



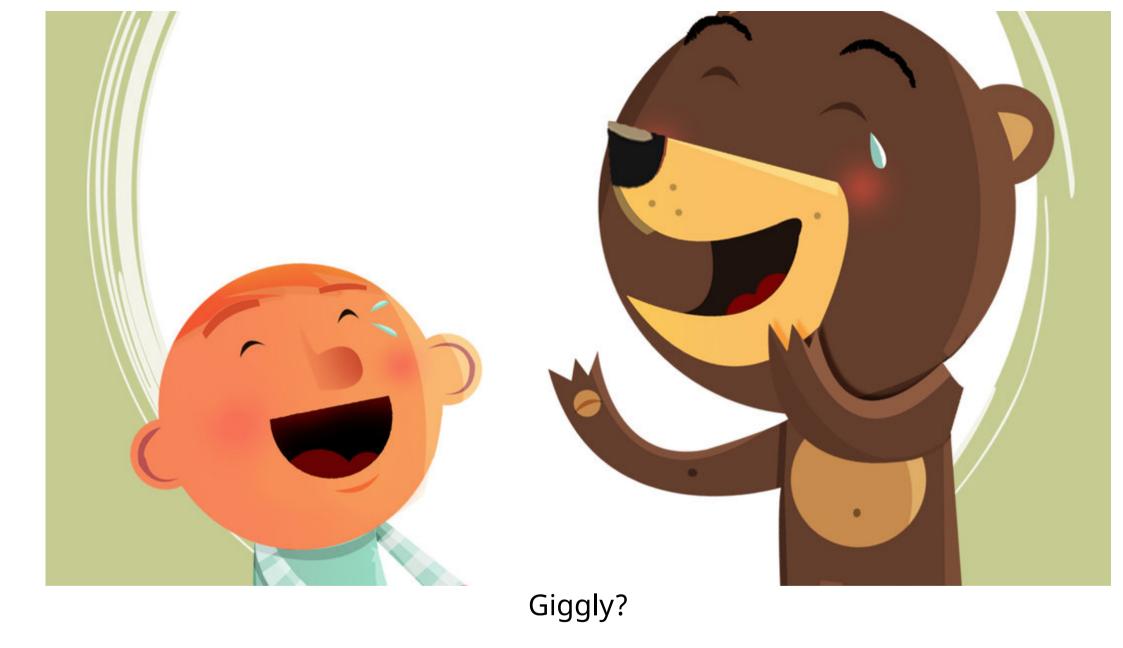
Level 1

## How do you feel? Author: Menaka Raman

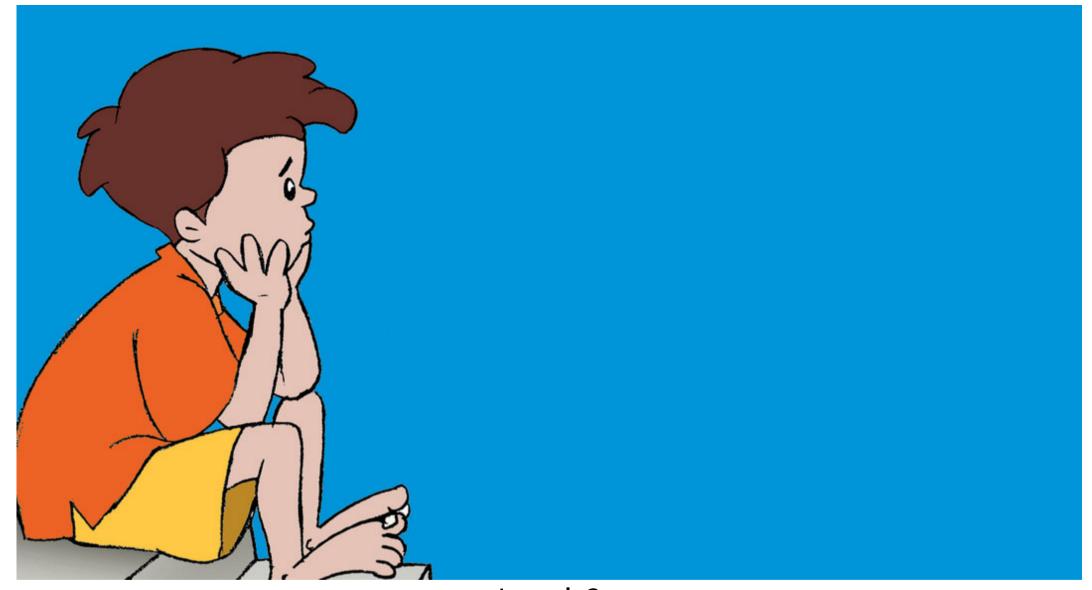
Illustrators: Angie & Upesh, Archana Sreenivasan, Greystroke, Jithin Jacob, Madhuri Purandare, Priya Kuriyan, Rijuta Ghate, Soumya Menon, Sukhada Rahalkar..



Happy?



3/12



Lonely?



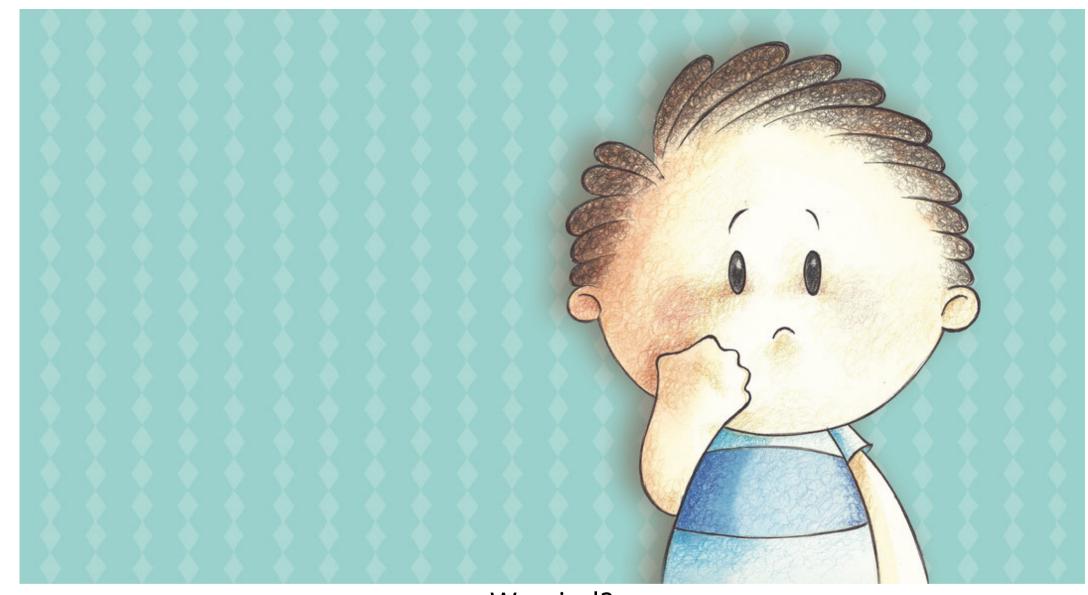
Angry?



Irritated?



Sad?



Worried?



Greedy?



Curious?



How are you feeling today?







### **Note for teachers and parents**

Children can sometimes have a hard time expressing how they feel.

You can use this book to help them identify different emotions, talk about situations where they felt a particular way and to also name other emotions or feelings that are not included in this book.

You can also encourage children to talk about how they deal with emotions like anger and hurt (When do you get angry? What do you do when you feel sad? Who do you talk to when you are upset?)







**Created by** Shyam anand (5 years old), with the help of Menaka Raman. Shyam supplied the different emotions and chose the pictures he thought best suited them!





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# How do you feel? (English)

This book is all about emotions!

This is a Level 1 book for children who are eager to begin reading.



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