LISTEN TO MY BODY

Written by Noni
Illustrated by Angie & Upesh
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Today I am **not** going to school

It is a holiday!
Today I am **not** going to watch TV.

There is no electricity anyway.
What am I going to do?

Today
I am going to
listen to my body!

Can you hear your body?
First, I have to be quiet. Very quiet.

So that I can listen to my own body.
Yes,
now I can
hear my breath.

In... out...
in... out...
And I can make my breath noisier ...

Sssssssssssssssss !

And softer
Mmmmmmmmm
And now
I can hear my heart beating!

Doodom,
doodoom,
doodooom
Can I make my heart go faster or louder?

Yes, by jumping up and down twenty times.
Now see, my heart is beating faster.

Doodom, doodoom, doodooom!
And if I put my fingers on my wrist
then I can hear my pulse!

Can fingers hear?
and I can hear myself laughing

Haha
haha
haaah
haaa!
And crying

Boohooooohooo
And clapping

tap
tappa
tap
tapaa
And most of all -

I can hear my stomach rumbling

Guddu guddu guddu

...
And saying
feed me, feed me
And my nose can hear jalebis frying in mother’s kitchen

Can noses hear?
It is fun listening to my body

And now I want to hear my jaws chewing
And my stomach slurping on mother’s wonderful hot jalebis!
Match the sounds with the part of the body

- Hands: Whistle
- Lips: Stomp-stomp
- Feet: Clap-clap
My name is Gopalji Srivastava. I am in class 5 and never miss a movie by Amitabh Bachchan and Kajol. I also enjoy badminton and the *bhangra*. Thank you for buying this book. My friends and I will get to read many more books in our library because you bought this book.

Noni is the pen name of a writer residing in Bangalore. She works in the field of education.

Angie is a graphic designer and in her spare time loves to keep busy with ceramic. Upesh is an animator who collects graphic novels and catches up with alternate cinema in his spare time. Together they form ‘The Other Design Studio’.
Each of us has a wonderful body.
But have you ever listened to what it tells you?

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