



Escuchando a mi Cuerpo

Author: Rohini Nilekani

Illustrator: Angie & Upesh

Translator: Laura Lowenthal

Level 2



Hoy no voy a la escuela



¡Es día feriado!



Hoy no voy a mirar televisión.



Ni siquiera hay electricidad.



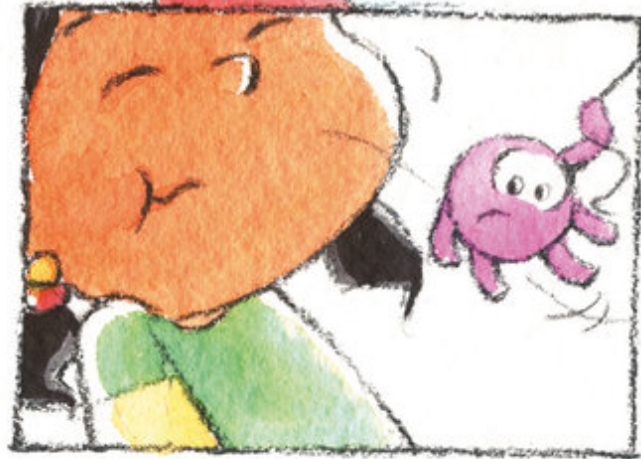
¿Qué voy a hacer?



¡Hoy voy a escuchar a mi cuerpo!



Primero, necesito hacer silencio. Mucho silencio.
Para poder escuchar a mi propio cuerpo.



Sí, ahora puedo oír mi respiración.
Entra... sale... entra... sale...



Y puedo hacer mi respiración más ruidosa...
¡Ssssssssss!

Y más suave... **Mmmmmm.**



¡Y ahora puedo oír mi corazón latiendo!
Dudúm, dudúm, dudúm.



¿Puedo hacer que mi corazón lata más rápido, o más fuerte?
¡Sí! Dando veinte saltos bien altos.



Ya ves, ahora mi corazón late más rápido.
¡Dudúm, dudúm, dudúuum!



Y si pongo mis dedos sobre mi muñeca,
¡puedo oír mi pulso!



Y puedo oír mi propia risa
¡jaja jaja jaaa jaaa!



Y mi llanto
¡Bua, buaaaa!



Y mis aplausos
Clap clap clap clap.



Y sobre todo, puedo oír los gruñidos de mi panza
Grud grud grud...



Está diciendo
Dame de comer, dame de comer.



Y mi nariz siente los dulces friendo en la cocina de mamá.



Es divertido escuchar a mi cuerpo.
Y ahora, quisiera escuchar a mis mandíbulas masticando.



¡Y mis labios sorbiendo los deliciosos dulces de mamá!

Une los sonidos con las partes del cuerpo



Manos

Silbido



Labios

Clap-clap



Pies

Stomp-stomp

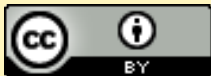
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Escuchando a mi Cuerpo

(Spanish)

Cada uno de nosotros tiene un cuerpo maravilloso. ¿Has escuchado alguna vez lo que el tuyo puede decirte?

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



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