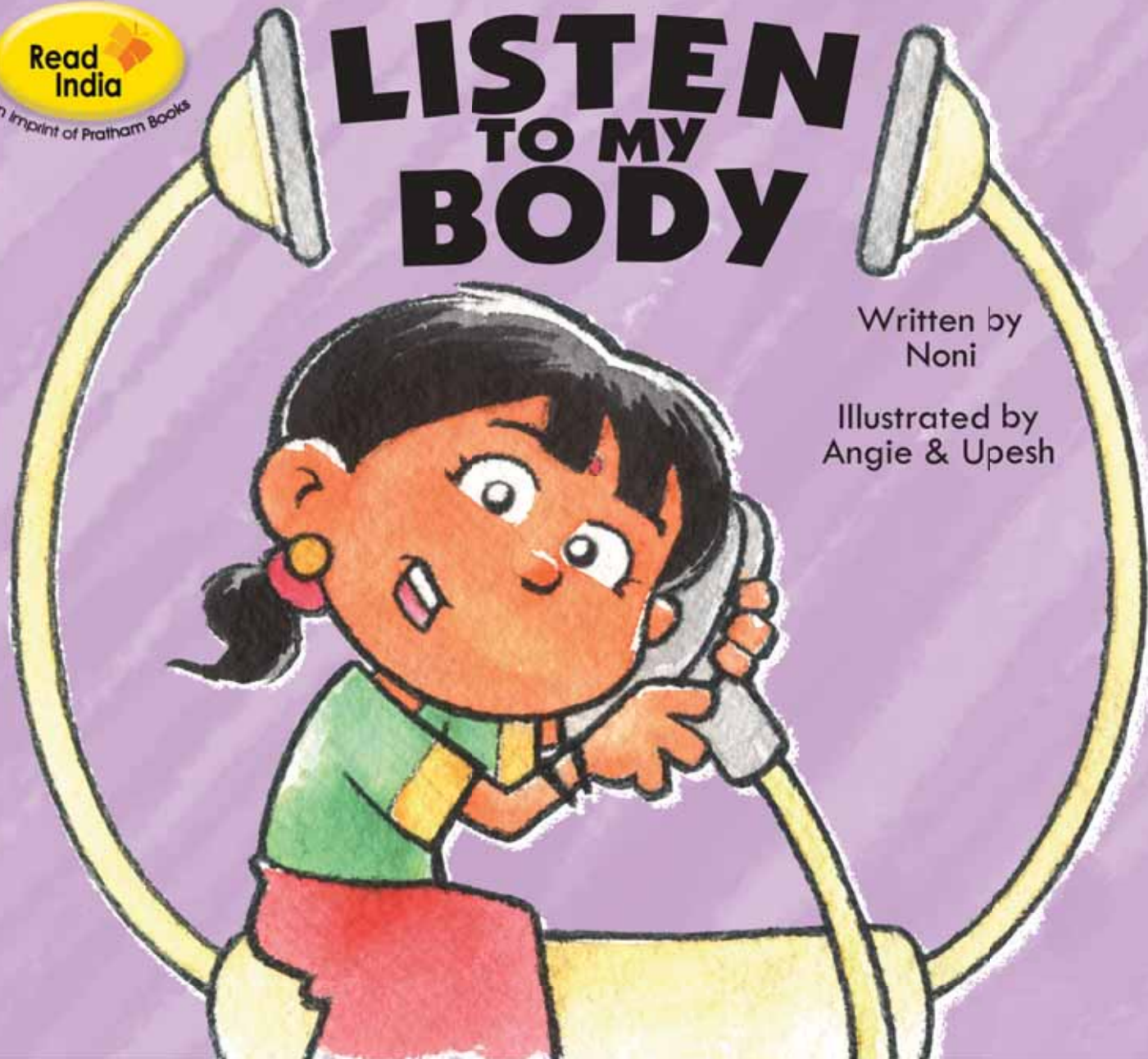




LISTEN TO MY BODY

Written by
Noni

Illustrated by
Angie & Upesh



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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.

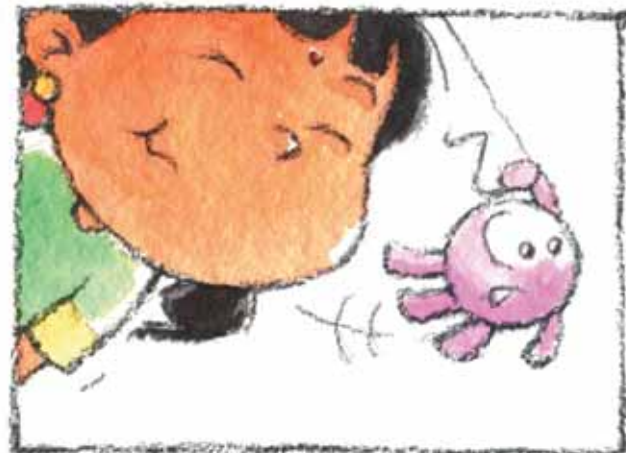
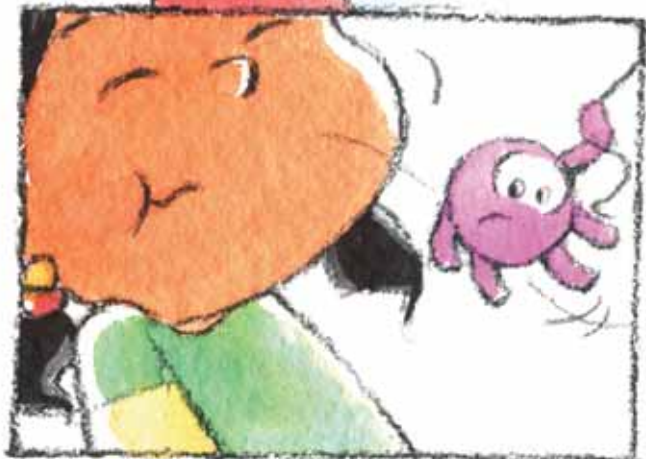


So that I can listen to my own body.



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

In... out...



in... out...

And I can make my breath noisier ...



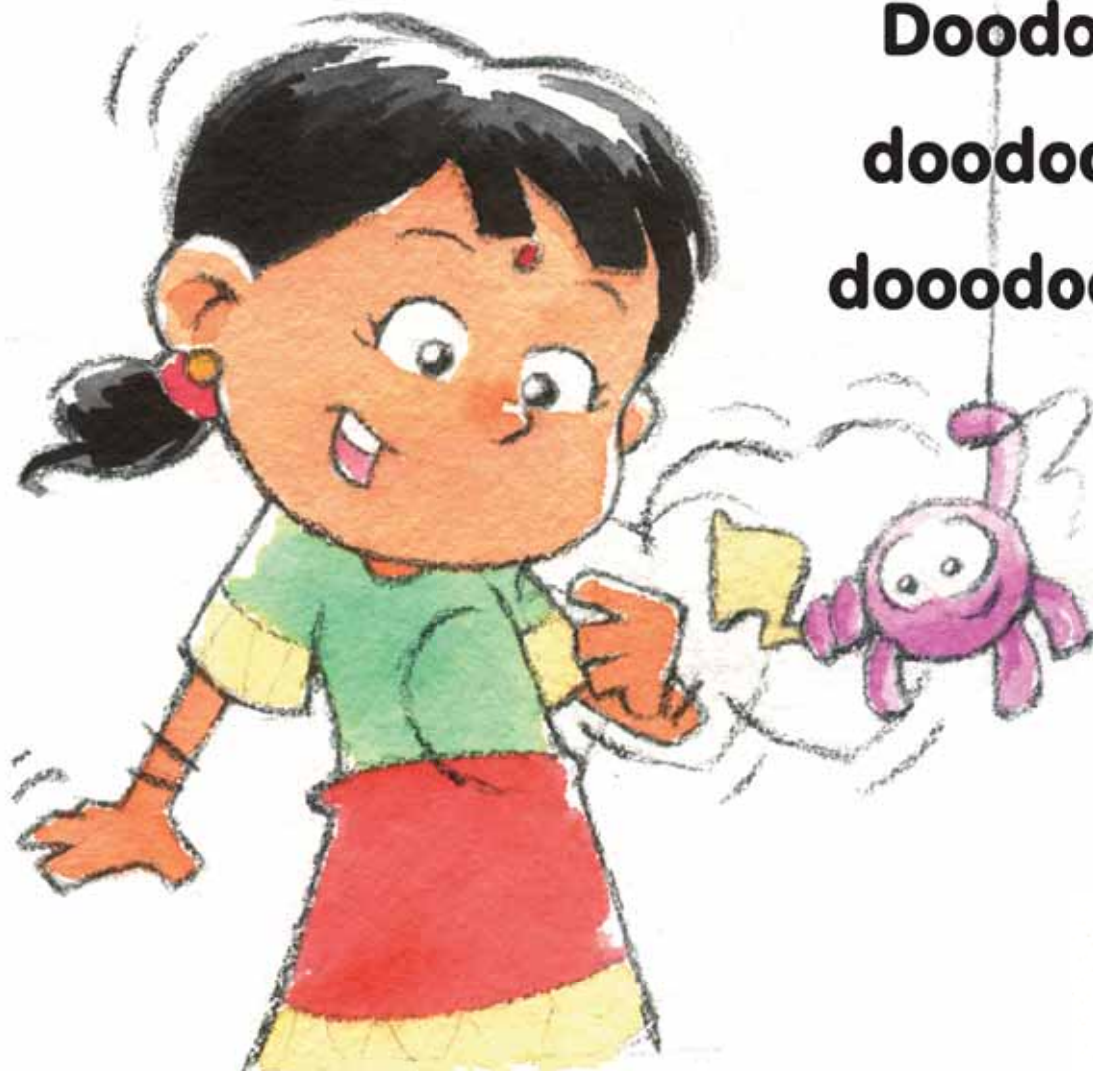
Ssssssssssssss !



**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!**

