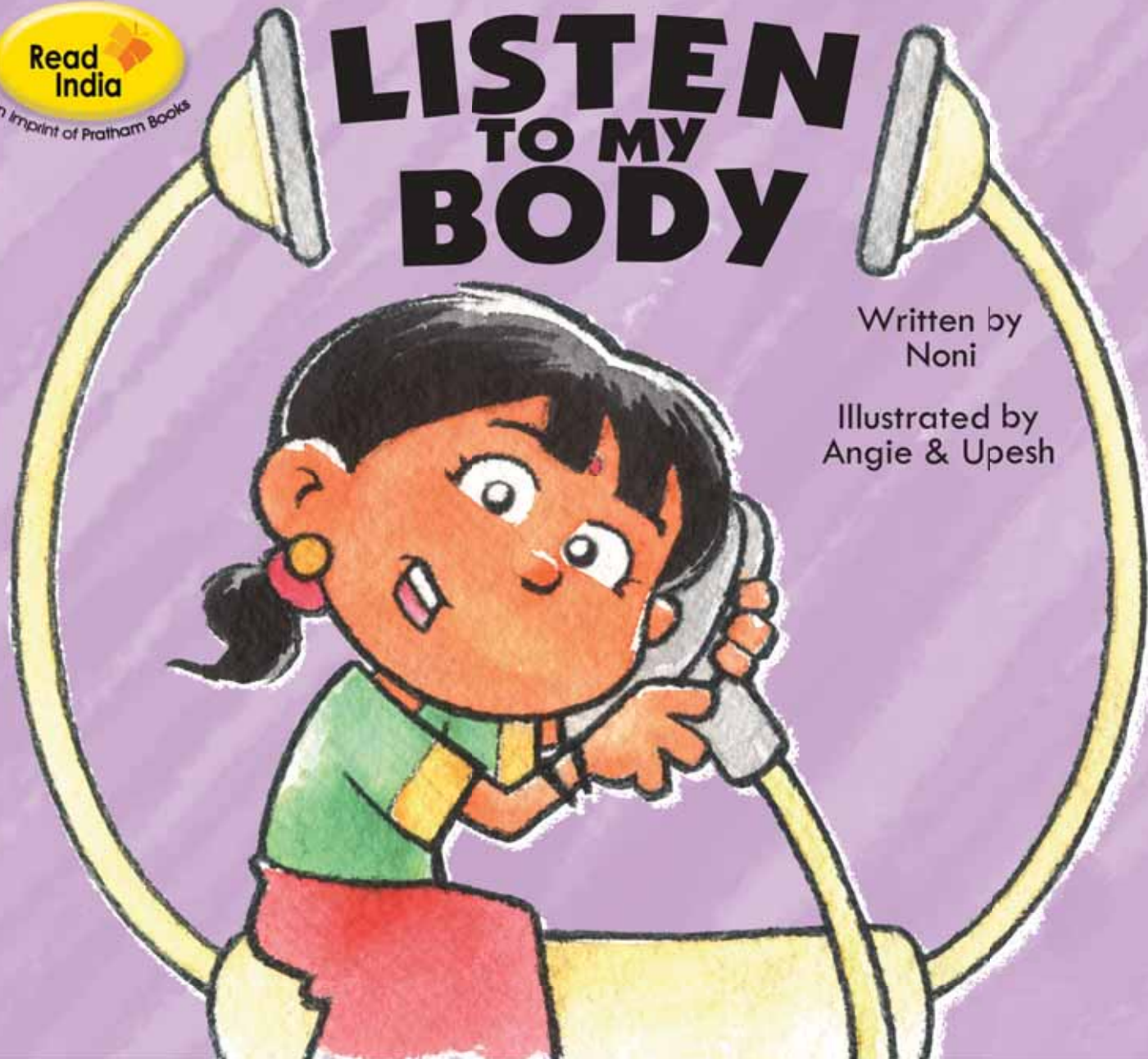




# LISTEN TO MY BODY

Written by  
Noni

Illustrated by  
Angie & Upesh



Listen to My Body by Noni  
© Pratham Books, 2008

First Edition 2008

Illustrations: Angie & Upesh

ISBN 978-81-8263-962-1

Registered Office:

PRATHAM BOOKS  
No.633/634, 4th "C" Main,  
6th 'B' Cross, OMBR Layout, Banaswadi,  
Bangalore- 560043.  
Phone: 080 25429727/ 8

Regional Offices:

Mumbai 022 - 65162526  
New Delhi 011 - 65684113

Typsetting and Layout by:  
The Other Design Studio

Printed by:

xxxxxxxxxxxxxx

Published by:

Pratham Books  
[www.prathambooks.org](http://www.prathambooks.org)

*All rights reserved. No part of this publication may be reproduced or distributed in any form or by any means, or stored in a database or retrieval system, without the prior written permission of the publisher.*



# **LISTEN TO MY BODY**



Written by  
Noni

Illustrated by  
Angie & Upesh

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.**

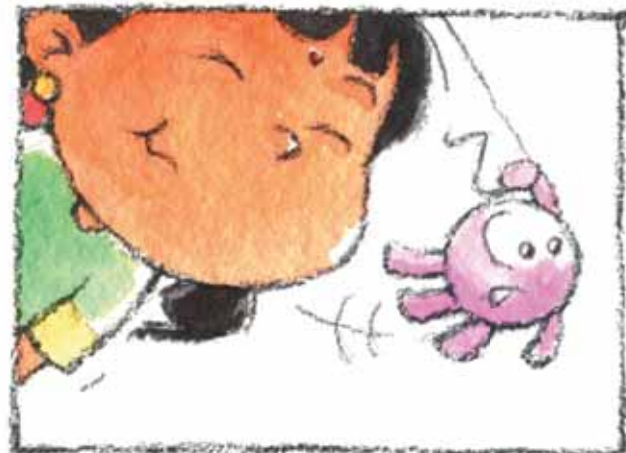
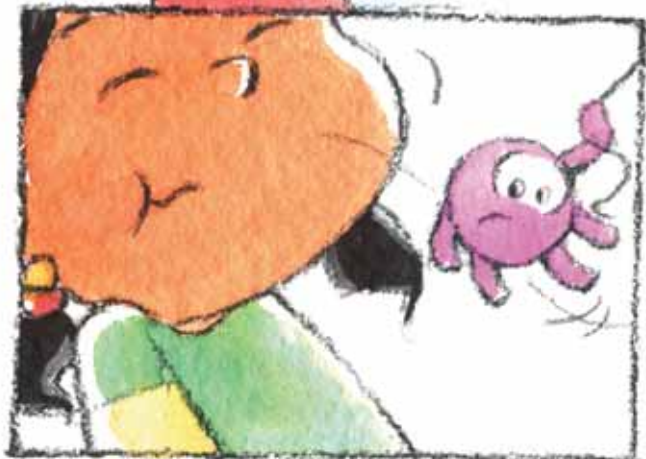


**So that I can listen to my own body.**



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

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



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



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



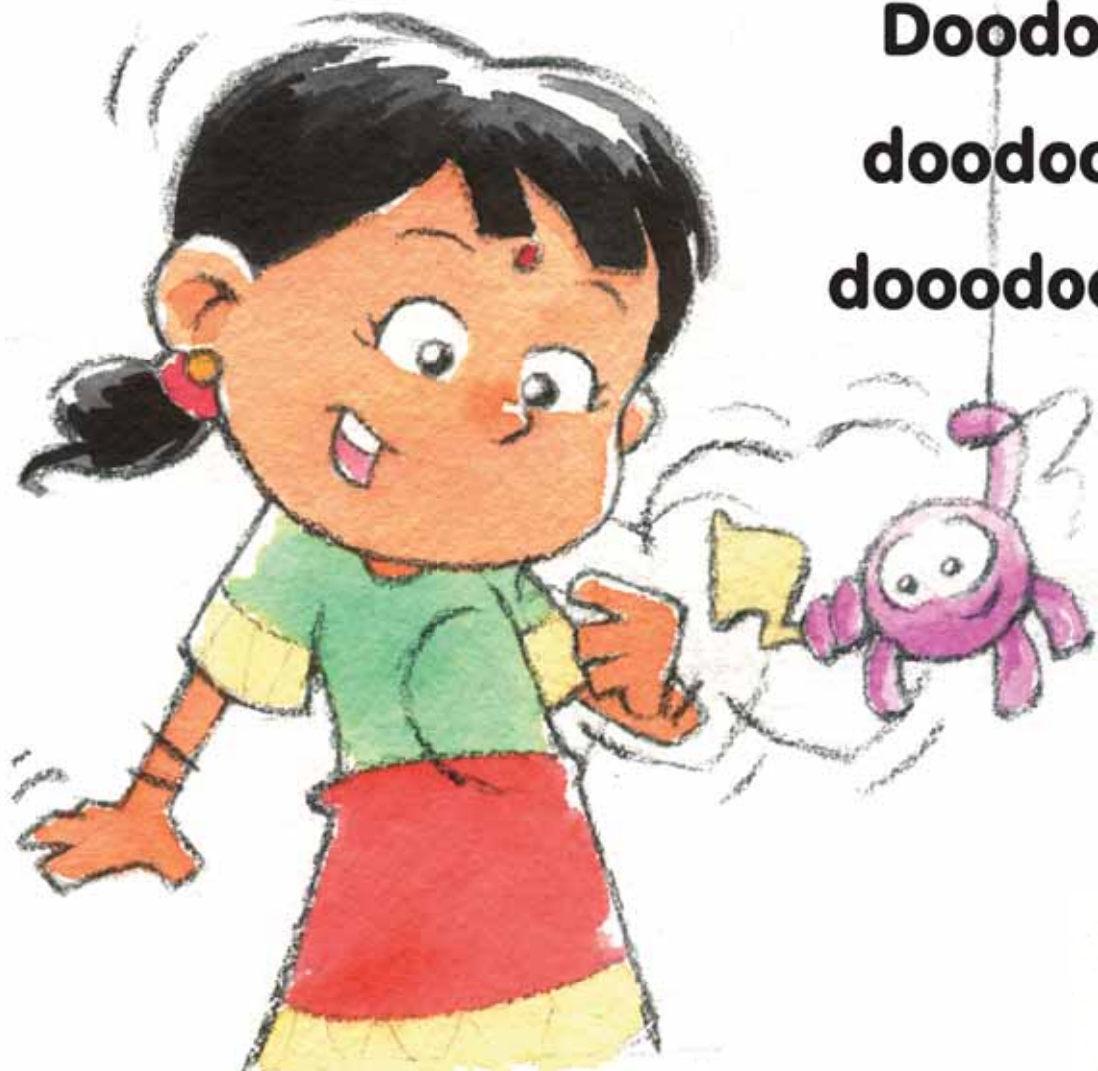
**Ssssssssssssss !**



**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!**

