




Mi clima interior

Author: Jen Thorpe

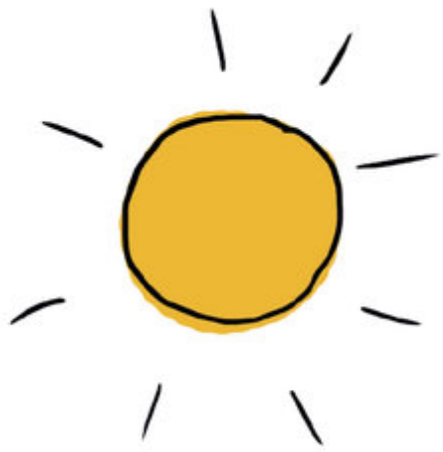
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Level 2



Es fácil hablar del clima de afuera.
Incluso aunque cambia constantemente.



Pero puede ser difícil hablar de mi clima interior.
A veces siento que la gente no lo entiende.




¿También te llegas a sentir así?



Algunos días mi mente está llena de arcoiris, como en un día soleado. Siento que puedo lograr cualquier cosa.

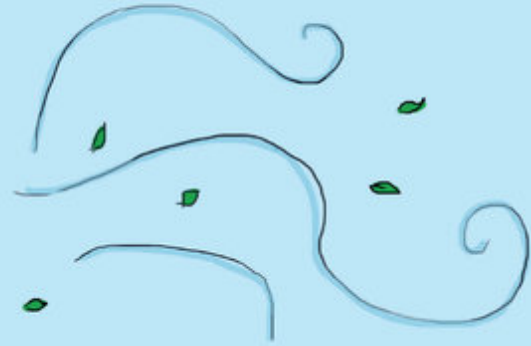




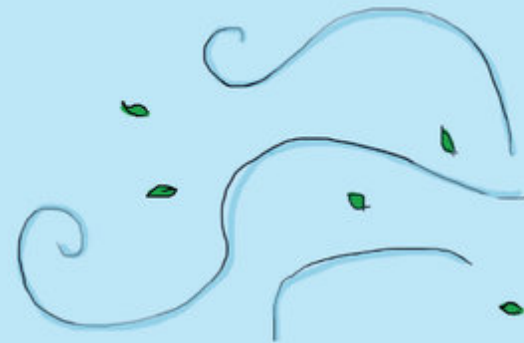


Otros días mi mente está llena de neblina y nubes.
Me es difícil poner atención a lo que la gente me dice
y todo se me olvida.





A veces me despierto sintiendo fuertes y salvajes vientos en mi interior. Me hacen sentir cansada y de mal humor.





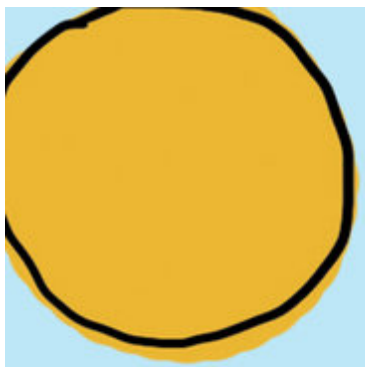


Y en ocasiones se siente como si lloviera en mi interior. La llovizna me hace sentir triste y la tormenta me hace sentir enojada.



Algunos días mi clima interior no se parece en nada al clima exterior.





Otros días mi clima interior no concuerda con cómo me gustaría sentirme o como pienso que debería sentirme.





¿Es eso normal?

Si, claro que lo es.

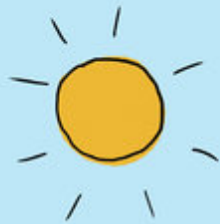
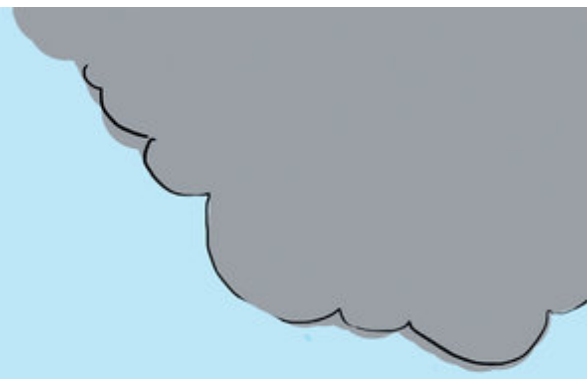
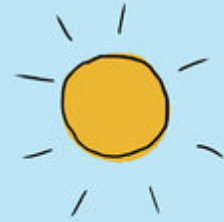


Lo mejor que podemos hacer cuando sentimos que nuestro clima interior es extraño, es hablar con alguien que amemos.



Ellos también tienen un clima interior y podrán entenderte.







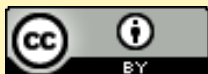
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Mi clima interior

(Spanish)

En ocasiones hablar de nuestros sentimientos puede ser difícil de entender, pero todos entendemos cuando se habla del clima.

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



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