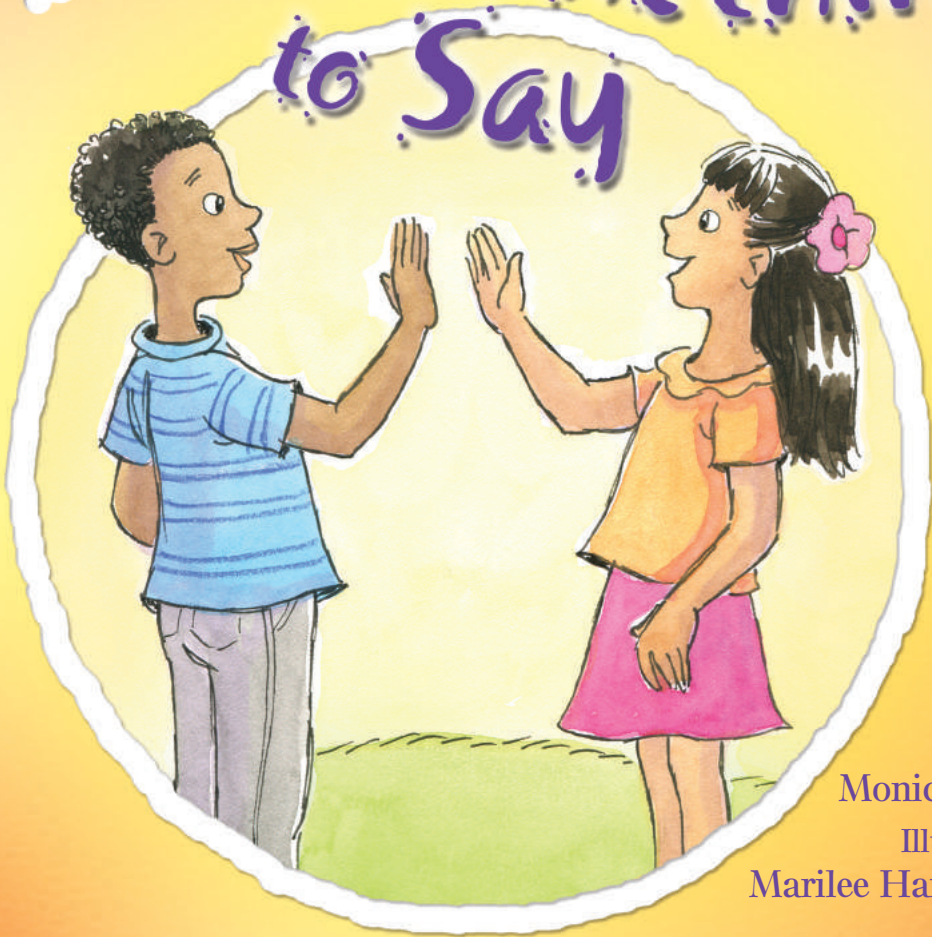


Every Body Has Something to Say



Written by
Monica Ashour

Illustrated by
Marilee Harrald-Pilz

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Bodies talk and bodies listen.

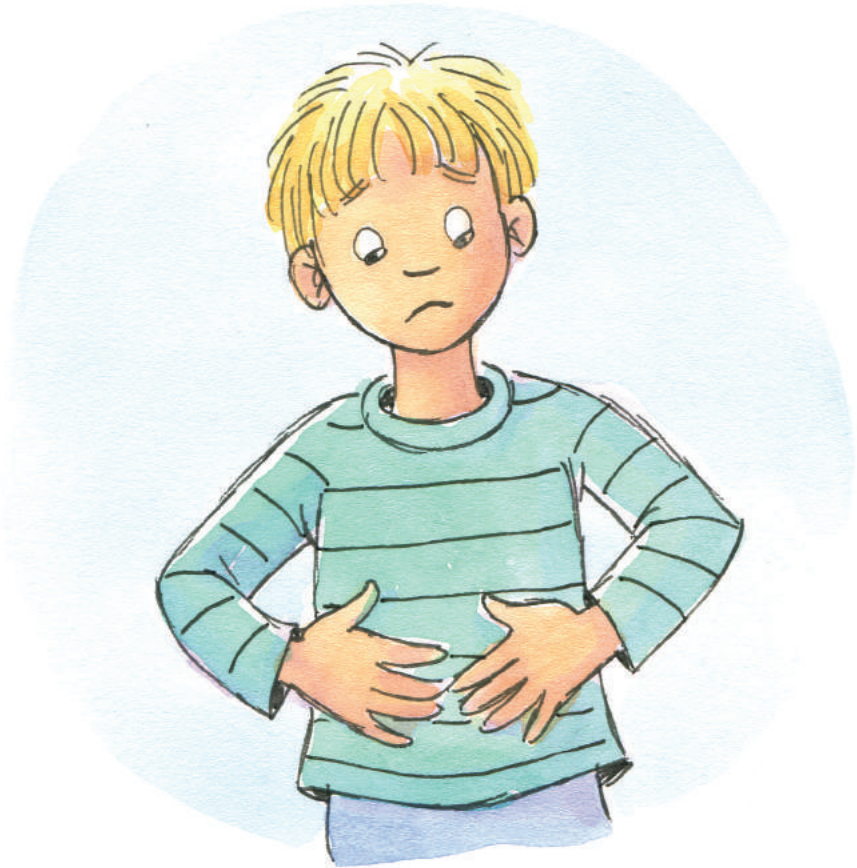
Every body has something to say!

My body talks! It tells me all kinds of things.



Grumble, grumble.

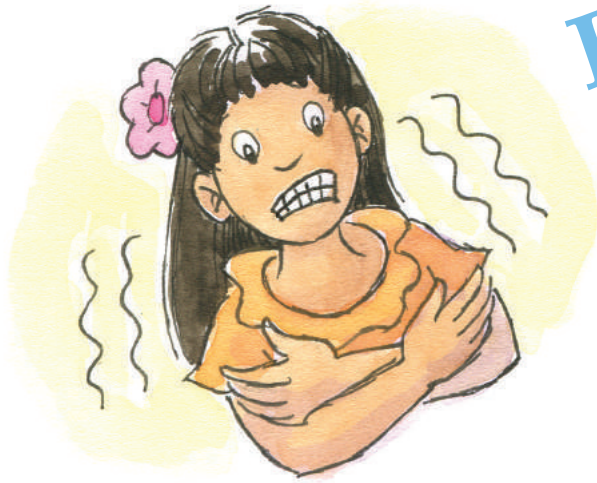
My growling tummy tells me I'm hungry.





Y a a a a w w w w w.

My stretching mouth
tells me I'm tired.



Brrrrrrr.

My shivering
arms tell me
I'm cold.

Aaaachooooo!

My runny nose
tells me I'm
getting sick.



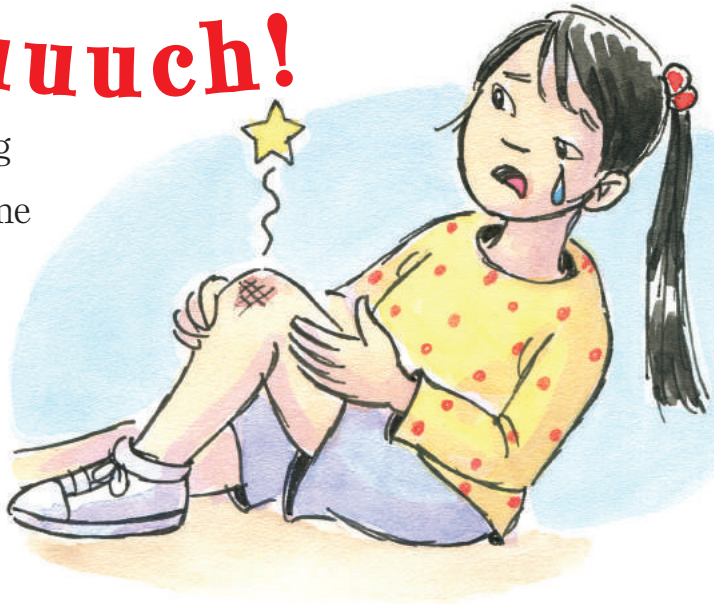


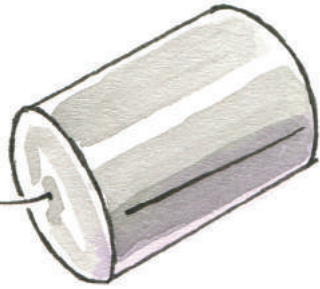
**Thump,
thump,
thump!**

My pounding heart
tells me I'm scared
of the dark.

Ouuuuuch!

My burning
knee tells me
I'm hurt.





Bodies talk and bodies listen.
Every body has something to say!
I listen to my body, but I think about
what I hear.

Sometimes I do what my body tells
me right away. Other times I decide it is
better to wait.





I'm hungry, but I can choose to eat later because dinnertime is soon, and I don't want to spoil my appetite.