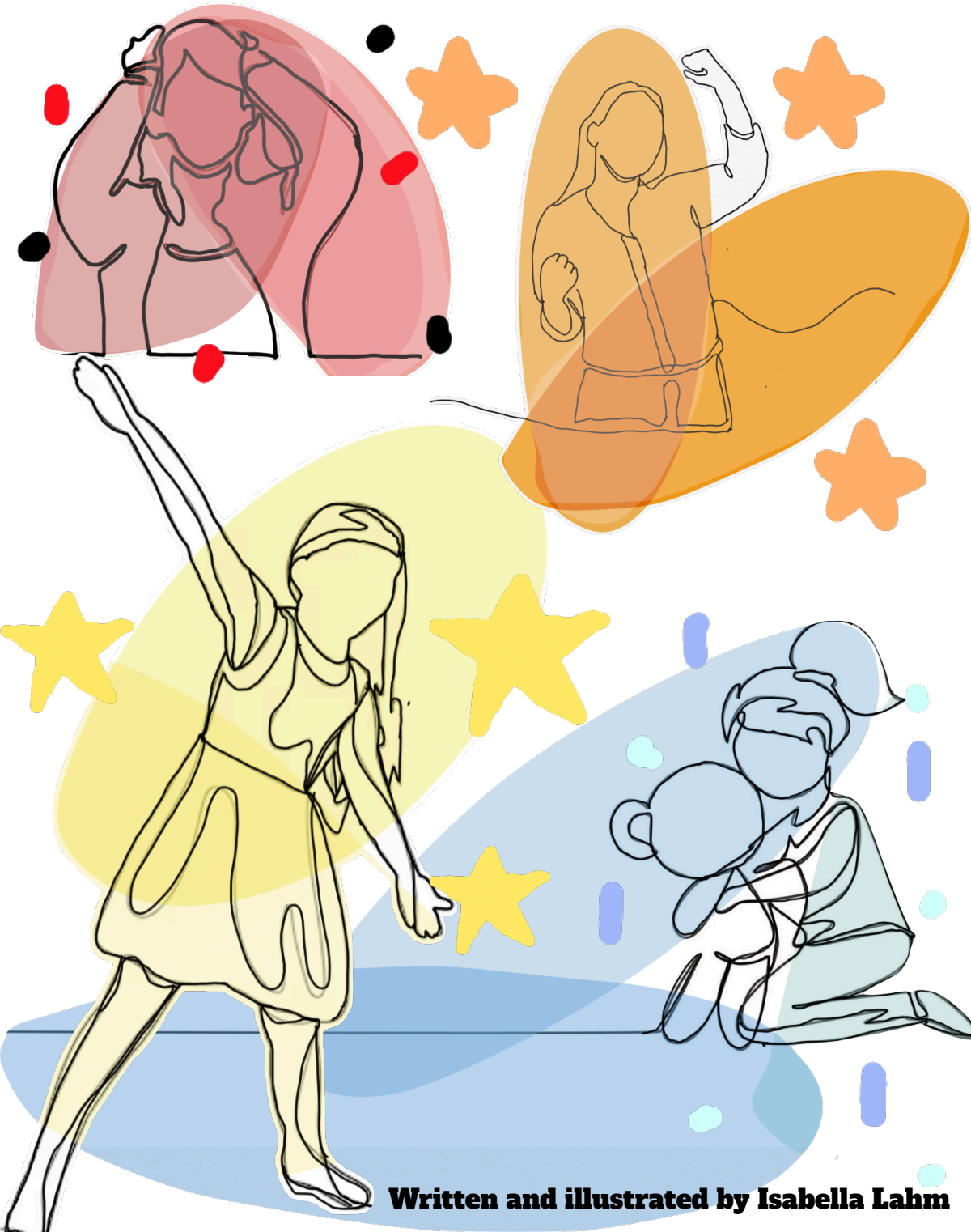


# HOW I EXPRESS MYSELF



Written and illustrated by Isabella Lahm



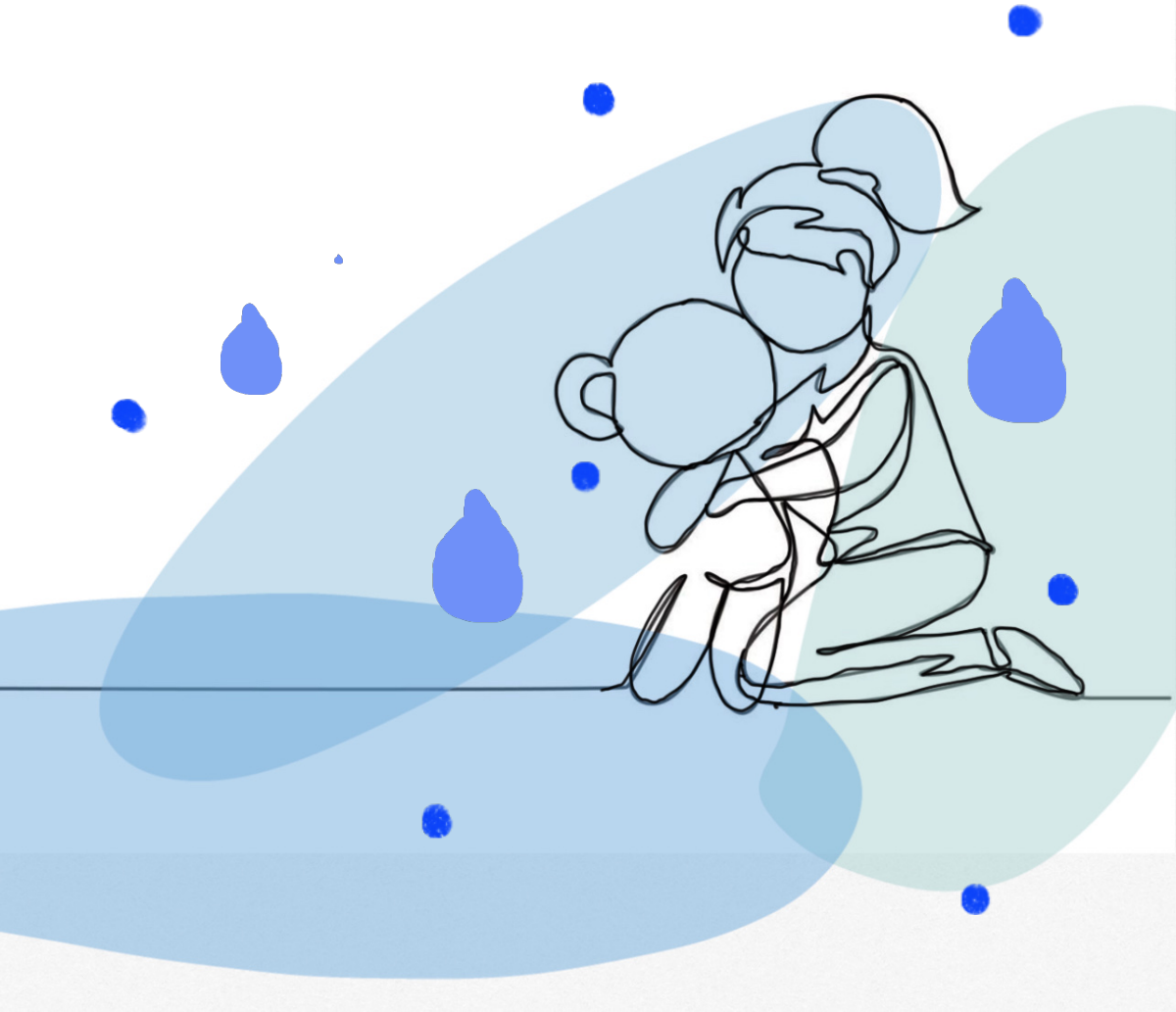
When I feel excited I start to feel warm. I turn on some music and start to perform.



How do you express yourself when you feel excited?



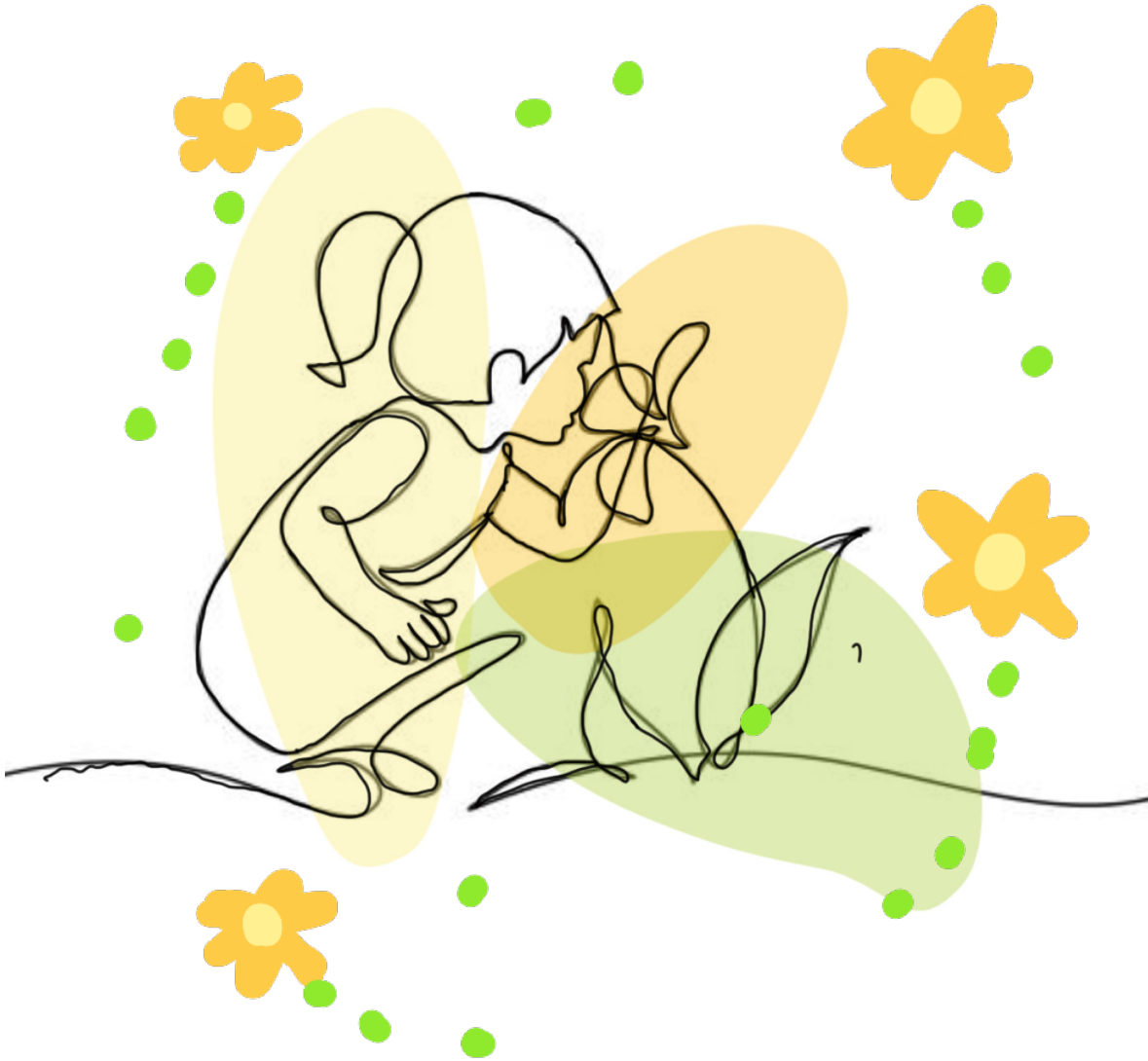
When I feel sad I cry for a bit.  
I give my teddy a hug and I like  
to sit.



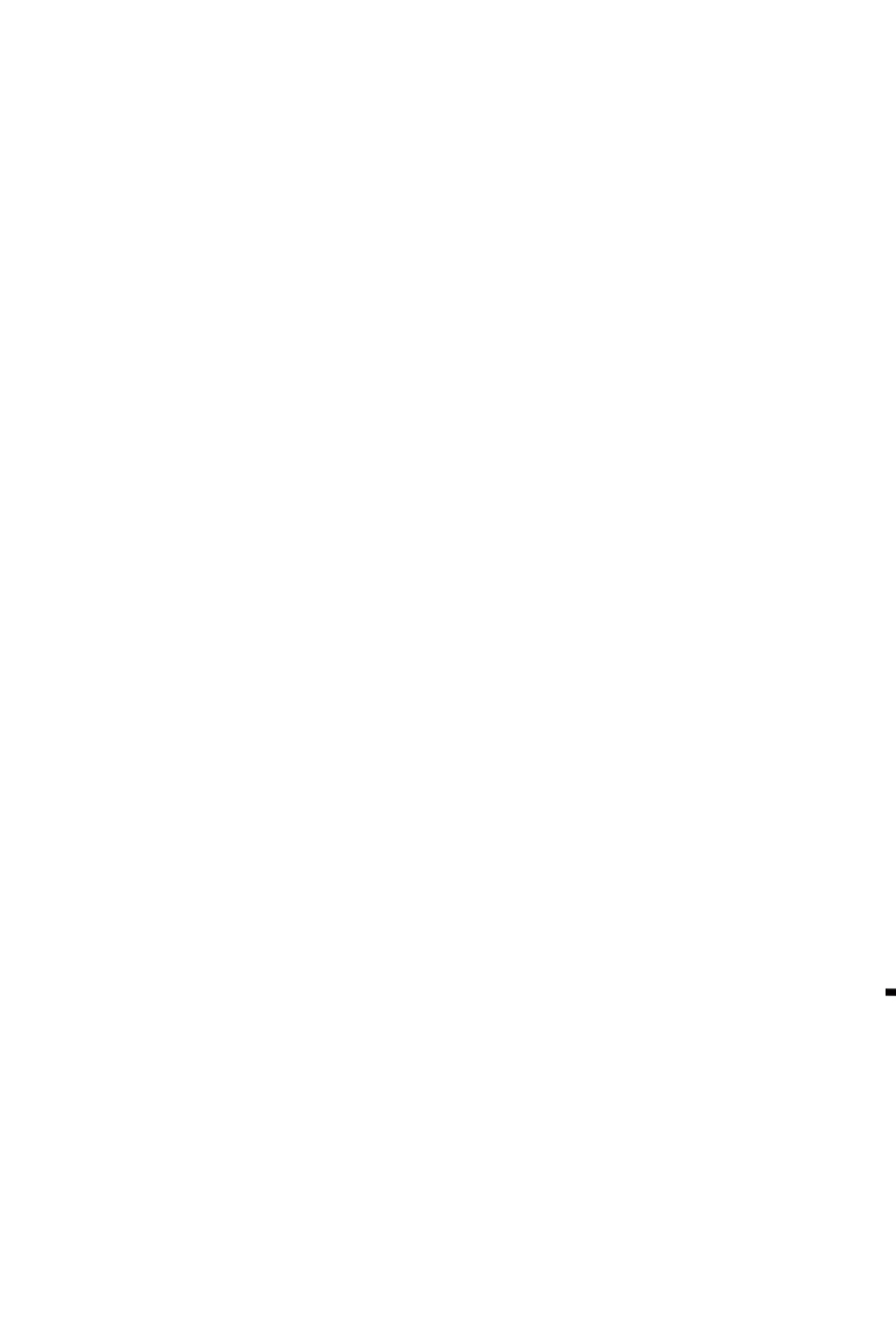
How do you express yourself  
when you're sad?



When I feel happy my body is filled with glee. I smell the flowers and I feel free.



How do you express yourself when you're happy?





When I feel angry I scream and shout. My legs start to stomp and I began to act out.



How do you express yourself when you're angry?



When I feel proud I stand up straight. My shoulders are back and I just can't wait.



How do you express yourself when you're proud?



When I feel scared I shiver and shake. My friends want to play but I just need a break.



How do you express yourself when you're feeling scared?



HOW DO  
YOU  
EXPRESS  
YOURSELF?

