



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?



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, dooodoom.



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, dooodoom!



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
Boohooooooo!



And clapping
Tap tappa tap tapaa.



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