



Activity 1 of 9

Remember the story

1. Where is Rachelli's quiet corner?

2. What does she hold in her hand?

3. How long does she breathe out?

4. What does she say she can do?



Activity 2 of 9

Fact or guess? (circle one)

1. The house is loud on Erev Shabbos. Fact / Guess
2. Rachelli stays in her corner all night. Fact / Guess
3. Mommy has set up the corner in the summer. Fact / Guess
4. Rachelli sets the table before candle lighting. Fact / Guess



Activity 3 of 9

Think and write

1. What is making Rachelli feel overwhelmed?

2. What does the quiet corner give her?

3. Where could you go when things feel too loud?

Activity 4 of 9

Word search (find all 6)

Words: QUIET, CORNER, PILLOW, STONE, BREATHE, CANDLES

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



Activity 5 of 9

Scrambled words (from the story)

1. QITEU = _____

2. ORCNRE = _____

3. OWLILP = _____

4. POUS = _____

5. NDCALSE = _____



Activity 6 of 9

Say it out loud

Practice each line in a calm, steady voice:

"I need a few quiet minutes."

"That's enough for now."

"I'm ready to help."

Activity 7 of 9

My chart

My Quiet Corner Chart

Day / moment	What was too loud	What I did	How I felt after
Day 1			
Day 2			
Day 3			



Activity 8 of 9

Draw it

Draw a quiet corner behind a bookcase with a green pillow and a gray stone.





Activity 9 of 9

Answers

Remember the story:

1. Behind the bookcase in the hallway
2. A smooth gray stone
3. Count of six
4. Stir the soup and set the table

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

Scrambled words: QUIET, CORNER, PILLOW, SOUP, CANDLES

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