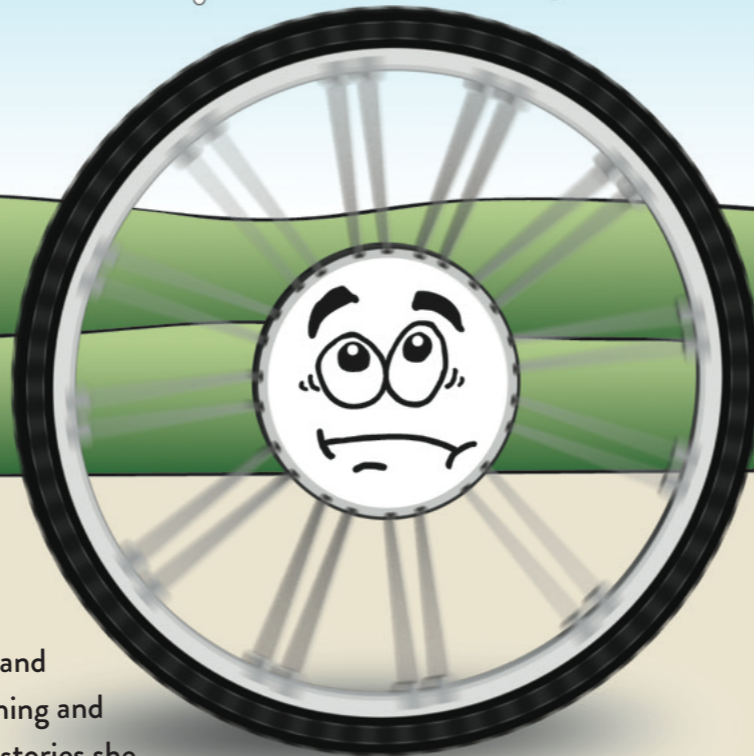


**Does** your mind ever feel full and spinning out of control with so many racing thoughts, worries, curiosities and responsibilities? You're not alone!

Come along on this funny and lighthearted journey with Spokes, a bicycle wheel who shares cool tips on what to do when you feel a little too speedy and overwhelmed.



**Katie Kuperman** is an imaginative, captivating and inspiring book author and illustrator. She writes with intent and purpose to evoke emotion, ignite learning and encourage positive action through the stories she tells. Situated in Toronto, Canada, Katie is also a business owner, entrepreneur and public speaker in schools and other settings.

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Part of all proceeds donated  
to children's charities



# SPEEDY SPOKES

If you're spinning fast and out of control,  
that's your signal to slow things down.



Story and  
illustrations by  
**Katie Kuperman**

***SPEEDY SPOKES***

To my son. The one who amazes me every day  
with the speediest mind I've ever known.

—KK



About this book:

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Hi there! I'm a wheel who has a really busy day coming up tomorrow.

And guess what? I woke up super early today with my mind already racing!



Even though my busy day is on *Tuesday*, it's only *Monday* and I'm **turning and churning** inside like a roller coaster.

Since I can't sleep anyway, I might as well show you what I'm talking about.

C'mon! Follow me.

A cartoon illustration of a wheel with a face, standing in a classroom. The wheel has a white face with large, wide eyes and a slightly open mouth, looking nervous. It is positioned in the center of the room, in front of a green chalkboard. To the right, there is a speech bubble containing the text 'EEK!'. Below the wheel, there are two yellow desks with books and pencils on them. In the background, there is a clock on the wall and a door on the right side.

EEK!

Here's my classroom. I'm here early so my teacher and friends haven't **rolled in** just yet.

We've been working on our wheel history projects for 2 weeks. Tomorrow, we all take turns presenting to the whole class.

I'm a shy wheel, so speaking in  
front of people is hard for me.

My **treads** already have so many nervous  
butterflies **whizzing** around them!

