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IN THIS ENCYCLOPEDIA, you will find out about the people and things that are very familiar to you: for example, your family and friends, your home and your school. You will also learn more about yourself, how your body works and how you feel from day to day.

Each subject is presented with an introductory text to explain what it is about.

There are lots of things to see in the main illustration that accompanies each subject

The text that accompanies each item explains what it is and provides more information about it.

Most (but not all) of the items pictured can be found somewhere in the main illustration.

Kindergarten		KINDERGARTEN	
<p>Teacher Teachers work in the kindergarten. They help the children with their reading and writing. They read them stories and show them how to paint pictures or make music.</p> 	<p>Reading The word 'read' has three letters in it. The teacher sometimes leads them out on the whole page. The children can look at the picture and can try to find the word.</p> 	<p>Writing When you write you put letters together to make a word. All the letters together make up the alphabet. You need to write the alphabet in order to write. Each letter has a certain shape. The first word that you learn to write is usually your own name.</p> 	<p>Musical instrument You can make music with a musical instrument. When you play a xylophone, each key sounds a different note. If you play these in a certain order and to a certain rhythm, you can make a tune.</p> 
<p>Painting You paint with paintbrushes on a piece of paper. You mix the paint with water. Then you use your brush to spread the paint. You can use the colours you want, or mix them together to make new ones.</p> 	<p>Magnifying glass To see a very small thing much more clearly you can use a magnifying glass. The glass has a special shape to make the object look bigger. If, for example, you put a caterpillar and some leaves in the box, you can see the caterpillar much more clearly than you can see it with your eyes.</p> 		



If you look very carefully, you will find a tiny bunch of keys in each of the main illustrations in this book. Turn to page 31 to find out where they are hidden.



Sleeping

During the day, we are active and use up energy. At night we feel tired and must go to sleep so that the body can rest and recover.

We all have dreams, but often we cannot remember them when we wake up!

Working

Adults must work to earn money. Many people work away from home. But there is also work to do in the home, such as cooking, washing and decoration.



Sadness

In life, sad things happen sometimes—for example, if we lose something we love. It is a painful feeling. Sometimes we cry. Our bodies are healthy but our minds are sad. What often helps is to talk to someone who will listen.



Eating

To give you energy, you must eat and drink regularly and healthily. Feeling hungry is your body's way of telling you that you need to eat.

Illness

If you pick up germs, you may become ill. Your body is weak and needs rest so that it can get better. Medicine can help by relieving the pain or fighting the germs. You are usually well again after a few days.



Happiness

Sometimes we are very joyful. We laugh a lot and everything is fun. Things can make us happy, like a nice cake, a great slide, or if someone praises something that we have well. Sometimes we just feel good for no reason!



Jealousy

When somebody else has something that we want for ourselves, or if we are not invited to a party and a friend is, then we may feel jealous. If we think of how lucky we are in other ways, then we can begin to feel better.

Arguing
You can argue for lots of reasons—for example, if there is only one toy and two of you want to play with it. If you learn to share, you don't have to argue.



Fear

Fear is a very unpleasant feeling. When we are afraid, we often sweat and tremble, and our hearts start to pound. People are afraid of different things, such as of the dark, or of fierce-looking dogs. If we speak to our parents or friends, this may help to calm us down, and we can overcome our fear.



Death

If something living, a person, animal or plant, is old or very ill, it may stop working completely and dies. When someone dies, it is like falling asleep forever. People who have died live on in our thoughts.



Anger

We often get angry if someone has done something bad or been unfair to us. We feel like shouting and stamp our feet! Anger usually passes and we calm down.

Love

Love is one of the nicest feelings. If you feel very happy when your mother or father comes home, this shows that you love them. You can also love other people in your family and your friends. You are lucky when your friends love you too.

