

Payson City Library

DIY Storytime

Let's Explore Cats!

Here are some songs to sing together:

Three Fluffy Cats

(Sing to the Tune of "Three Blind Mice")

Three fluffy cats,
Three fluffy cats,
See how they run,
See how they run,
They're running loose all over the town,
They cause a mess and knock things down,
They better watch out or they'll be in the pound!
The three fluffy cats.

I'm a Little Kitty-Cat

(Sing to the tune of "I'm a Little Teapot")

I'm a little kitty-cat,
Soft and small,
I like to climb or chase my ball.
If you pick me up
And rub my fur,
You can hear me...purr and purr!

**Pick up a cat craft kit at the library
this week!**



VIRTUAL READ ALOUD of Favorite Books

Mac and Cheese

by Sarah Weeks

Some questions to ask during or after the story:

- Do you have friends who are different than you? If someone is different from you can you still be friends with them?
- When you feel grumpy, what can you do to make yourself feel happier?

Construction Cat

by Barbara Odanaka

Some questions to ask during and after the story:

- What do you think Construction Cat is building?
- Does someone go to work in your family? What do you like to do when they get home from work?

Let's Explore Cats!

Cats are known for stretching often. As a family, do some stretches like a cat:

Cat Yoga Pose

This is a calming pose that stretches out your back and neck.

- 1) Kneel on all fours.
- 2) Position your hands under your shoulders and knees under your hips.
- 3) Slowly arch your back up with your head down as shown.



Image from namastekid.com

Lazy Cat Exercise

Pretend you are a cat that just woke up from a long nap. Yawn as big as you can and let out a meow or purring sound. Then do some stretching. Here are some ideas:

- 1) Overhead Arm Stretch
 - Stand straight up in a natural standing position.
 - Raise your arms over your head, open the palms of your hands and open your fingers. Stretch your arms as much as is comfortable.
 - Hold this position for 5 seconds.
- 2) Kneeling Stretch
 - Kneel down and sit on your legs
 - Keeping your legs in that position, bend forward with your arms stretched forward and with your palms flat on the floor.
 - Hold for 3-4 deep breaths.



Parent Tip:

Activities like yoga and stretching are a great form of exercise and have many physical benefits. But these activities also help children learn to manage stress and anxiety, as they slow down their breathing and relax their mind. During the past year, many children have likely felt the stress of COVID-19 and the changes associated with it. Yoga & stretching, mindfulness, and breathing exercises allow children a way to manage their feelings of stress and cope in a healthy way.