

Body Language

Can you talk without using your words?

We all can! We can say we are happy with a smile, or we can tell somebody they did a good job with a thumbs up. Some people show they care by giving their friends a pat on their back and others show they care by not looking into their friend's eyes.

And did you know that nodding your head up and down can mean different things to different people? For some people it might mean that you like something, but if you are Greek, it means that you don't.

What are some things you can say without using words?



Hello!

There are many ways people around the world say hello. In America, we shake hands and, in the Philippines, we take one of the other person's hands and press it to our forehead. People in Japan say hello by bowing to each another, while people in New Zealand press their foreheads together and look into each other's eyes. And in France, we say hello by kissing the other person on both cheeks.

How do you say hello?



Celiac and Gluten Free

Have you ever eaten something that made you have a sore tummy? Me too! Especially when I eat cereal or bread like wheat or rye bread, my tummy gets really, really sore. My doctor told me that because I have celiac disease, foods that have gluten in it—like cereal and bread—will make my tummy hurt. And guess what? Ever since I stopped eating foods that have gluten, I feel so much better!

Are there any foods that hurt your tummy?

