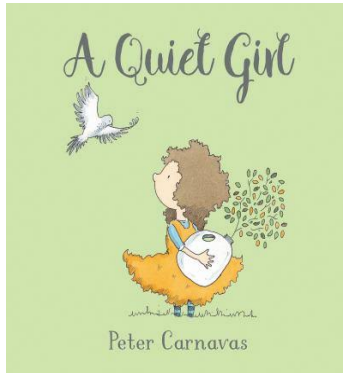




2021 – 2022
Children's Book Award Finalist
Elementary Grade Levels K-2



A Quiet Girl
Pajama Press



Peter Carnavas
Author & Illustrator

Summary

“Mary was a quiet girl. She thought quiet thoughts, stepped quiet steps, and whispered quiet words. Mary knows how to savor the small things. Wonder is everywhere: in the rustle of leaves, in the sigh of a sleeping dog, in the wingbeats of the birds who visit her upcycled feeders. But Mary’s family couldn’t be more different. Amidst the sound of blow-dryers, blenders, lawnmowers, and her brother’s trombone, Mary goes almost unnoticed. It isn’t until her family starts searching the neighborhood for her that they begin to see the world through her eyes.” (amazon.com)

Genre

Contemporary Realistic Fiction

Book Conversation

After reading the story aloud, you may use the following questions to prompt a book conversation with students.

- Why do you think Mary is so quiet? What do you base your thinking on?
- Did Mary change who she was so other people would notice her? Why or why not?
- How do you think Mary’s family felt when they could not find her? What evidence in the text do you think proves this.
- What did Mary teach her family about being quiet? What details in the text prove this point?
- What else could Mary have done to be noticed by her family?

Florida Statute 1003.42.2 requires that K-12 public school instructional staff teach specific character education, cultural, and historical topics. This book may assist teachers in partial fulfillment of that requirement.

http://www.leg.state.fl.us/statutes/index.cfm?App_mode=Display_Statute&URL=1000-1099/1003/Sections/1003.42.html



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Extension Activities

1. Before reading, take all of the students out to the playground or courtyard and tell them to write down 10 things that they notice
2. After reading, take the students outside again and tell them to write down 10 things they notice but this time, try being very quiet and listening very closely. Once all the students have finished writing down 10 observations, bring them back inside. Have all the students compare the first list of observation to the second list. Encourage them to draw conclusions and make connections to the story.
3. Have the students create a list of all the things Mary was able to recognize that other people were not able to.
4. In the very back of the book, the author lists some ways we can be more mindful in our lives. Read these to the students and have each student make a plan on how they are going to be more mindful. Use the link below to guide students in discovering ways to calm themselves and enjoy the quiet.

Websites

Read Aloud: <https://www.youtube.com/watch?v=nnBFxOvzoYM>

Meet the author/illustrator: <https://petercarnavas.com/about/>

About the book: <https://petercarnavas.com/picture-books/a-quiet-girl/>

Calming strategies to help students find quiet: <https://emotionallyhealthyschools.org/wp-content/uploads/2019/07/A4-Leaflet-Mindfulness-Calming-24-June.pdf>

Diversity and Multicultural Features

Author/ Illustrator: Australian

This book is available in German, Portuguese, Dutch, Korean, Slovenian, Arabic, and Italian.