

SELF-AWARENESS



BY EMILY SCHLESINGER

CHAPTER 1

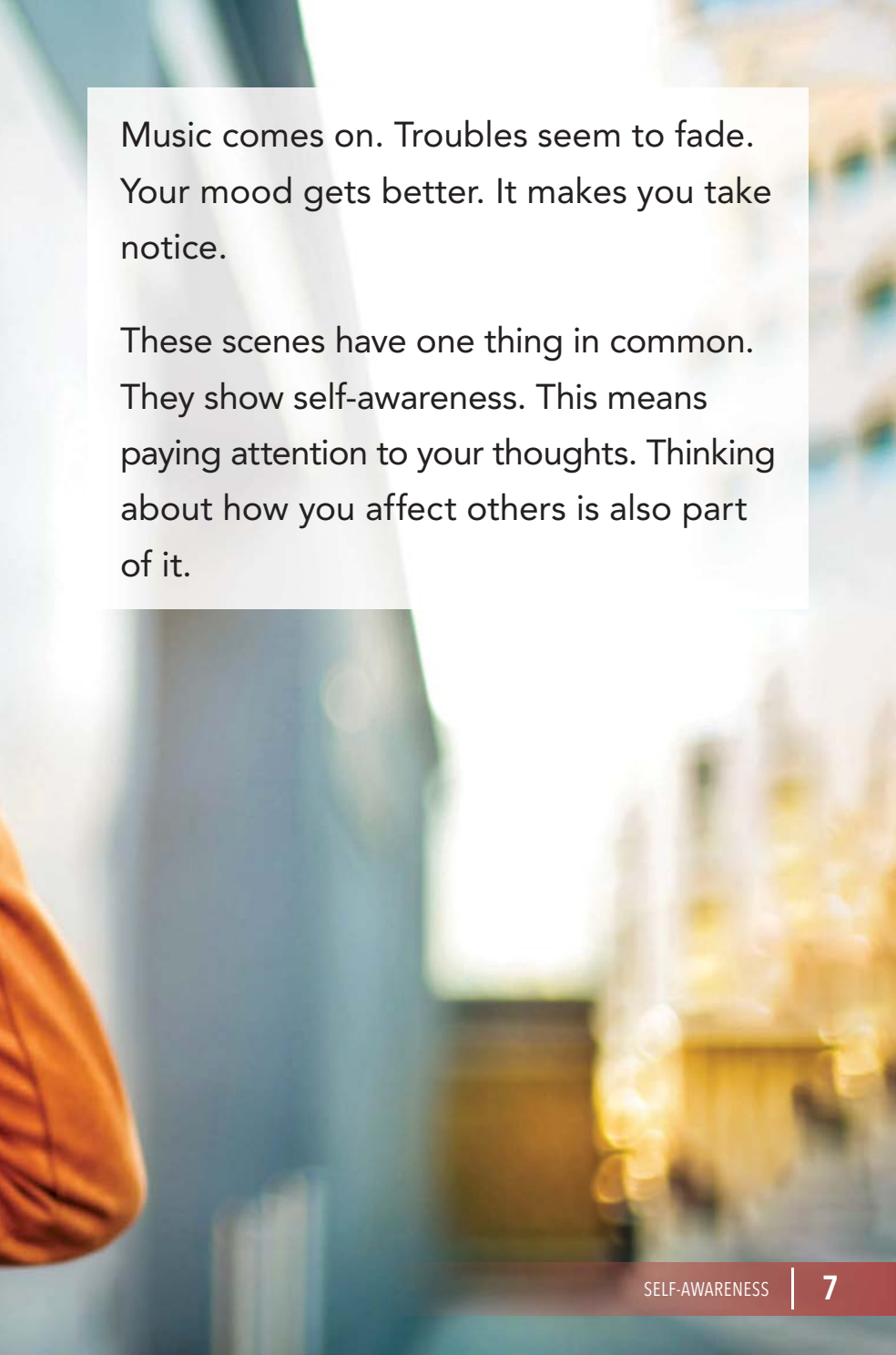
LOOKING INSIDE

Someone gives you a gift. It is not what you wanted. But you smile and say, "Thanks! I love it."

A friend misses a free throw. "Sorry," you say. Inside, you feel glad. Why is that?







Music comes on. Troubles seem to fade.
Your mood gets better. It makes you take
notice.

These scenes have one thing in common.
They show self-awareness. This means
paying attention to your thoughts. Thinking
about how you affect others is also part
of it.

There are many ways to be self-aware. One is to notice your feelings. Some come on suddenly. Others grow over time. They can change too.



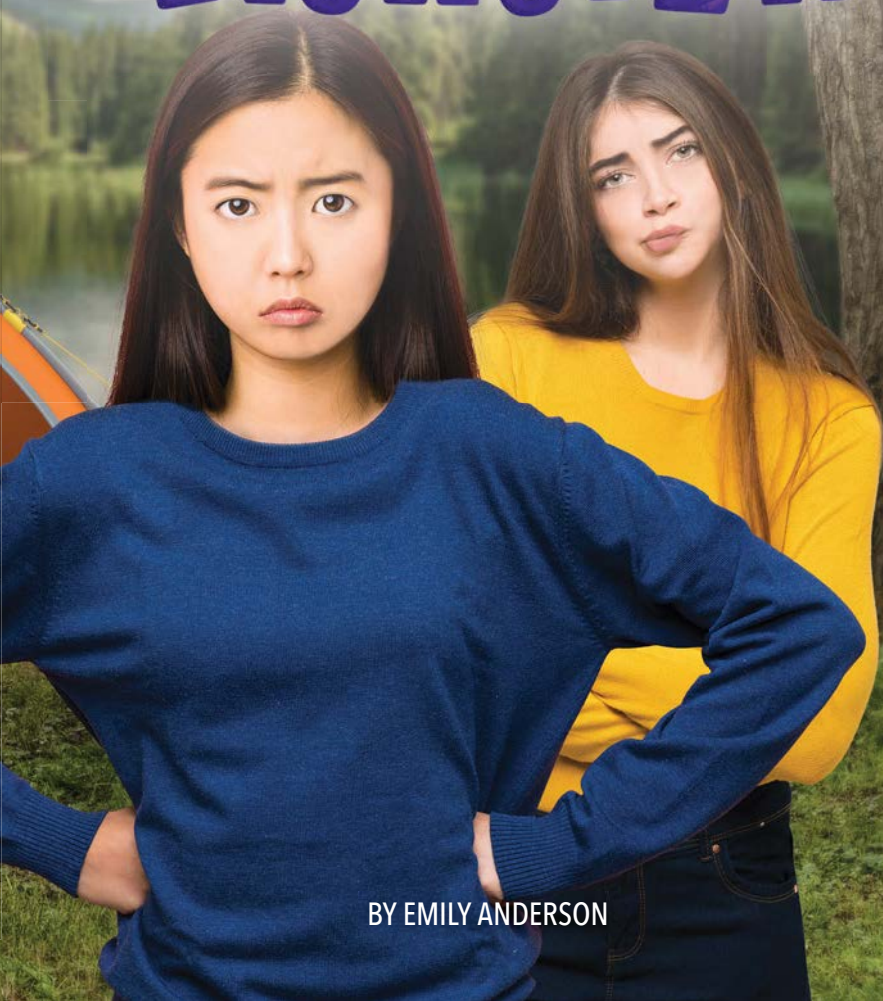


Listening to your instincts is another way. Many call these “gut feelings.” Maybe there is a dark road. Your gut tells you not to go down it. A person gets on the bus. You sense they will be a friend. Both are your instincts at work.



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CAMPING DISASTER




BY EMILY ANDERSON

Thunder crashed. Tien woke in the dark. Lightning lit up the tent. That's when she saw it. A huge frog sat on her pillow. It was inches from her nose.



Tien froze with **fear**, not daring to scream.
The creature might jump into her mouth.






Slowly, she reached out and shook her friend awake.

Mia turned on her flashlight. The frog hopped off the pillow. It landed on the cooler. Tien yelped.

"Tien, are you okay?"

"There's a toad in here."



Mia shined her light. The creature croaked.
She grabbed it.

"Yuck. You touched a toad," Tien said.

"This is actually a frog." Mia was **confident**.

"You can tell by the feet. See? They are webbed. Frogs are aquatic. Toads live on land."

"Gross. Get it out of here."



"He's cute." Mia unzipped the tent. She set the frog outside. "Good night, little frog."





Tien lay down, worried. If a frog could get in, what about a snake? Wind hissed through the thin tent. Tien could hear every sound. She covered her ears and tried to fall asleep.