

# I AM FEELING SHY

A  
peek-through  
book



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It's a dinosaur,  
and it's trying to hide!



"I have a book  
we could read together,  
or a ball. We could play catch!"

"Are you feeling shy? That's okay!  
Everyone feels shy sometimes."





"I remember when I felt shy.  
I didn't want to go outside to play."



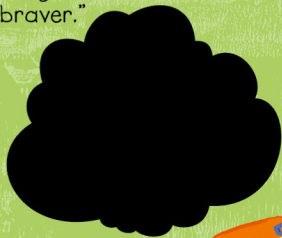
"My friends helped me by playing  
in front of the window  
where I could see them."



"I watched them playing and I realised I wanted to play too!"



"Soon, I began to feel braver."



"One day I went out to play with them. It was so much fun!"

