

These coloring sheets accompany the book,  
***Who Let The Nerves Out?*** © by Loreal Ivory.

Here are some things you can do with this activity book:

- **Color the pages.** Use crayons, colored pencils, markers, chalk, or watercolor paints. Coloring can help you let the nerves out. By the way, reading can too.
- **Talk with someone** about the colors you chose for your pictures.
- **Read the book and retell the story** in this book in your own words.
- **Write your own story** on the pages of this book.
- **Try to match** the coloring book pages to the pages in “Who Let The Nerves Out?”
- **Label the characters.** Use the names from the book, your friends’ or family members’ names, names you like, or make up your own names.
- **Draw your own characters** on the pages or add other things to the pictures that are already there.
- **Use the pages as a journal** and write about how you let the nerves out. Write something everyday.
- **Use your non-dominant hand** to color some of the pages. Fun fact: I’m left-handed.
- **Listen to music** as you color.
- You may have other ideas about how to use this book. **Explore your ideas.**
- **Have fun!** Never stop reading and learning!















