



Facilitator note: A fictional exam week. Ordinary body needs - hunger, thirst, tiredness - are maintenance, not weakness, and students are never asked to share personal health details in class. The story's rule has no prerequisite: a signal that is new, keeps going, or worries you goes to a trusted adult promptly, whether or not you have eaten, drunk, or slept - and ordinary care continues at the same time. Adults own the health work: the parent acts, the nurse is for school hours, the doctors examine, plan, and follow up. Nobody in the story diagnoses or promises outcomes, and nobody should in class either.

Activity 1: Sequence

Order:

- A. Peri's system covers every subject except the person.
- B. An ordinary headache arrives, and she answers it early.
- C. A new headache stays, and the letters drift.
- D. She tells her mother the same evening - nothing fixed first.
- E. The doctor checks, and the eye doctor examines and plans.
- F. She repairs the system to include the person.
- G. The exam page holds still.

Which step turns the story - and what would the story be without it?

Activity 2: Answer it, hand it up, or both?

Label each: A (answer it herself, promptly), U (hand it up to an adult, promptly), or B (both at once).

- 1. It is four o'clock and she has barely eaten.
- 2. A full water bottle, untouched, at three.
- 3. Tired eyes at eleven at night during exam week.
- 4. A headache that is new and stays into a second day.
- 5. Letters that drift on the board.
- 6. New lenses.

Which of these can happen at the same time as another? (That is the point of the rule.)





Activity 3: Pass the rule on

Peri's cousin is twelve and starting a hard term. Write the kitchen rule for her in your own words - three or four short lines she could tape inside a lunchbox. Keep both halves: the maintenance she can do herself, and the telling that needs nothing fixed first.

Activity 4: Body arithmetic (all numbers made up for practice)

Suppose lights-out is 11:00 and the alarm is 6:00 - how many hours of sleep is that? Suppose Peri studies 3 hours with a 10-minute break each hour - how many minutes of break? Suppose her bottle holds half a liter, she fills it in the morning, and refills it twice during the day - how much water is that in total?

Activity 5: The one o'clock choice

It is 1 a.m. and the history block says Peri should keep going. Write the two sentences she could say to herself - the one that keeps the block, and the one that closes the book. Then write one line about what each sentence costs the next morning. Which one do you choose for her, and why?

Activity 6: Draw the desk

Draw Peri's desk after the repair: the chart with breakfast blocked in, the filled bottle on the bag, the glasses. Only what can be seen - no labels for feelings. Faces and poses are your choice. Caption with one line from the story.

Activity 7: The kitchen rule - planning for a fictional case

A teen named Sarina practices running every morning before school and has started skipping breakfast to save time; by practice she feels shaky, and last Thursday she felt dizzy during sprints. Write which signals she can answer herself and how, which one goes to an adult promptly and why, the sentence she could say to her mother or coach, and one useful action. One sentence each, with names.





Activity 8: Word grid

Find eight words left to right. Row/column numbering begins at 1.

L	U	N	C	H	V	W	B	F	Y
G	H	S	L	E	E	P	O	R	S
T	D	R	I	N	K	Q	Z	X	J
K	V	W	T	E	L	L	H	U	P
R	E	S	T	R	S	T	C	D	E
A	I	P	A	G	E	K	V	W	B
F	R	U	L	E	P	L	M	N	O
R	S	T	E	X	A	M	I	Q	Z
X	J	K	V	W	B	F	Y	G	H
U	P	L	M	N	O	R	S	T	C

LUNCH, SLEEP, DRINK, TELL, REST, PAGE, RULE, EXAM. Which word names the rule's last step, and which word names what Peri packs first?





Teacher answer key

1. A, B, C, D, E, F, G. Step D turns the story: without it, the new signal could easily have been answered like the ordinary ones - more chapters, more waiting - through the whole exam week. With it, the signal changes hands the same day it changes shape - "it is a relief, it turns out, when a signal changes hands" - and the adults can begin the work that was never hers. Telling is not the end of her job; it is the hand-off that makes the rest possible.
2. 1 A (eat - it was due anyway); 2 A (drink it - maintenance, not medicine); 3 A (sleep); 4 U (new, and staying - tell promptly, whether or not breakfast happened); 5 U (new and strange - it goes with the headache to the adults); 6 U (the eye doctor's territory). 1 and 4 can happen at the same time: she eats her breakfast and tells her mother - one is maintenance, one is information.
3. Sample: "Eat. Drink. Sleep. Your body sends ordinary mail all day - answer it. And if something is new, or keeps going, or worries you, tell a grown-up right away. You never have to fix it first." Both halves matter: the maintenance is hers, and the telling has no prerequisite.
4. 7 hours of sleep. $3 \times 10 = 30$ minutes of break. Half a liter plus two refills = 1.5 liters in total.
5. Sample: "The block says history runs to one - one more chapter won't decide the exam" keeps the block; "The exam is tomorrow morning, and so am I" closes the book. The first costs sleep and a blurry morning; the second costs an unfinished checkbox and buys a working head. Either choice is defensible once; as a nightly habit, the first is overriding wearing a schedule's clothes. Answers on the final choice will vary - the costs must be stated either way.
6. Open. The drawing should show the observable repair: breakfast blocked in like a subject, the filled bottle on the bag, the glasses out of the drawer. Strong captions quote "the system includes everything except the person running it" or "the page holds still." Any honest rendering counts.
7. Open. Sample: Hers to answer - "The shakiness before practice may be hunger or something else; either way, breakfast before running is due, so she eats - maintenance needs no diagnosis." Adult's - "Dizziness during sprints is new and happened during exercise: it goes to her mother and the coach promptly, not after a week of testing breakfasts." The sentence - "Ma, I get shaky at morning practice, and Thursday I was dizzy during sprints. I've started eating breakfast, and I want you to know about the dizzy part." Useful action - "Sarina packs a breakfast the night before, next to her running shoes."
8. LUNCH row 1 columns 1-5; SLEEP row 2 columns 3-7; DRINK row 3 columns 2-6; TELL row 4 columns 4-7; REST row 5 columns 1-4; PAGE row 6 columns 3-6; RULE row 7 columns 2-5; EXAM row 8 columns 4-7. The rule's last step is TELL; Peri packs her LUNCH first.

