



Community
Story

J'écoute mon corps

Author: Rohini Nilekani

Illustrator: Angie & Upesh

Translator: Annie Marois

Level 2



Aujourd'hui, je ne vais pas à l'école.



C'est une journée de congé.



Aujourd'hui, je ne vais pas regarder la télévision.



Il n'y a pas d'électricité de toute façon.



Mais...qu'est-ce que je vais faire?



Aujourd'hui, je vais écouter mon corps.



Premièrement, je dois rester silencieuse pour bien l'entendre.



Maintenant, je peux entendre ma respiration.

Inspire... Expire...

Inspire... Expire...



Je peux aussi entendre mon cœur battre.
**Bouboum, bouboum,
bouboum...**



Est-ce que mon cœur peut battre plus vite ou moins vite?
Oui, mon cœur peut battre plus vite en sautant sur place plusieurs fois.



Regarde, mon cœur bat très vite maintenant.
**Bouboum, bouboum,
bouboum...**



Si je mets mes doigts sur mon poignet, je peux aussi sentir mon cœur battre.



Puis, je peux m'entendre rire...
Ah ah ah ah ah ah ahhhh!



...et pleurer.
Snif... Snif... Snif...



Je peux aussi taper des mains.
Clap! Clap! Clap! Clap!



Je peux entendre mon estomac gargouiller.
Gargl argl gggaarrgl garrrggglll



On dirait qu'il crie:
"J'ai faim! J'ai faim!"



Puis, mon nez peut sentir les bons biscuits de maman.



C'est amusant d'écouter mon corps.
Maintenant, je peux entendre ma bouche mâcher.



Ainsi, mon estomac se réjouira en mangeant les bons biscuits de maman.

Trouve le son qui correspond à l'image.



Tap! Tap!



Clap! Clap!



Fiu! Fiu!

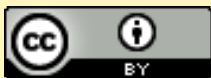
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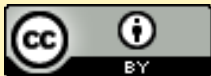


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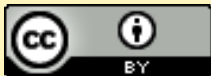
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J'écoute mon corps

(French)

As-tu déjà pris le temps d'écouter les messages que te lance ton corps?
Notre corps est merveilleux et il faut en prendre soin.

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



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