



Malky Says No Nicely

Ages 6-9
A story and 9 activities

Malky Says No Nicely

It is the last day before vacation, and Malky is in the schoolyard with her friends Gila, Rivka, and Tehila.

"Look what I have," whispers Gila. She opens her backpack a crack. Inside is a bag of colorful candy, the kind that isn't allowed in school.

"Where did you get that?" asks Rivka.

"My cousin. I brought it for everyone. We can eat it in the bathroom during recess, so nobody sees."

Malky's stomach gives a little flip. She knows the rule. No candy at school, except on special days. Morah Elisheva has said it many times. And going into the bathroom to hide feels sneaky.

"Come on," says Gila. "It will be fun. Everyone is doing it."

"I don't think everyone is doing it," says Malky.

"Well, we are. Are you in?"

Rivka shrugs. "Sure."

Tehila looks at Malky. "Are you coming?"

Malky feels her cheeks turn warm. She doesn't want to be the only one who says no. She doesn't want Gila to call her a baby. She doesn't want to be left out.

But a little voice inside her says, This doesn't feel right.

She remembers what her mother told her once. "If your tummy gives you a funny feeling, listen to it. It's trying to help."

She takes a slow breath.

"No, thank you," says Malky. She tries to make her voice calm and clear. "I don't want to. I don't want to break the school rule."

Gila rolls her eyes. "You're such a goody-goody."

That stings. Malky's eyes prickle. But she stays standing where she is.

"I'm not trying to be mean," she says. "I just don't want to. You can still be my friend."

Gila huffs. "Fine. Come on, you two."

Rivka and Tehila hesitate. Rivka looks at Malky, then at Gila. Then she looks at her shoes.

"I think I'll stay with Malky," she says quietly. "I didn't really want to either."

"Me too," says Tehila.

Gila stares at them. "Fine. I'll go by myself."

She walks off toward the bathroom with her backpack held tight. Malky feels a rush of different feelings. She feels a bit sad, a bit nervous, and a bit proud, all at the same time.

Malky's hands are a little cold. She rubs them together. She isn't sure what Gila will say when she comes back, or if she'll say anything at all. The bell is still ten minutes away. It feels like a long ten minutes.

Rivka finds the jump rope in the bin by the door. Tehila takes one end and ties it to the fence post. Nobody mentions the candy.

"Do you want to play jump rope?" Malky asks.

"Yes!" say Rivka and Tehila.

A few minutes later, Gila comes back to the yard. Her face is pink. She looks at the girls laughing and jumping, and she shuffles over.

"I didn't eat it," she mumbles. "It didn't feel right when I was in there by myself."

"Do you want to jump?" asks Malky, holding out an end of the rope.

Gila hesitates. Then she takes it. "Okay."

Later, Gila says, "Thanks for not making me feel silly."

"You aren't silly," says Malky. "We all feel pressure sometimes. It's hard to be the first one to say no."

On the walk home, Malky thinks about it. Saying no has felt scary. But her friends haven't left her. In fact, one little no has made it easier for two others to say no too.

The rope turns and turns. Gila counts out loud, and Malky jumps.



Activity 1 of 9

Remember the story

1. What is Gila hiding in her backpack?

2. Where does Gila want to eat it?

3. What does Malky say?

4. What do the girls play afterward?



Activity 2 of 9

Fact or guess? (circle one)

1. Malky listens to her funny tummy feeling. Fact / Guess
2. Gila is a bad person. Fact / Guess
3. Rivka and Tehila stay with Malky. Fact / Guess
4. Gila does not eat the candy. Fact / Guess



Activity 3 of 9

Think and write

1. Why is it hard for Malky to say no?

2. What does your body tell you when something does not feel right?

3. How can you say no and still be kind?



Activity 4 of 9

Word search (find all 6)

Words: CANDY, RULES, JUMP, FRIEND, CALM, GILA

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



Activity 5 of 9

Scrambled words (from the story)

1. YDNCA = _____

2. LUER = _____

3. BHROOATM = _____

4. UMMYT = _____

5. NEDRFI = _____



Activity 6 of 9

Say it out loud

Practice each line in a calm, steady voice:

"No, thank you. I don't want to."

"I'm still your friend."

"That does not feel right to me."



Activity 7 of 9

My chart

My Kind No Chart

Day / moment	What I was asked	What my body said	What I said
Monday			
Tuesday			
Wednesday			



Activity 8 of 9

Draw it

Draw four girls jumping rope in the yard, with Malky in the middle.

A large, empty rectangular box with a thin black border, intended for a drawing. It occupies the central portion of the page below the instructions.



Activity 9 of 9

Answers

Remember the story:

1. A bag of candy
2. In the bathroom during recess
3. No, thank you. I do not want to break the school rule.
4. Jump rope

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

Scrambled words: CANDY, RULE, BATHROOM, TUMMY, FRIEND

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