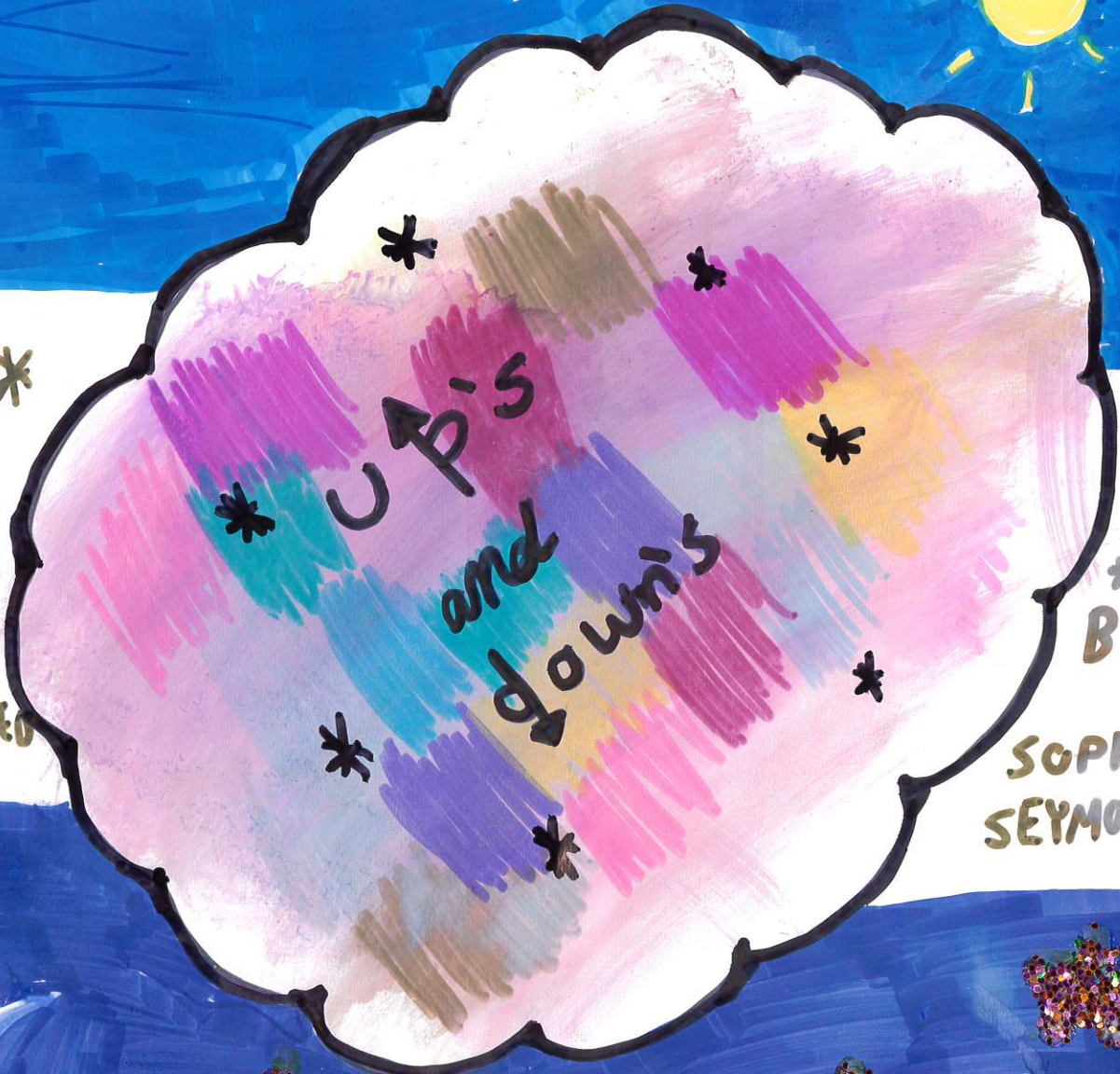




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\* \*  
WRITTEN  
AND  
ILLUSTRATED

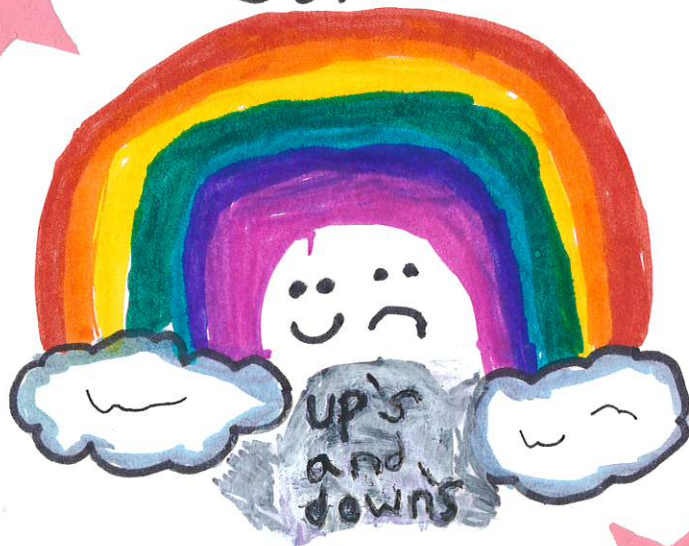


\* \*  
\* \*  
BY  
SOPHIA  
SEYMOUR





by Sophia  
SEYMOUR



this book is dedicated to...

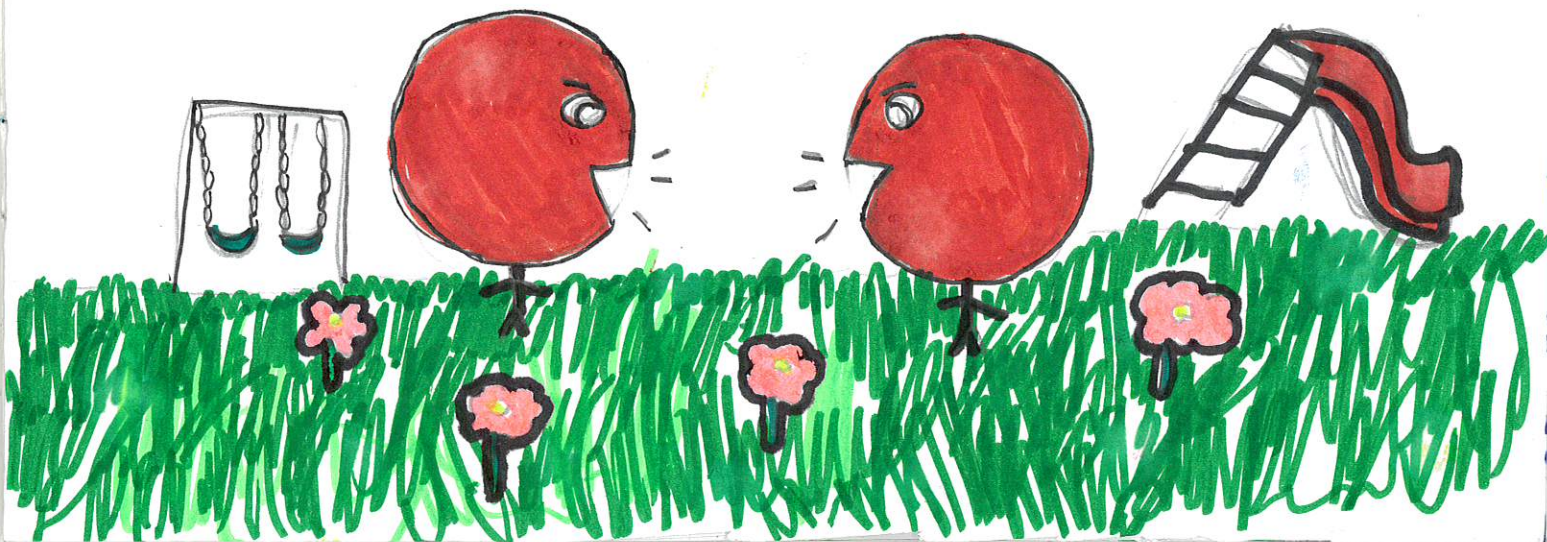
My Amazing teachers at Campbell Hall



Sometimes I feel mad or sad.

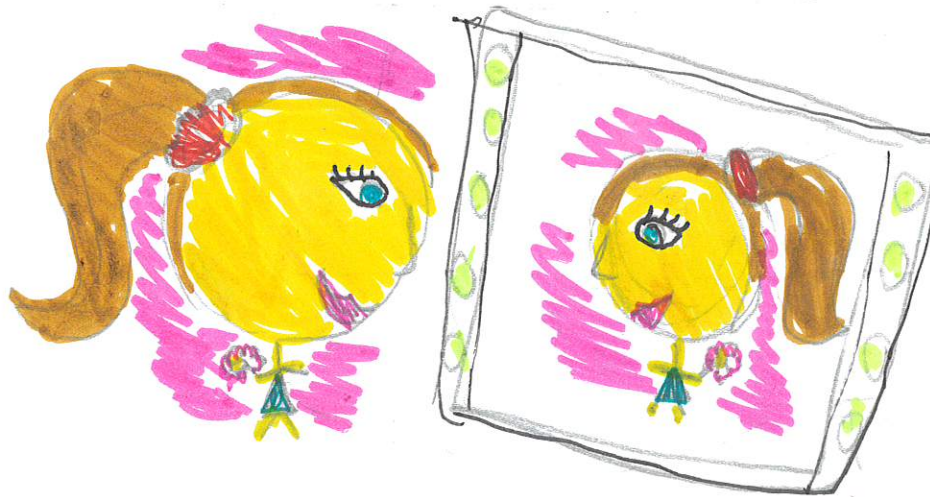


Sometimes I get angry with you or even me!





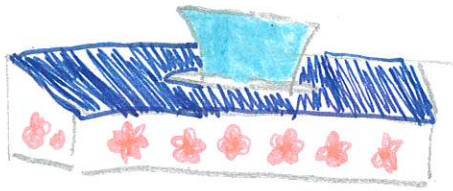
I am proud of the beautiful person I am.



I am proud of the beautiful things I do.



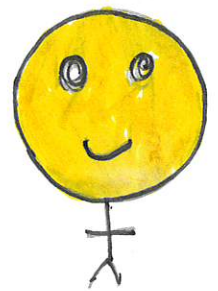
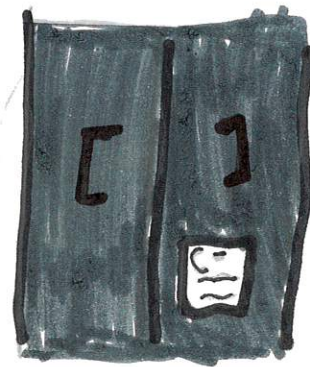
When I am feeling down or blue, and need a hug and a tissue



I need to remind myself that I am loved and I am amazing!



I do not feel jealousy Because you are you,  
But I have the privilege to be none other than ME.



I tried  
My best



If I lose someone or something I love, I don't think about all of the negative things, I think about the good memories and the good times I had with them



If I fall out of a tree and scrape my knee,





I make sure that I keep climbing high, by not giving up and giving it another try.



I will try again



When I am at the top of the tree I feel happy as can be!





Because when I fall down I get back up again



and tell myself, I am ME





Be

again

and tell myself, I am ME





About

\* the \*

Author

\* \*

Sophia Seymour

is a third grader  
who enjoys art, soft-

ball, and loves writing! Sophia lives  
in Encino Los Angeles with her mom  
Nicole and her dad Larry. Sophias  
favorite subjects in school are  
social studies, writing, and art class.  
When Sophia grows up she wants to  
be an Author and illustrator.  
Sophias favorite color is pink  
and she is great with animals.



