

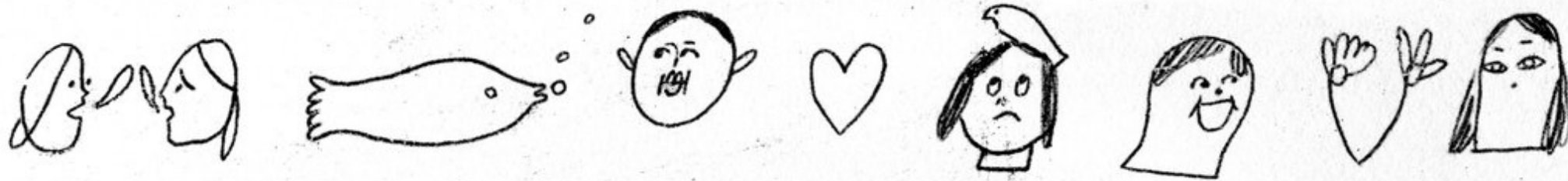


# How I Feel

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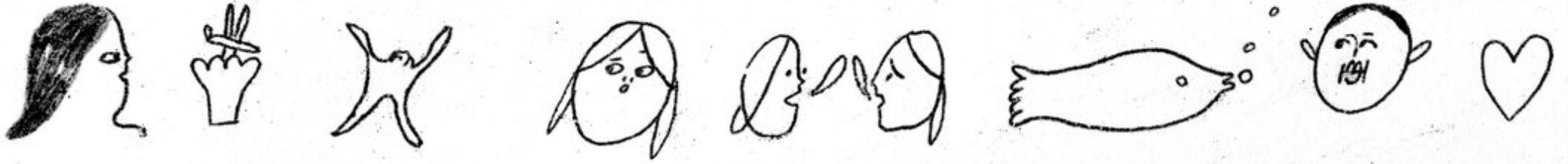
**Illustrator:** Gitanjali Iyer



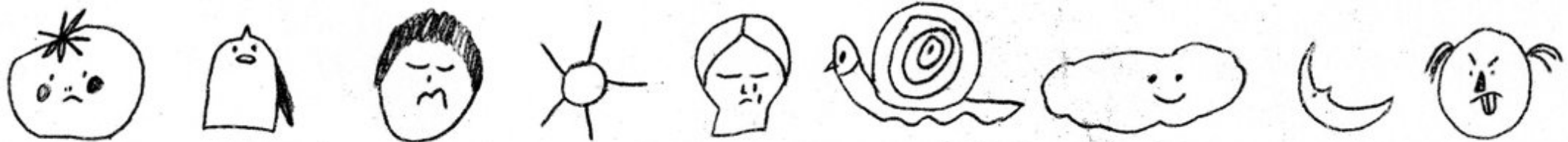


Sometimes my heart beats fast.  
Sometimes I scream and shout.  
Some things make me giggle.  
Other things make me pout.





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?



Wheeeee! 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?





Ewwwww! 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?

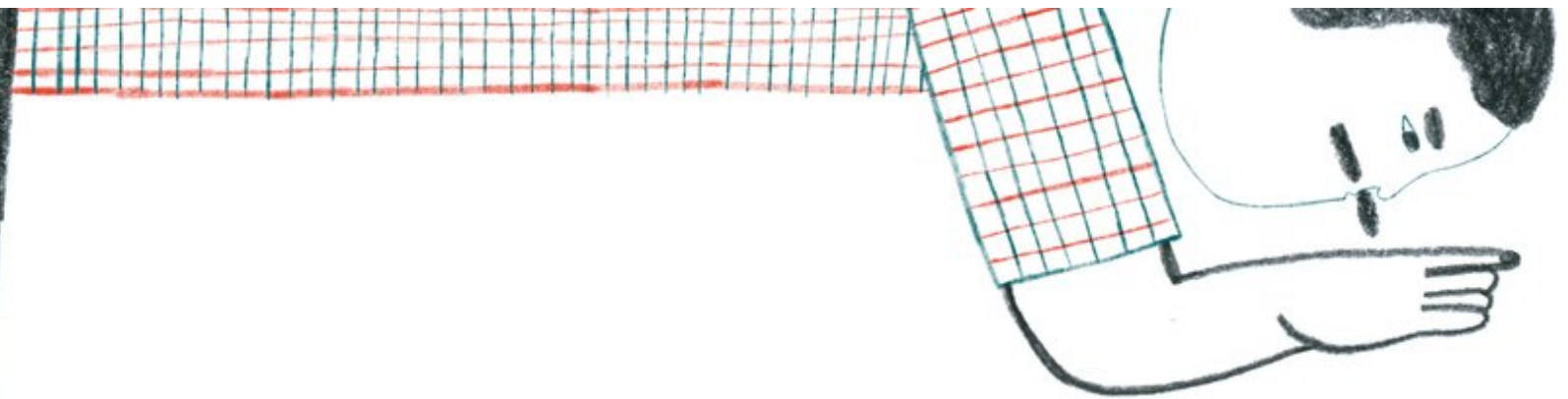




Is that enormous package really a gift—for me?  
My mouth falls open. My eyebrows fly up.  
I wonder what it could be.

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.

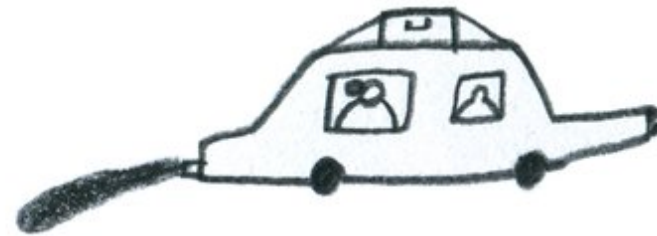
Can you tell me how I feel?





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?



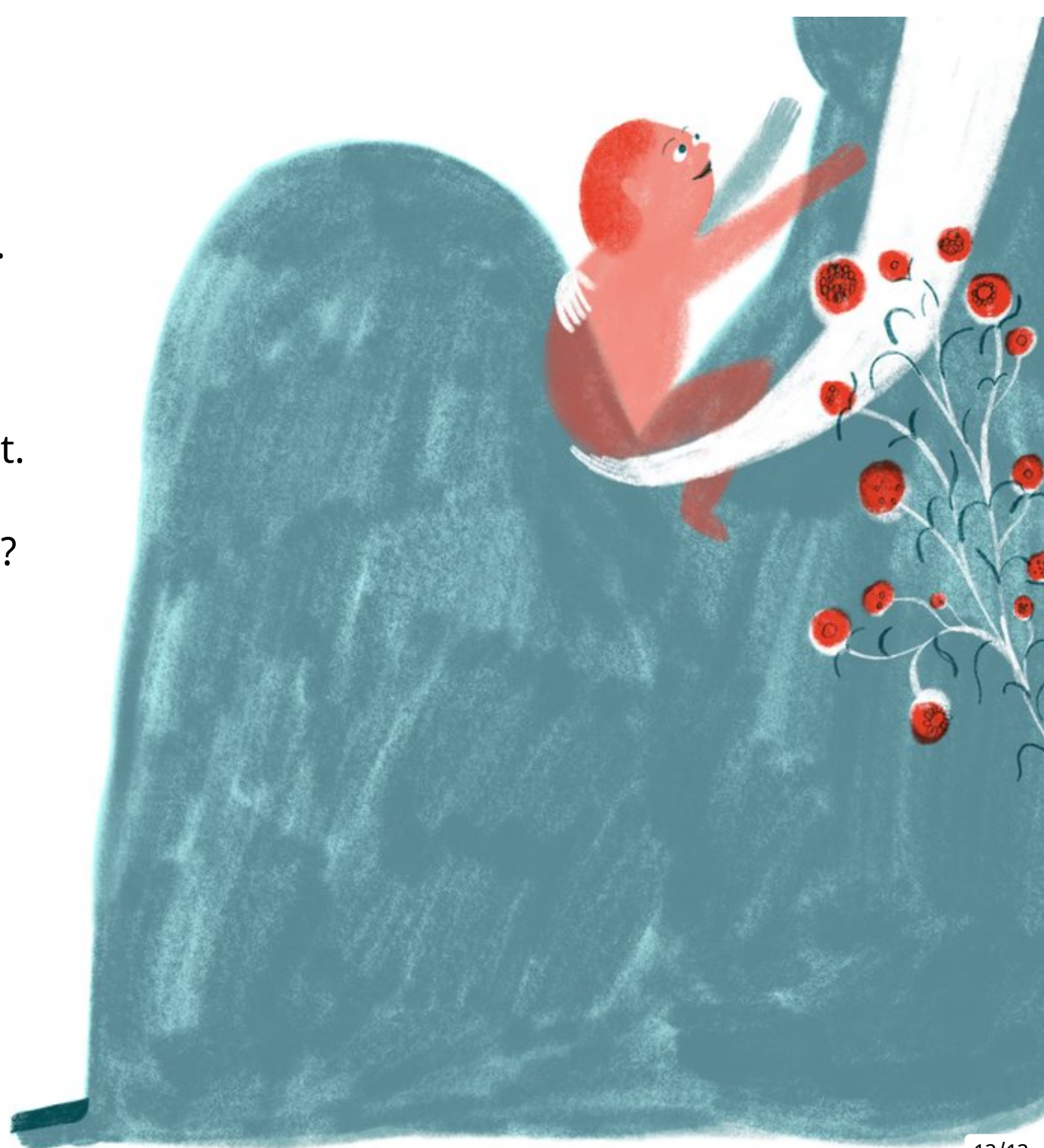
Grrrr! I'm not sleepy!  
I don't want to go to bed!  
I gnash my teeth. I stomp my feet.  
My face is fiery red.

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.



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