

The List With Ten Names



Nussbaum Mind

Illustration coming soon

Ages 12-15



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Chapter 1: The list on the desk

On Wednesday morning, Rina sees a paper on Chaya's desk before class.

It is a neat list in purple ink. Ten names run down the page under the heading Friday baking, 2:00. Rina can read it upside down. She reads it twice anyway.

Her name is not on it.

Chaya turns the paper face down, quickly but not rudely. "Hi, Rina. Do you have the science handout?"

"Yes," Rina says, and gives her the handout.

Her voice sounds normal. Her chest does not feel normal.

Chapter 2: The stories she tells

Through math and history, Rina builds stories.

Chaya does not like me. Everybody decided without me. They are laughing about it at recess. I did something at the last trip and nobody told me.

Each story has a different villain. Each story feels completely true.

At lunch, she sits with her sandwich and watches the girls who are on the list. They talk and look ordinary. Nobody glances at her.

Rina realizes she has no evidence for any story. She has one fact: her name is not on a list for a baking afternoon.



Chapter 3: What she does not do

On the way home, a plan floats up. It is a clever plan. She could invite eight of the ten girls to her own afternoon on Thursday and make it bigger.

She could say, "Oh, I'm busy Friday, anyway."

She could hand Chaya a polite, icy smile for the rest of the week.

Rina holds each plan in her mind and decides not to use any of them. They are not about the baking. They are about making sure somebody else hurts too.

She walks the last block with her hands in her pockets, unsure what she will do instead.

Chapter 4: At the kitchen table

Mama is peeling carrots when Rina comes in.

"You look like somebody carrying an invisible tray," Mama says.

Rina tells her about the list.

Mama does not say, "They probably forgot." She does not say, "How rude." She puts down the peeler.

"That hurts," she says.

"A lot."

"What do you know?"



"I know I'm not on it. I know ten people are."

"What don't you know?"

Rina thinks. "Why. If Chaya's kitchen holds ten. If somebody invited them first. If there is a reason."

"And what do you want?"

"I want to bake. I mean, I want to be asked. I don't know which one matters more."

Chapter 5: A small question

Mama does not give her a script. She offers one idea.

"If you want, you can ask Chaya one calm question, privately, without an audience. Only if you want the answer. You might not like it."

Rina turns that over.

On Thursday morning, before the bell, she stands at Chaya's desk.

"Can I ask you something quick? I saw the baking list. I'm not on it. I'm not asking to be added. I only wondered if there was a reason, because it felt strange."

Chaya's face goes pink. She looks at her pencil.

"My kitchen only fits ten," she says. "My mother said ten. I picked the girls I always sit next to at lunch, and I should have thought about who was left out. I'm sorry. It was thoughtless."



Chapter 6: What the answer is

The answer does not feel like a warm blanket.

Rina notices that she does not feel better, exactly. She feels more accurate.

"Thanks for telling me," she says.

"I could ask my mother if you could come for the last half hour," Chaya says.

"Only if you want."

Rina considers. "I'd rather not walk in late to a finished thing. But thank you."

"Another time?"

"Another time," Rina says. "Maybe we can ask my mother for my kitchen."

Chaya nods. Neither girl pretends it is simple.

Chapter 7: Friday

On Friday at two, Rina stays home. The house smells like her brother's burned toast.

She feels a small pinch while the clock moves. She lets it be there.

She finishes her reading, then bakes a plain loaf of banana bread with Mama and a little brother who mostly eats the bananas.



At Shabbos, Chaya's mother sends over a plate of crescent cookies, ten of them, with a note.

Rina reads the note. Then she reads it again, because she wants to be sure of the words, and not the stories.



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 rectangular box containing ten horizontal lines for writing names. The first line is longer than the others, and there is a gap between the first and second line.

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