



Listen to My Body Author: Rohini Nilekani

Author: Rohini Nilekani **Illustrator:** Angie & Upesh

Level 2



Today I am not going to school.



It is a holiday!



Today I am not going to watch TV.



There is no electricity anyway.



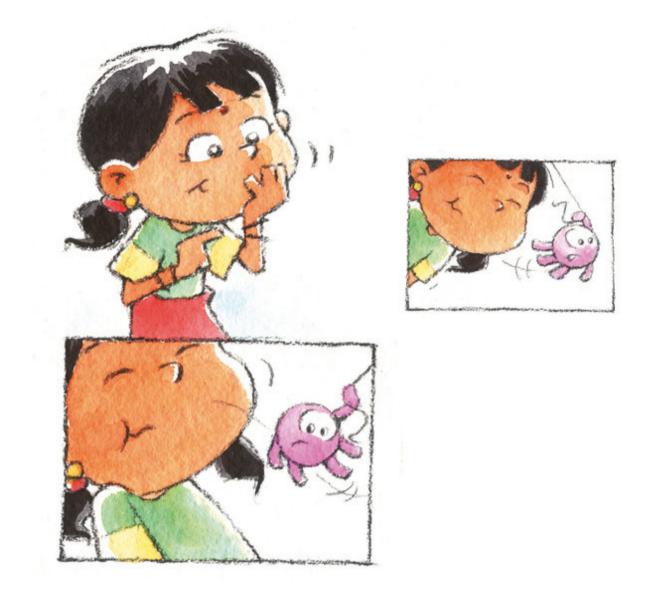
What am I going to do?



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... **Sssssssssssss**! And softer... **Mmmmmm**.



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!**



And if I put my fingers on my wrist then I can hear my pulse!



And I can hear myself laughing **Haha haha haaah haaa!**



And crying **Boohooo!**



And clapping **Tap tappa tap tapaa**.



And most of all - I can hear my stomach rumbling **Guddu guddu**...



And saying Feed me, feed me.



And my nose can hear jalebis frying in mothers kitchen.



It is fun listening to my body. And now I want to hear my jaws chewing.



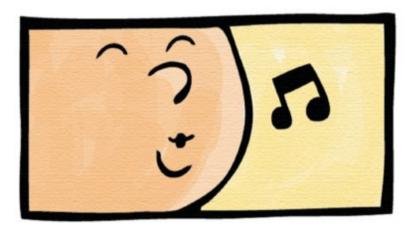
And my stomach slurping on mothers wonderful hot jalebis!



Match the sounds with the part of the body

Hands

Whistle



Lips

Clap-clap



Feet

Stomp-stomp



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Listen to My Body (English)

Each of us has a wonderful body. But have you ever listened to what it tells you?

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



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