



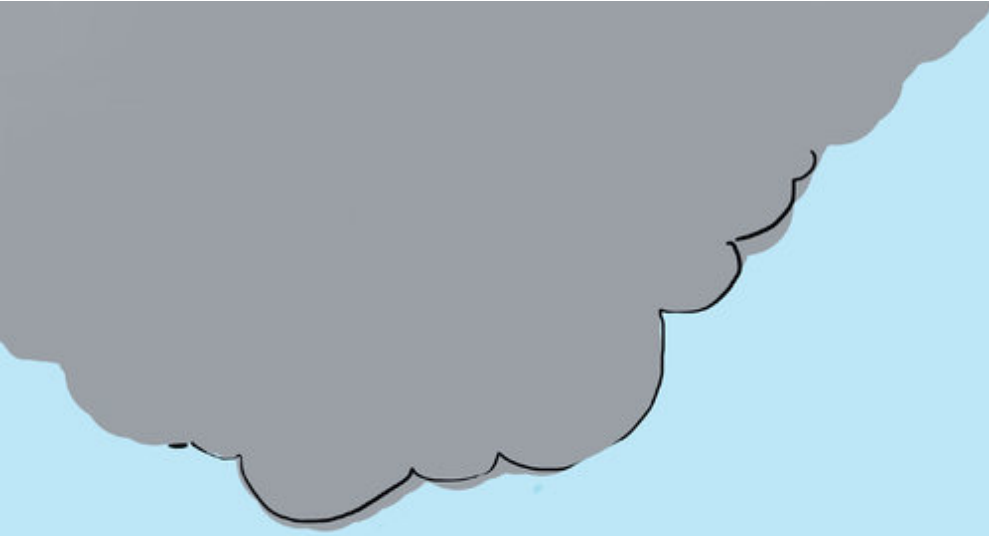
# Ma météo interne

**Author:** Jen Thorpe

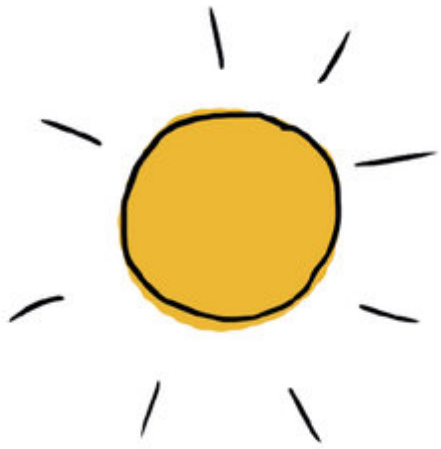
**Illustrator:** Lara Berge

**Translator:** Sak Untala

Level 2



C'est facile de parler de la météo,  
même si elle change tout le temps.



C'est beaucoup plus difficile  
de parler de ma météo interne.

Parfois, j'ai l'impression  
que les gens ne comprennent pas.



Tu ressens ça, toi aussi ?




Certains jours, mon esprit est plein  
de soleil et d'arcs-en-ciel.

J'ai l'impression  
que je peux faire tout ce que je veux.





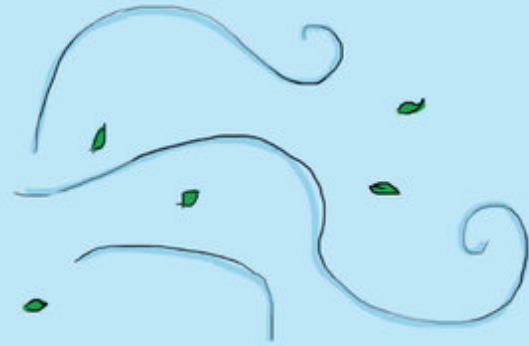




D'autres fois, ma tête est pleine  
de brouillard et de nuages.

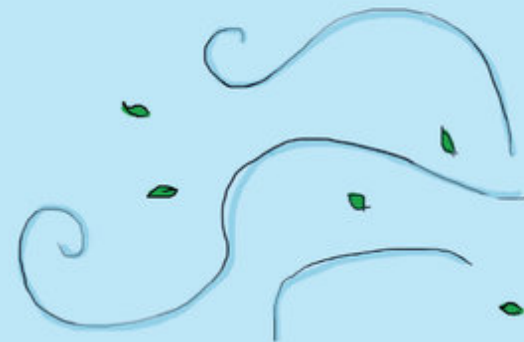
J'ai du mal à suivre les conversations  
ou à me souvenir de certaines choses.





Parfois, j'ai l'impression en me levant le matin  
que c'est la tempête dans ma tête.

Je me sens fatiguée  
et de mauvaise humeur







Parfois, j'ai l'impression qu'il pleut en moi.

Ça peut être un petit crachin qui me rend triste,  
ou une averse orageuse qui me met en colère.

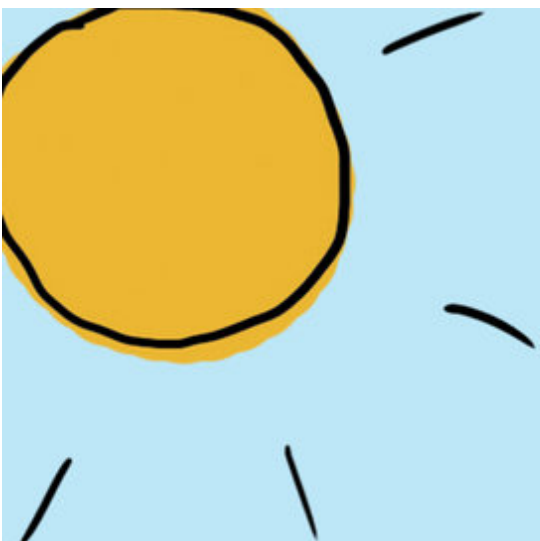




Parfois, ma météo interne  
ne correspond pas  
à la météo externe.







Parfois, ma météo interne  
ne correspond pas

aux sentiments que je voudrais éprouver  
ou que je pense que je devrais éprouver.



C'est normal, ça ?

Bien sûr que oui !



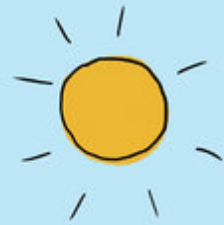
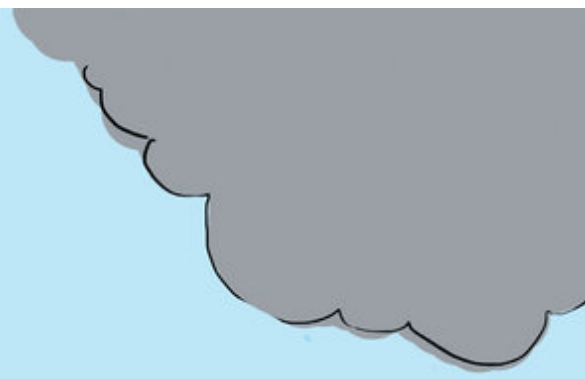
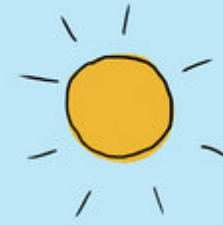
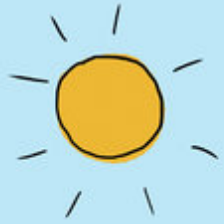
La meilleure chose à faire  
lorsque notre météo interne est perturbée,  
est d'en parler à quelqu'un que l'on aime.



La personne que l'on aime  
a elle aussi sa propre météo interne.  
Elle pourra donc nous comprendre.









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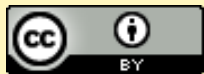
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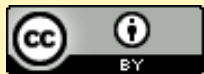


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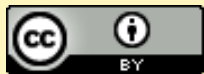


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# Ma météo interne

(French)

Il est parfois bien difficile de parler de ses sentiments. En revanche, tout le monde parle de la météo sans problème !

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



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