

# Comment je me sens

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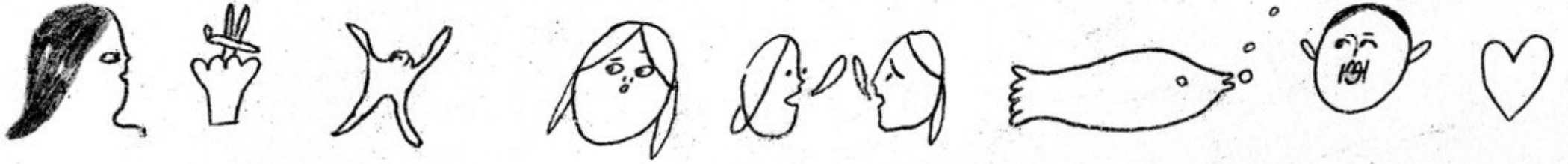
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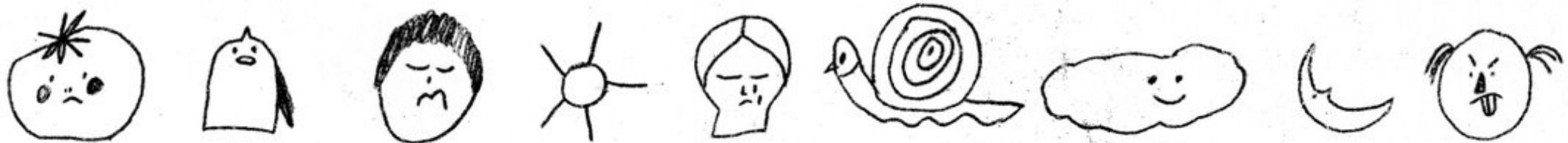


Des fois mon cœur se bat trop vite.  
Des fois j'hurle et je crie.  
Y'a des choses qui me font glousser.  
D'autres qui me font bouder.





Peux-tu me dire comment je me sens ?  
Et peux-tu me dire pourquoi ?  
Peux-tu me dire pourquoi je souris ?  
Et quand je pleure, et de quoi ?



Ksss, tu entends ça, toi ?  
Qu'est-ce que ce sifflement bizarre ?  
Je gèle, j'ai le souffle coupé, je tremble.  
Mes yeux à des soucoupes ressemblent.

Peux-tu me dire comment je me sens ?



Ouaais ! Aujourd'hui, c'est spécial.  
Mamie vient habiter chez nous !  
Mon visage s'éclaire, mes yeux brillent,  
Je saute et je crie, « Youpi ! »

Peux-tu me dire comment je me sens ?





Beurk ! Mes chaussures sentent mal.  
Je pense que j'ai marché dans le caca.  
Je me serre le poing, je me plisse le nez.  
Beurk ! Je dois vite les laver !

Peux-tu me dire comment je me sens ?

Je dois rendre ce livre de bibliothèque.  
Oh non, mais je l'ai déchiré par erreur !  
Je me ronge les ongles, je commence à  
transpirer.

Mes genoux, ils se mettent à s'agiter.

Peux-tu me dire comment je me sens ?

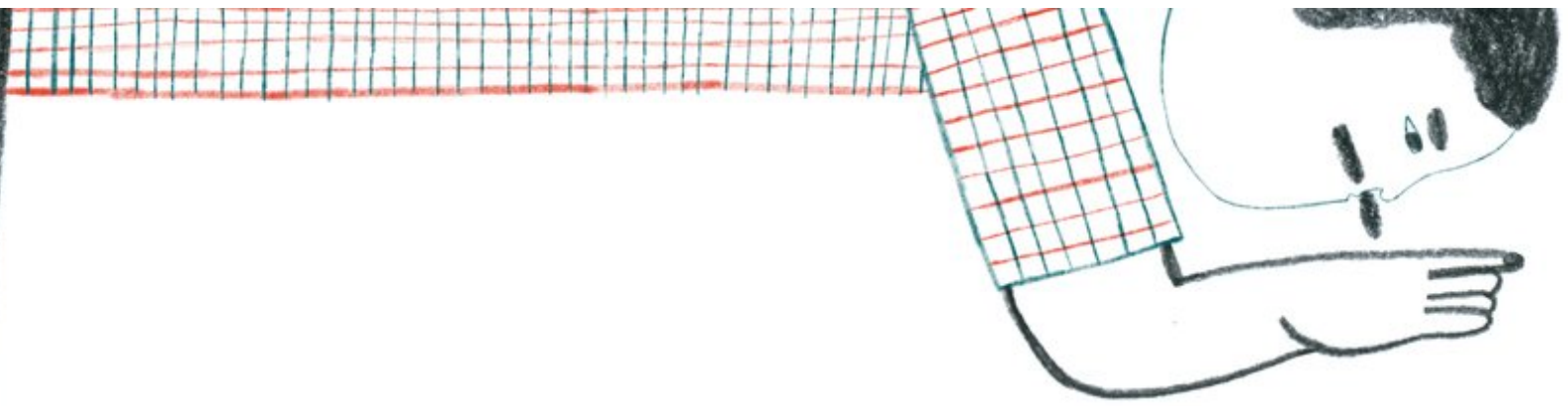




Cet énorme colis, c'est vraiment un cadeau – pour moi ?  
Je reste bouche bée. Mes sourcils se lèvent,  
Je me demande : mais en fait c'est quoi ?

Peux-tu me dire comment je me sens ?





Humm ! Je me tortille, je traîne les pieds.  
J'ai raconté un mensonge aujourd'hui.  
Je baisse la tête. Mon visage est rouge.  
Je sais pas quoi dire, après ce subterfuge.

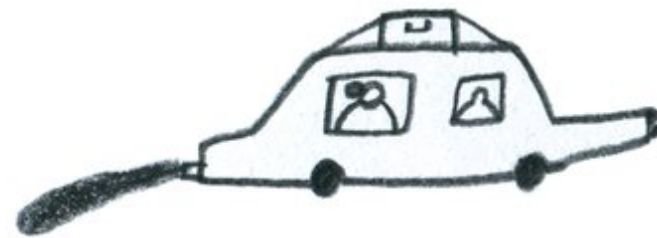
Peux-tu me dire comment je me sens ?





Snif ! Mamie part.  
Je me lève et je dis au revoir.  
Ma bouche se pend, mes lèvres vont  
trembler.  
Mes yeux sont rouges, je me mets à  
pleurer.

Peux-tu me dire comment je me sens ?



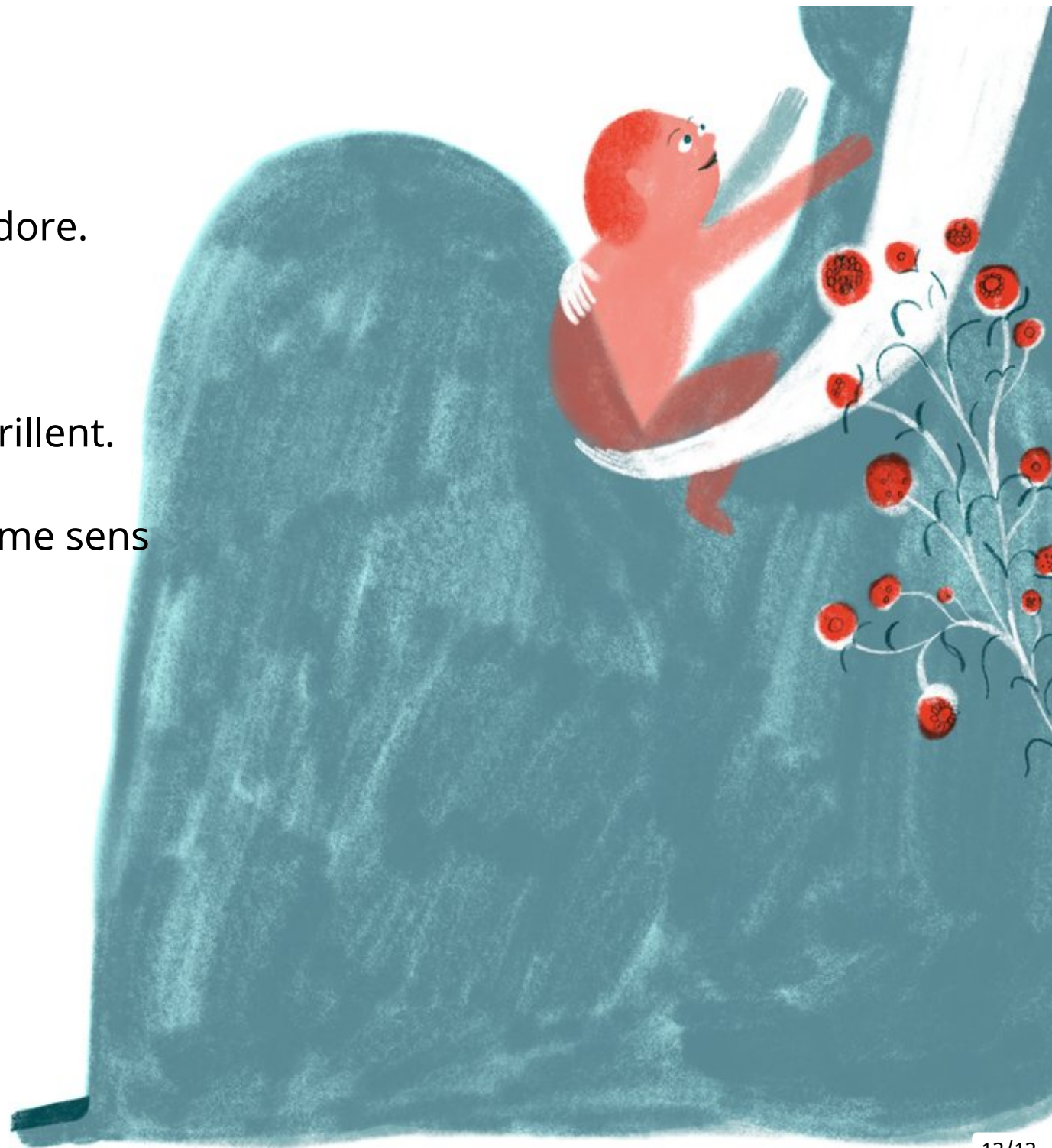
Arrhh ! J'ai pas sommeil !  
Je veux pas dormir !  
Je me grince les dents, je tape des pieds.  
Mes joues sont toutes rouges – et ça va  
durer.

Peux-tu me dire comment je me sens ?



Les câlins de Maman, je les adore.  
Caressants, chauds et serrés.  
Je soupire et je souris  
et je lui fais une bise.  
Mes yeux sont grands et ils brillent.

Peux-tu me dire comment je me sens  
?



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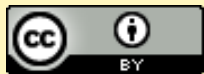
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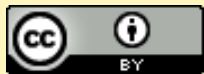


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# Comment je me sens (French)

Comment te sens-tu quand Mamie vient te voir ? Comment te sens-tu quand tu abîmes un livre de bibliothèque ? Lis ce livre et découvre comment tu te sens aujourd'hui.

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



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