



## Activity 1 of 9

### Remember the story

1. What is too loud for Chaim?

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2. Who helps Chaim in the hallway?

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3. What soft thing does Chaim keep in his pocket?

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4. What can Chaim say when it is too loud?

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## Activity 2 of 9

### Fact or guess? (circle one)

1. Chaim knocks over his water cup. Fact / Guess
2. Chaim sits near the wall the next day. Fact / Guess
3. Yitzy is angry about the spilled water. Fact / Guess
4. Mr. Katz says sensitive ears are nothing to be ashamed of. Fact / Guess



## Activity 3 of 9

### Think and write

1. What sounds, lights, or crowds feel like too much for you?

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2. Why does the word 'information' help Chaim feel better?

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3. What would you put in your own calm tool kit?

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## Activity 4 of 9

### Word search (find all 6)

Words: LUNCHROOM, NOISY, QUIET, CLOTH, TOOLKIT, HALLWAY

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



## Activity 5 of 9

### Scrambled words (from the story)

1. UQETI = \_\_\_\_\_

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2. PTEELZRS = \_\_\_\_\_

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3. YLLAHAW = \_\_\_\_\_

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4. COLHT = \_\_\_\_\_

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5. EOINS = \_\_\_\_\_

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## Activity 6 of 9

### Say it out loud

Practice each line in a calm, steady voice:

"I need a quiet minute, please."

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"My ears need a break."

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"Can I sit near the wall?"

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Activity 7 of 9

My chart

My Calm Tool Kit

| #       | Too much of this | My body said | My tool |
|---------|------------------|--------------|---------|
| Loud    |                  |              |         |
| Bright  |                  |              |         |
| Crowded |                  |              |         |



## Activity 8 of 9

### Draw it

Draw Chaim's calm tool kit: the soft cloth and the quiet corner.

A large, empty rectangular box with a thin black border, intended for the student to draw Chaim's calm tool kit.



## Activity 9 of 9

### Answers

Remember the story:

1. The school lunchroom
2. Mr. Katz
3. A small soft cloth
4. "I need a quiet minute."

Fact or guess: 1 Fact; 2 Fact; 3 Guess; 4 Fact

Scrambled words: QUIET, PRETZELS, HALLWAY, CLOTH, NOISE

Think and write: answers will vary; talk them over together.