



1 Remember the story

Answer in your own words. Look back at the story if you want.

- 1 How long had the seed packet waited at the beginning?

- 2 What was the first small plan Chaya made with Mama?

- 3 Why was the planting afternoon not a promise to fix everything?



2 Fact or guess

Read each sentence. Circle Fact if the story shows it for sure.
Circle Guess if it is only an idea someone has.

- | | | | |
|---|--|------|-------|
| 1 | The seed packet had waited nine days. | Fact | Guess |
| 2 | Chaya needed a perfect explanation before asking for help. | Fact | Guess |
| 3 | Mama stayed with Chaya for the planting job. | Fact | Guess |
| 4 | Flowers appeared the next morning. | Fact | Guess |
| 5 | Chaya chose to label the tray. | Fact | Guess |
| 6 | Mama kept checking how Chaya was doing. | Fact | Guess |

Write one fact and one guess from your own day.



3 Think and write

Write what is true for you, or write about a made-up person. You do not have to share anything private.

- 1 Describe the difference between a small optional activity with support and an order to feel cheerful.

- 2 Write an invented sentence telling a caregiver that a hard feeling has continued even after an enjoyable moment.

- 3 Give a fictional character one manageable activity without predicting how it will make them feel.



4 Word search

Find the 6 words. They go across or down.

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

SEEDS TRAY SOIL SPOON MARKER SHOOTS



5 Words connected to the story

These words are connected to the story. Put the letters in order.

1 S S D E E

2 R Y A T

3 O S L I

4 O O S P N

5 A R E M R K

6 H S O S O T





6 Say it out loud

Practice these out loud, or whisper them. Then write what you would say in your own words.

- 1 "I don't need a perfect explanation to tell you how I'm doing."

- 2 "We can choose one small thing without promising it will fix the whole day."

- 3 "If this continues or gets harder, I can ask for more help."





7 My chart

Use Chaya's story, not a private health record. No child should be made to use activities instead of getting help. Persistent, worsening, or distressing low mood needs a trusted adult and qualified support; feeling unsafe needs prompt help.

Small fictional activity	Supportive person nearby	Choice to stop or continue	How the character can report honestly





8 Draw it

Draw the unopened packet, tray on the sheltered step, crooked seed row, and first green shoots. Caption small actions without claiming they cure a hard feeling. No people needed.

1

2

3

4





Answers for the grownup

This page is for checking. Fold it back or keep it for later.

Remember the story

Nine days. Bring tray and soil outside together, then decide what next. Mood support still needed attention; no activity promised a cure.

Fact or guess

1. Fact 2. Guess 3. Fact 4. Guess 5. Fact 6. Fact

Word search

SEEDS: row 3, column 5, across; TRAY: row 10, column 6, across;
SOIL: row 5, column 7, across; SPOON: row 1, column 4, across;
MARKER: row 4, column 1, down; SHOOTS: row 3, column 5, down

Words connected to the story

1. SEEDS 2. TRAY 3. SOIL 4. SPOON 5. MARKER 6. SHOOTS

