



Before and after the question

Number the cards in story order.

Rina asks Chaya one calm question at her desk.

Rina sees the list of ten names.

Rina bakes banana bread with Mama.

Rina builds stories with no evidence.

Rina tells Mama and Mama asks what she knows.



Fact or story?

Mark FACT for what Rina really knows. Mark STORY for what she only imagines.

Statement	FACT	STORY
Her name is not on the list.	☐	☐
Chaya does not like me.	☐	☐
Ten names are on the list.	☐	☐
They are laughing about it at recess.	☐	☐



Which plan?

Sort the plans. A plan can be about the event or about making someone else hurt too.

ABOUT THE EVENT

ABOUT HURTING BACK

Ask one calm question in private.

Invite eight of the ten to a bigger party.

Give Chaya an icy smile all week.

Bake something at home.



A calm question

Draw a path through the parts of a calm private question.

Start

Ask privately.

Ask in front of the class.

Say what you saw.

Say you are not asking to be added.

Demand to be added.

Listen to the answer.

Say thanks for telling me.

A calm private question



Name the fact

Use fictional people. Fill the fields. No private information is needed.

A fictional character's one fact

A story the character is telling herself

One calm question she could ask, if she wants the answer



More accurate, not warmer

Read the reminders with an adult. Choose one that fits. Final stickers are 2 1/4-inch squares.

**Find the one
fact**

**Stories are not
facts**

**Hurting back is
not the plan**

**Ask one calm
question**

**More accurate
is enough**

**Another time is
okay**



Ten names

Draw a tidy list of ten short lines with a gap you can leave blank. Add a pencil.

A detail I add to the list



Find the honest words

Find LIST, FACT, STORY, ASK, HURT, REASON, CALM, TRUE. All go left to right. Tell one word's part in the story.

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

LIST**FACT****STORY****ASK****HURT****REASON****CALM****TRUE**

One word's part in the story



Parent notes and answers

Discussion questions:

What was the one fact Rina actually knew?

Which stories did she build without evidence?

Which plans did she decide not to use, and why?

What question did she ask, and when?

How did she respond to the answer?

Parent tool: Being left off a list hurts and the mind fills gaps with stories. Help the teen name the one fact, pass on revenge plans, and consider one calm, private question only if she wants the answer. Accept that an honest answer may not feel warm. Do not require the host to fix it; being added is not the goal. No group chat or private disclosure is required.

1. Listed order 4, 1, 5, 2, 3.

2. FACT: her name is not on the list; ten names are. STORY: Chaya does not like me; everybody decided without me; they are laughing at recess.

3. ABOUT THE EVENT: ask one calm question; bake something at home. ABOUT HURTING BACK: bigger party to show them; icy smile all week; pretend to be busy.

4. Useful nodes: Ask privately; Say what you saw; Say you are not asking to be added; Listen to the answer; Say thanks for telling me. Not useful nodes: Ask in front of the class; Demand to be added.

5. Open. Example fact: my name is not on a list. Example story: everyone dislikes me. Example question: Was there a reason?

6. Open. An honest answer may not feel warm; it can still be more accurate than a story.

7. Open. No readable names and no people; object-only list.

8. LIST: row 1, column 1, right; FACT: row 2, column 2, right; STORY: row 3, column 2, right; ASK: row 4, column 2, right; HURT: row 5, column 2, right; REASON: row 6, column 2, right; CALM: row 7, column 2, right; TRUE: row 8, column 2, right