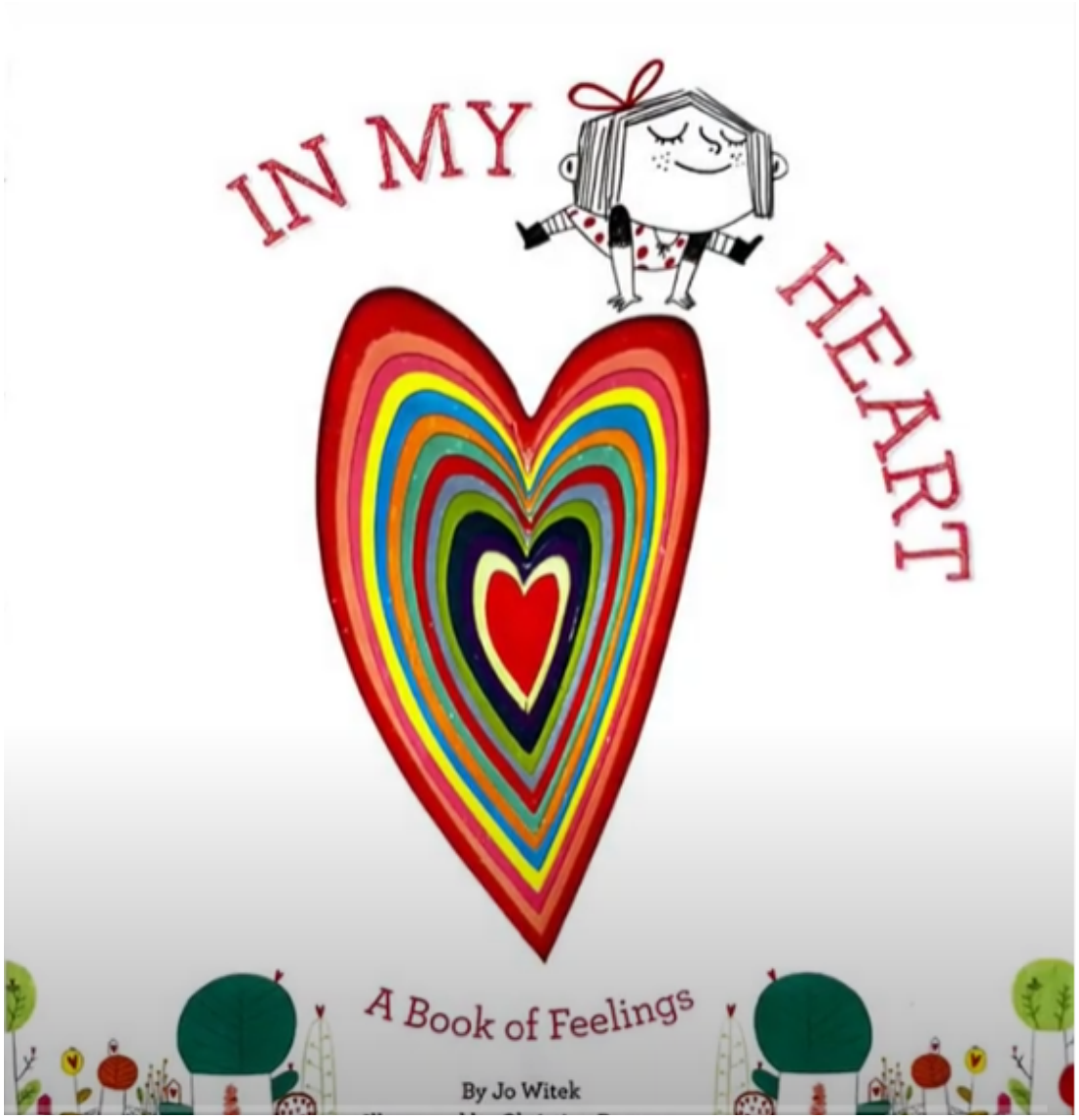

IN MY HEART
A Book of Feelings
By Jo Witek



My heart is full of feelings. Big feelings and small feelings. Loud feelings and quiet feelings. Quick feelings and slow feelings. My heart is like a house, with all these feelings living inside.





Sometimes my heart feels like a big yellow star, shiny and bright. I smile from ear to ear and twirl around so fast, I feel as if I could take off into the sky. This is when my heart is happy.





Other times, my heart feels strong. I stand up tall, as if I can touch the clouds. New people and places don't frighten me. I can do it! Watch me go! This is when my heart is brave.

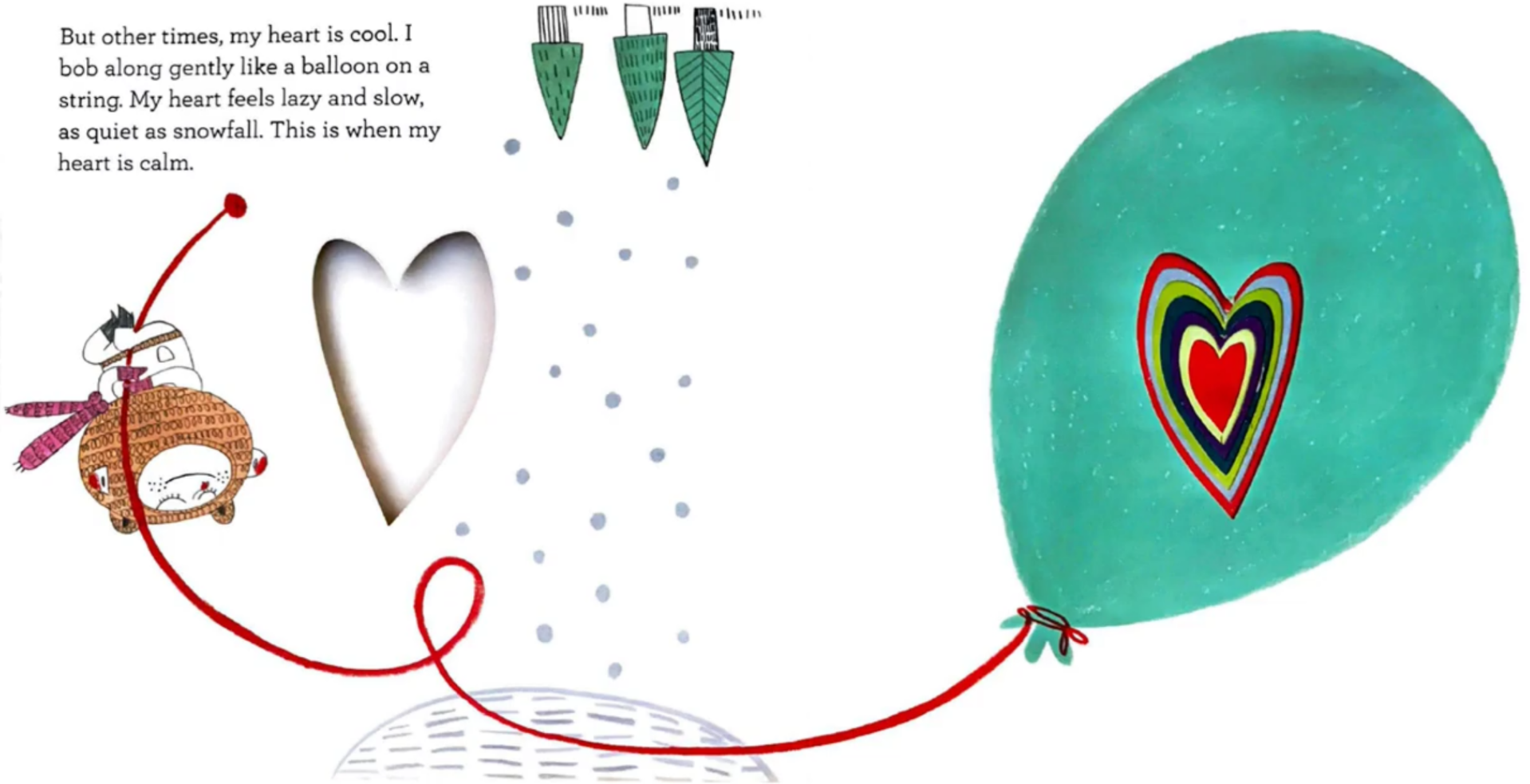




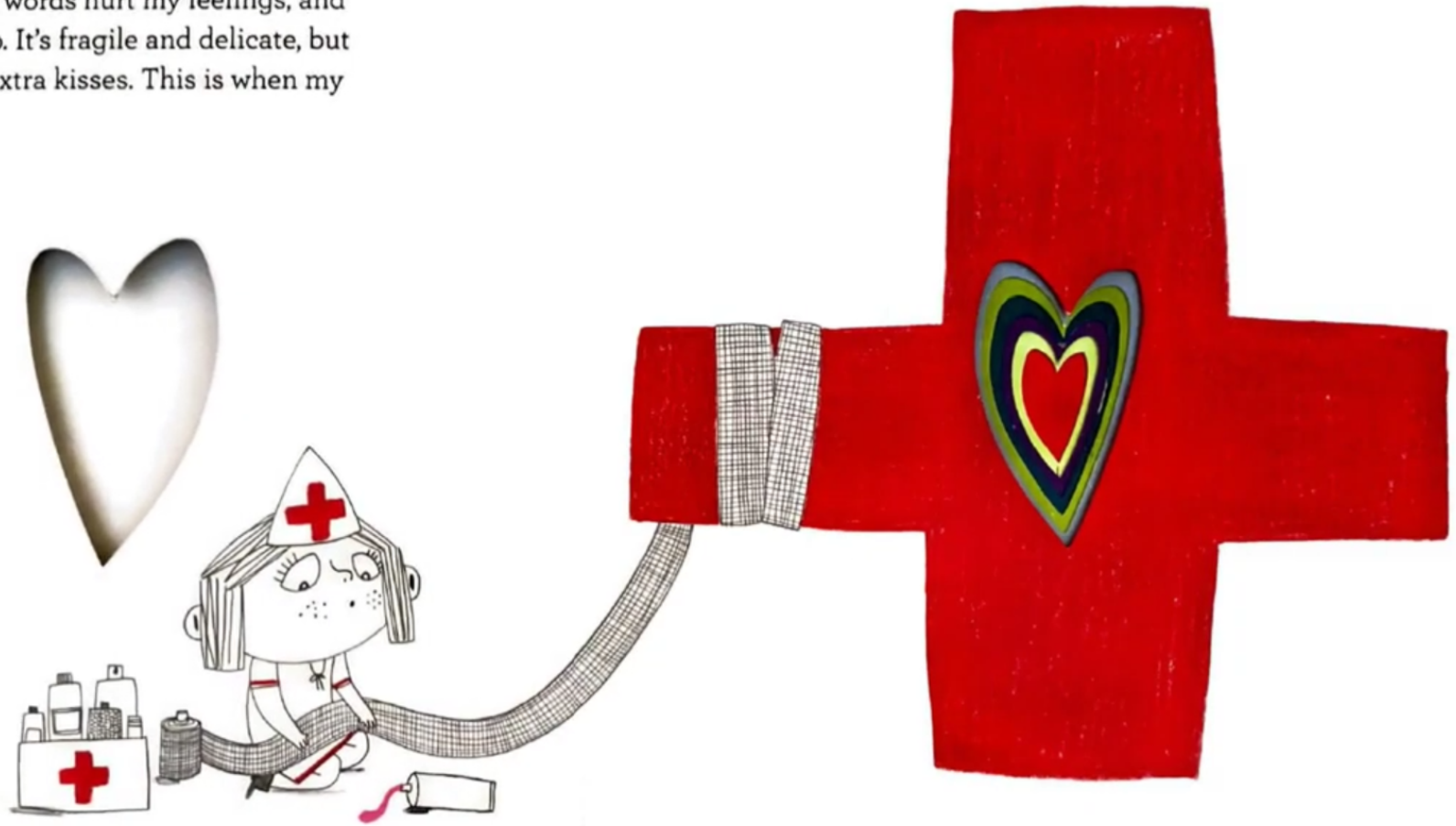
When I get really angry, my heart feels as if
it's going to explode! Don't come near me!
My heart is yelling, hot and loud.
This is when my heart is mad.



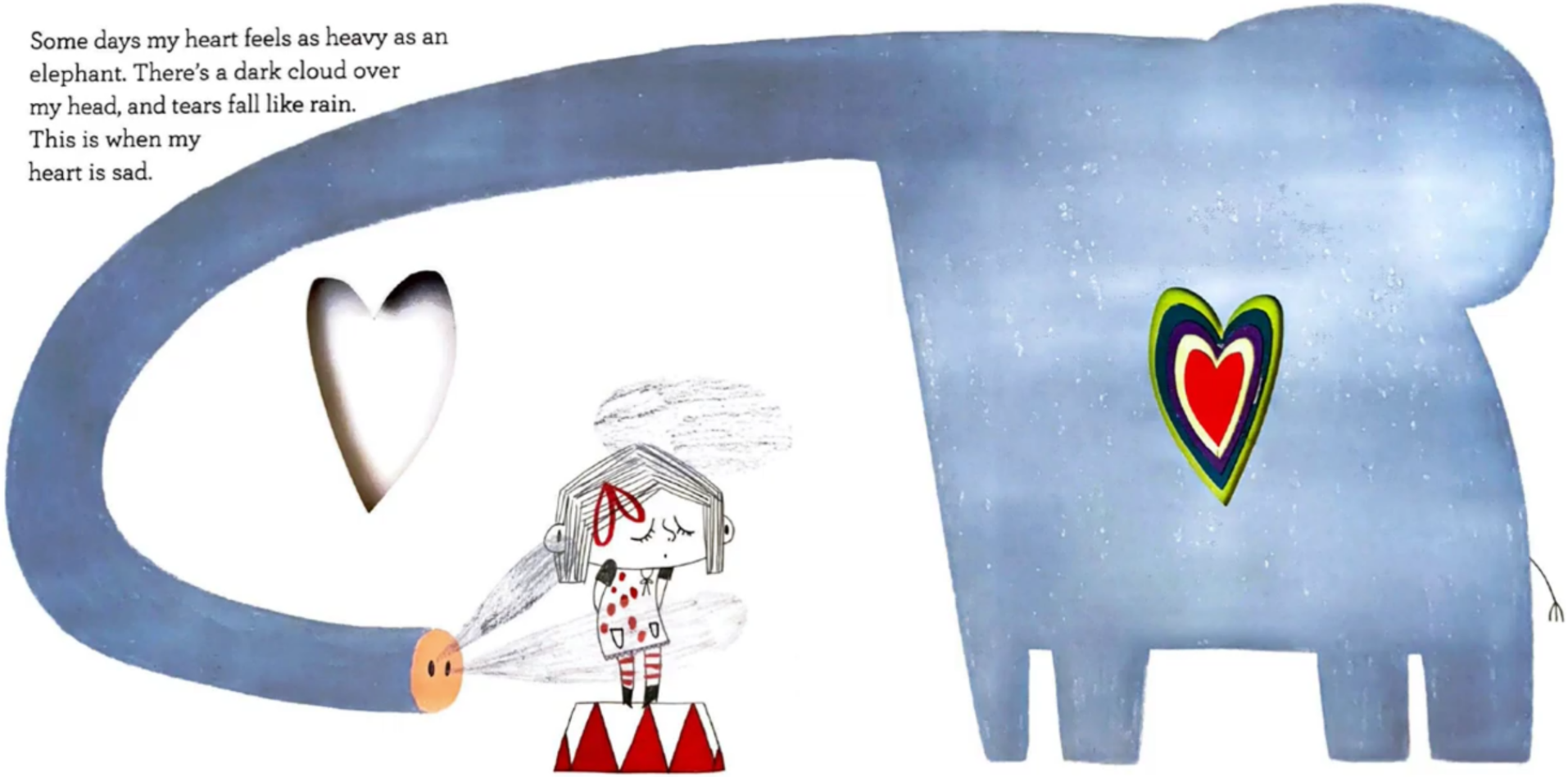
But other times, my heart is cool. I bob along gently like a balloon on a string. My heart feels lazy and slow, as quiet as snowfall. This is when my heart is calm.



On harder days, mean words hurt my feelings, and my heart feels hurt too. It's fragile and delicate, but it can be healed with extra kisses. This is when my heart is broken.



Some days my heart feels as heavy as an elephant. There's a dark cloud over my head, and tears fall like rain. This is when my heart is sad.



But my heart doesn't stay sad.
Like springtime after winter, the sun
comes out again. My heart grows tall,
like a plant reaching toward the sky.
This is when my heart is hopeful.



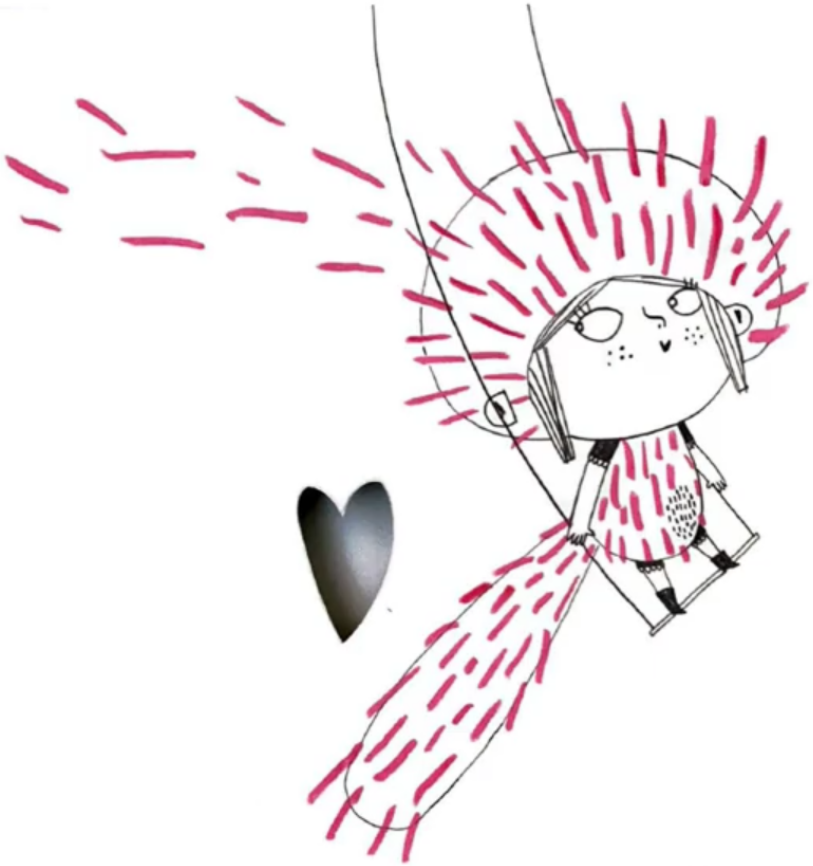
Eek! When I see something scary, my heart beats fast. I feel cold, as if a chilly breeze has crawled up my neck, and I run away as fast as I can. This is when my heart is afraid.





When it's time for a bit of fun, my heart feels full of giggles and wiggles. Abracadabra! I hop around like a bouncy bunny. This is when my heart is silly.





Sometimes I hide my heart away where no one can see, like my own small treasure. I don't want anyone to look at me. Safe on my swing, I can watch the world from up above. This is when my heart is shy.




My heart can feel so many feelings, and yours can too! Today, my heart is proud. How does your heart feel?



Sometimes my heart feels like a big yellow star, shiny and bright.
I smile from ear to ear and twirl around so fast,
I feel as if I could take off into the sky.
This is when my heart is happy.

A vibrant celebration of feelings, in all their shapes and sizes.

abramsappleseed
An imprint of ABRAMS
115 West 18th Street
New York, NY 10011
www.abramsappleseed.com
Printed in China

U.S. $16.95 CAN $18.95 UK £10.99
ISBN: 978-1-4197-1310-1
51695
9 781419 713101