



Activity 1 of 9

Remember the story

1. What does Hindy break on Monday?

2. How does Hindy feel in her tummy?

3. Who does Hindy whisper her secret to?

4. What does Hindy's mother say about worries?



Activity 2 of 9

Fact or guess? (circle one)

1. The vase falls because Hindy's elbow bumps the shelf. Fact / Guess
2. Morah Shifra is angry at Hindy. Fact / Guess
3. Hindy sleeps well after she tells. Fact / Guess
4. Hindy carries the secret for four days. Fact / Guess



Activity 3 of 9

Think and write

1. Why do you think Hindy kept the secret at first?

2. Who are the grown-ups you could tell if you had a heavy worry?

3. How does Hindy help Esty at the end?

Activity 4 of 9

Word search (find all 6)

Words: SECRET, VASE, WORRY, ACCIDENT, COURAGE, TRUTH

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



Activity 5 of 9

Scrambled words (from the story)

1. SEVA = _____

2. ENOTS = _____

3. CETAREH = _____

4. EPHSRIW = _____

5. RHTTU = _____



Activity 6 of 9

Say it out loud

Practice each line in a calm, steady voice:

"I have a worry. Can I tell you?"

"It was an accident, and I want to tell the truth."

"Can you help me carry this?"



Activity 7 of 9

My chart

My Trusted Grown-Ups Chart

#	Who I can tell	Where they are	What I will say
At home			
At school			
In shul			



Activity 8 of 9

Draw it

Draw a heavy stone getting lighter as Hindy shares her worry.

A large, empty rectangular box with a thin green border, intended for drawing.



Activity 9 of 9

Answers

Remember the story:

1. A glass vase in art class
2. Like a stone is in it
3. Morah Shifra
4. They get smaller when we share them

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

Scrambled words: VASE, STONE, TEACHER, WHISPER, TRUTH

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