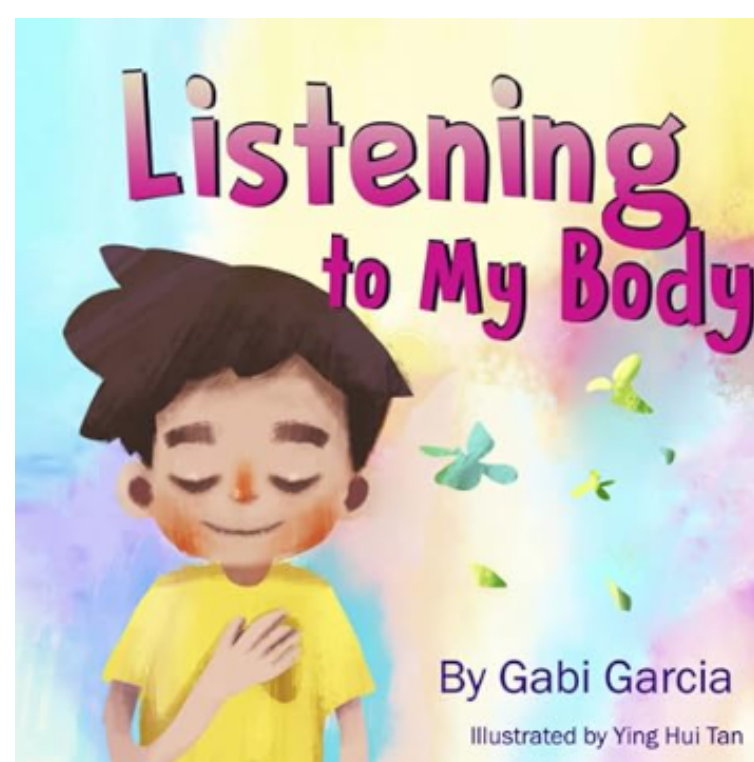
By Charles Ghigna  
Picture book



### ***Mike the Lineman and the Big Storm***

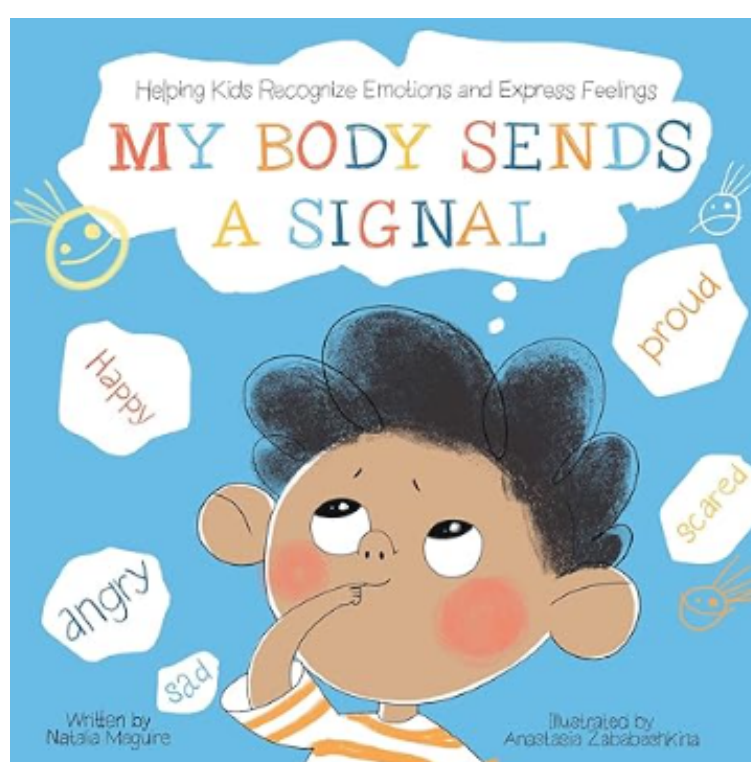
By Kyrsten Newlon  
Picture book

## Kit #4: Mindfulness



### ***Listening to my body***

By Gabi Garcia  
Picture book



### ***My Body Sends a Signal***

By Natalia Maguire  
Picture book



### ***In My Heart: A Book of Feelings***

By Jo Witek  
Picture book

## Kit #5: Nutrition



### ***I Can Eat a Rainbow***

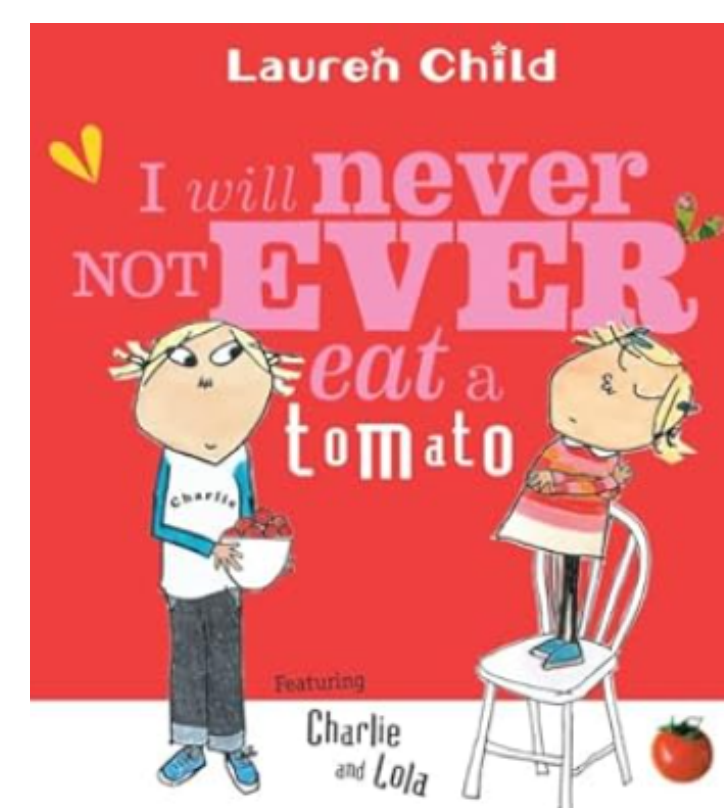
By Olena Rose  
Picture book

ADAM MANSBACH & CAMILA ALVES McCONAUGHEY



### ***Just Try One Bite***

By Adam Mansbach &  
Camila Alves McConaughey  
Picture book



### ***I Will Never Not Ever Eat a Tomato***

By Lauren Child  
Picture book

If you enjoyed this project, visit [4-h.extension.uconn.edu](http://4-h.extension.uconn.edu) to learn more about UConn 4-H. Check out the [UConn 4-H New London County](http://UConn 4-H New London County) webpage to view the videos and resources associated with this program.

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