How I Feel

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Sometimes my heart beats fast.
Sometimes I scream and shout.
Some things make me giggle.
Other things make me pout.
Can you tell me how I feel?
And can you tell me why?
Can you tell me why I smile?
What makes me want to cry?
Sssss! Do you hear that?
What is that hissing sound?
I freeze, I gasp, I tremble.
My eyes grow big and round.

Can you tell me how I feel?
Wheeeeee! Today is special.
Nani is coming to stay!
My face glows, my eyes shine.
I jump and shout, “Hurray!”

Can you tell me how I feel?
Ewwww! My shoes are stinky.
I think I stepped in poop.
I clench my fists. I wrinkle my nose.
Yuck! Yucky doo!

Can you tell me how I feel?
I have to return this library book, but I tore it by mistake. I chew my nails. I sweat a bit. My knees begin to shake.

Can you tell me how I feel?
Is that enormous package really a gift—for me?
My mouth falls open. My eyebrows fly up.
I wonder what it could be.

Can you tell me how I feel?
Iiish! I squirm and shuffle my feet. I told a lie today. I hang my head. My face is red. I don’t know what to say.

Can you tell me how I feel?
Sniff! Nani is leaving.
I stand and wave goodbye.
My mouth curves down,
my eyes are red, and I begin to cry.

Can you tell me how I feel?
Grrrr! I’m not sleepy!
I don’t want to go to bed!
I gnash my teeth. I stomp my feet.
My face is fiery red.

Can you tell me how I feel?
Mamma’s hugs are lovely.
Cuddly, warm and tight.
I sigh and smile
and kiss her cheek.
My eyes are big and bright.

Can you tell me how I feel?
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How I Feel
(English)

How do you feel when Nani comes to visit? How do you feel when you spoil a library book? Read this book and see how you feel today.

This is a Level 2 book for children who recognize familiar words and can read new words with help.