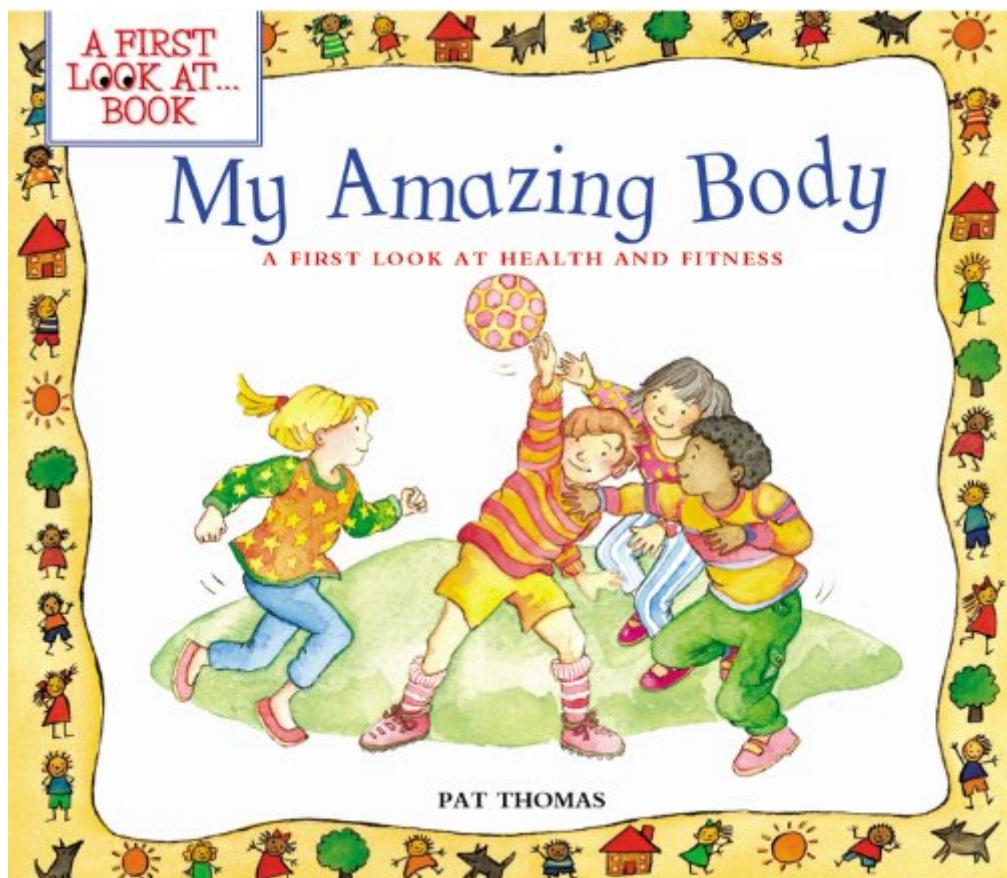


The book was found

# My Amazing Body ("A First Look At..." Series)



## **Synopsis**

Optimized for use on the Kindle, many aspects of health and physical fitness are explained in a way that younger children can readily understand. This lively picture book explores the importance of a good diet and plenty of exercise, and encourages kids to make positive decisions about caring for themselves. Kids discover that even healthy people get ill sometimes, but that our bodies have special abilities to protect us and restore our health. Titles in this series for younger children explore emotional issues that boys and girls encounter as part of the growing-up process. Books are focused to appeal to kids of preschool through early school age. Written by psychotherapist and counselor Pat Thomas, A First Look At books promote positive interaction among children, parents, and teachers, and encourage kids to ask questions and confront social and emotional questions that sometimes present problems. Books feature appealing full-color illustrations on every page plus a page of advice to parents and teachers.

## **Book Information**

File Size: 3199 KB

Print Length: 32 pages

Publisher: Barron's (September 23, 2012)

Publication Date: September 23, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00A7CSI3W

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #796,187 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #26 in Kindle Store > Kindle eBooks > Children's eBooks > Growing Up & Facts of Life > Health > Fitness #31 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > For Children #157 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness

## **Customer Reviews**

I bought this book for my son's kindergarten class, and it was a hit! The messages are clear and interesting. At this age, their minds are like sponges, soaking up information, but can become

saturated if too much. The illustrations were also very appropriate and underscored the theme of the book. Overall, this book struck a perfect balance for the 4 to 6 age group - not too wordy, great illustrations, definitely not babyish in development of theme.

Great book that my toddlers love reading. It briefly mentions the 5 senses, exercise, eating healthy, eating junk food, getting hurt, getting sick, cleanliness, sleeping and physical activity. It allows for discussion and elaboration, which is great and enjoyable especially with all of the colorful images.

Brought this for a boys and girls club to give to children to teach them about health and their bodies. They were happy.

Love the book! Talks about the wonderful our bodies do and how to keep it healthy! Perfect for preschool aged children!

[Download to continue reading...](#)

My Amazing Body: A First Look at Health and Fitness ("A First Look At..." Series) My Amazing Body ("A First Look At..." Series) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) The Bath and Body Book: DIY Bath Bombs, Bath Salts, Body Butter and Body Scrubs Organic Body Care Recipes Box Set: Organic Body Scrubs, Organic Lip Balms, Organic Body Butter, And Natural Skin Care Recipes Body Language: Discover and Understand the Psychological Secrets Behind Reading and Benefitting From Body Language (Read People On Sight - Body Communication - Nonverbal Communication) Body Language: Master the Art of Reading Anyone Through Nonverbal Communication (Body Language 101, Body Language Mastery, Read Everyone) The Goldfinch: An Amazing Summary & Analysis About This Book of Donna Tartt!! (BONUS: FUN QUIZZES TO HELP

YOU LEARN THE GOLDFINCH) (The Goldfinch: An Amazing ... Analysis; Paperback, Audiobook, A Novel) David Thompson: A Life of Adventure and Discovery (Amazing Stories) (Amazing Stories (Heritage House)) Summary - The Boys In The Boat: Novel By Daniel James Brown -- An Amazing Summary! (The Boys In The Boat: An Amazing Summary-- Audible, Audio, Audiobook, Summary, Novel, Paperback,) Summary - Influence: An Amazing Summary About This Book Of Robert Cialdini! -- The Psychology Of Persuasion (Influence: An Amazing Summary-- Persuasion, ... and Practice, Summary, Book, Influencer) A First Look at Communication Theory Bath Bombs: Fizzy World Of Bath Bombs - THE NEW EDITION! Amazing Recipes To Create Beautiful And Creative Bath Bombs (Organic Body Care Recipes, Homemade Beauty Products Book 2) Wheat Belly: 10-Day Grain Detox: Reprogram Your Body for Rapid Weight Loss and Amazing Health Vegan Raw Food Cookbook: 50+ Amazing Raw Food Recipes for a Sexy Body and a Focused Mind (Raw Vegan, Alkaline, Alkaline Foods, Plant Based, Detox Book 1) The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days

[Dmca](#)