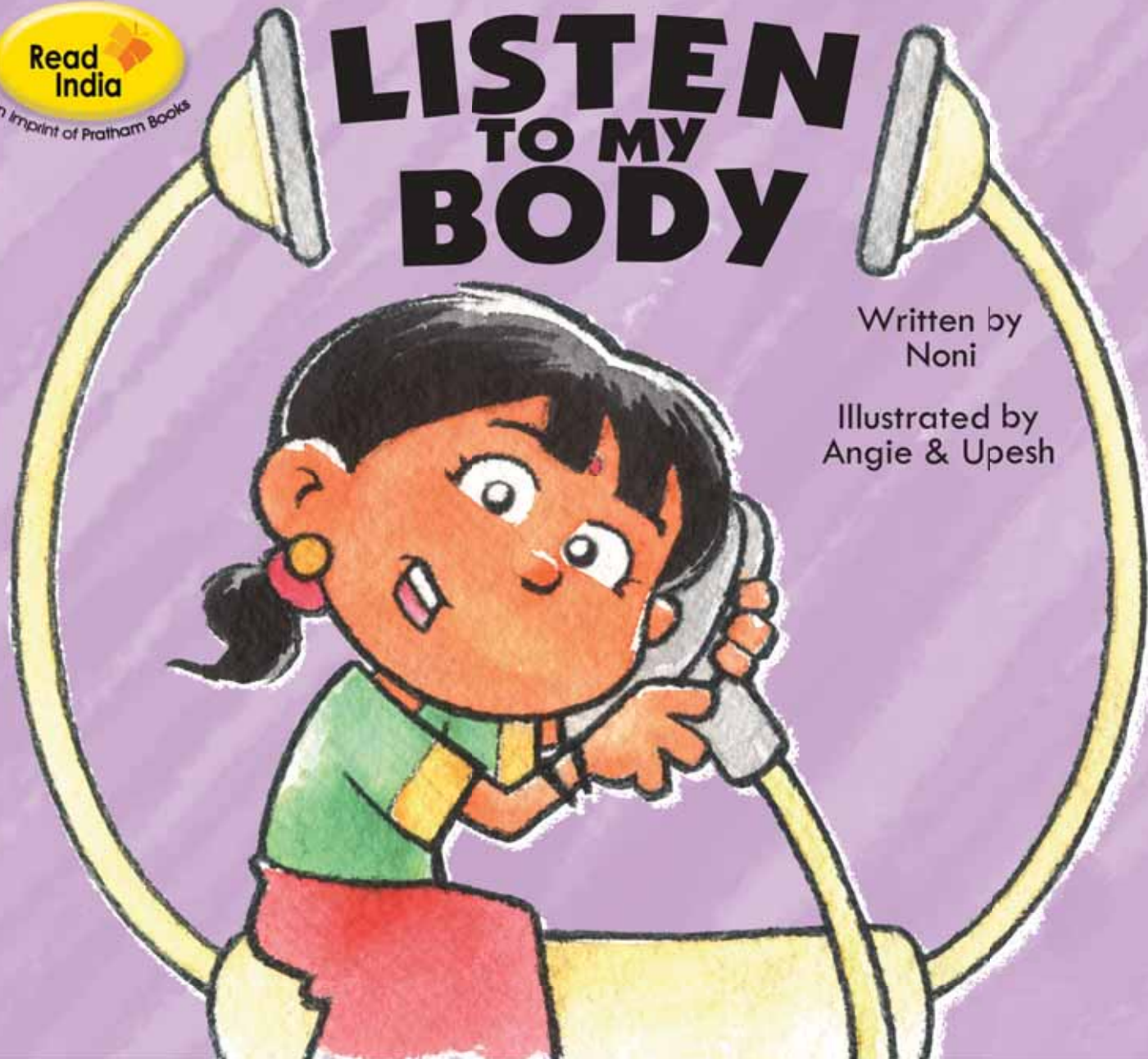




# LISTEN TO MY BODY

Written by  
Noni

Illustrated by  
Angie & Upesh



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# **LISTEN TO MY BODY**



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Today I am **NOT** going to school



It is a **holiday!**



Today I am **NOT** going to watch TV.



There is no **electricity** anyway.



**What am I going to do?**



Can you  
hear  
your body?



4

**Today  
I am going to  
listen to my body!**



**First, I have to be quiet. Very quiet.**

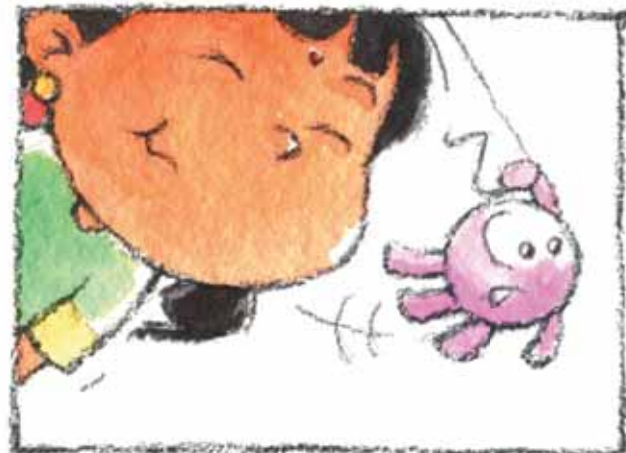
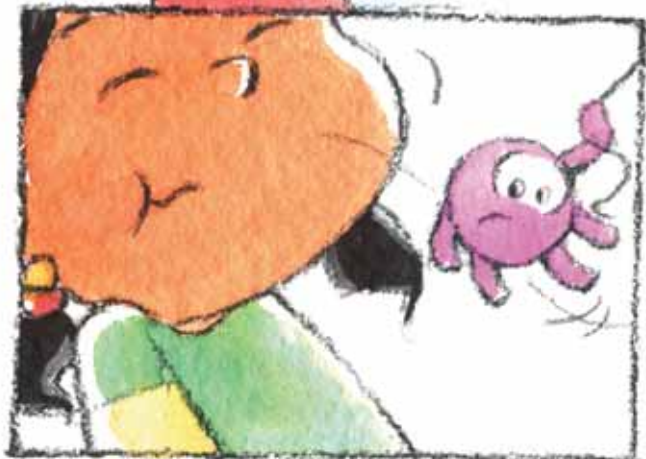


**So that I can listen to my own body.**



**Yes,  
now I can  
hear my breath.**

**In... out...**



**in... out...**



**And I can make my breath noisier ...**



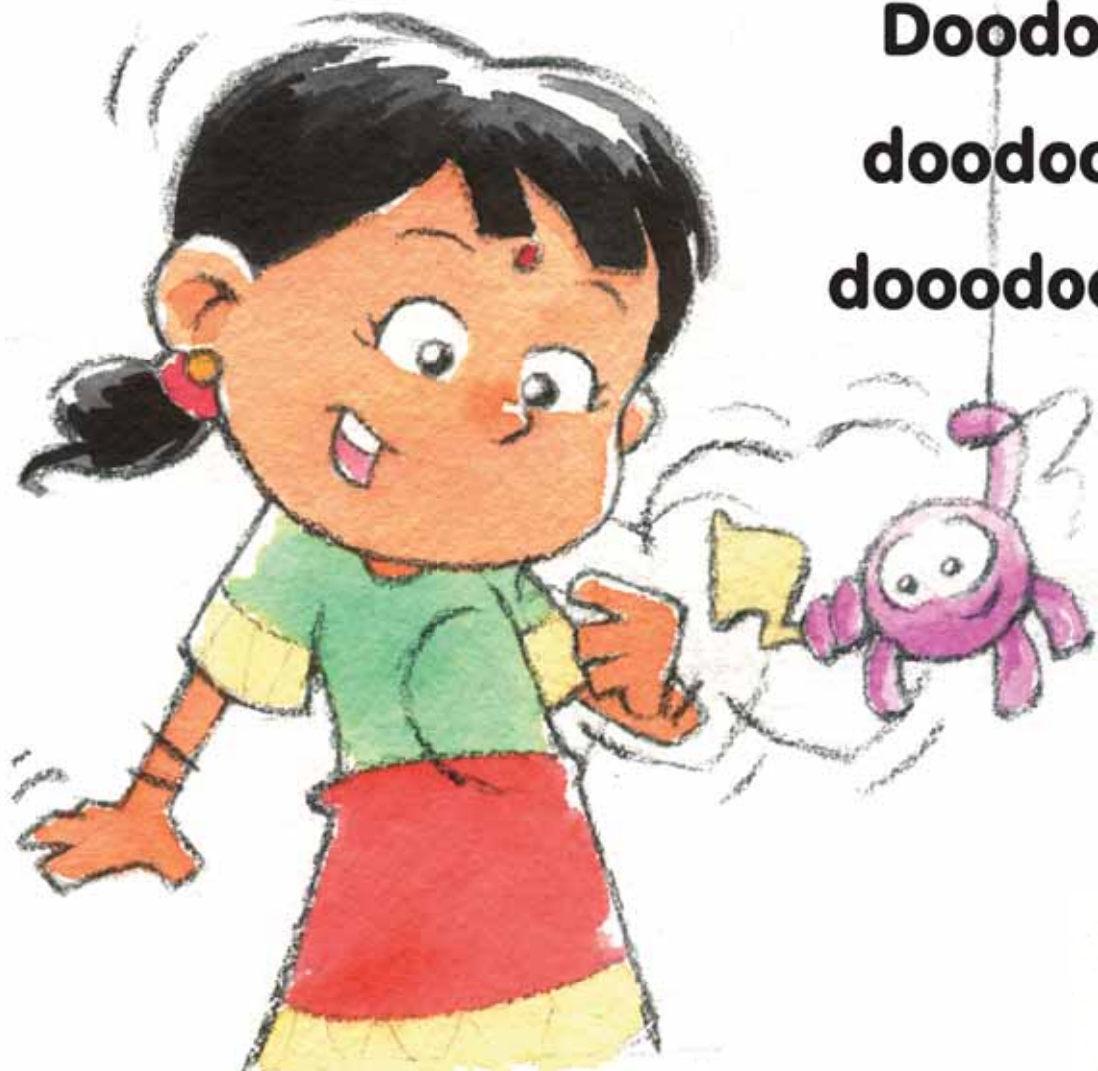
**Ssssssssssssss !**



**And softer  
Mmmmmmm**

And now  
I can hear my heart **beating!**

**Doodom,  
doodoom,  
doodoom**



**Can I make my heart go faster or louder?**



**Yes, by jumping  
up and down  
twenty times.**



Now see, my heart is **beating faster.**

**Doodom,  
doodoom,  
doodooom!**

