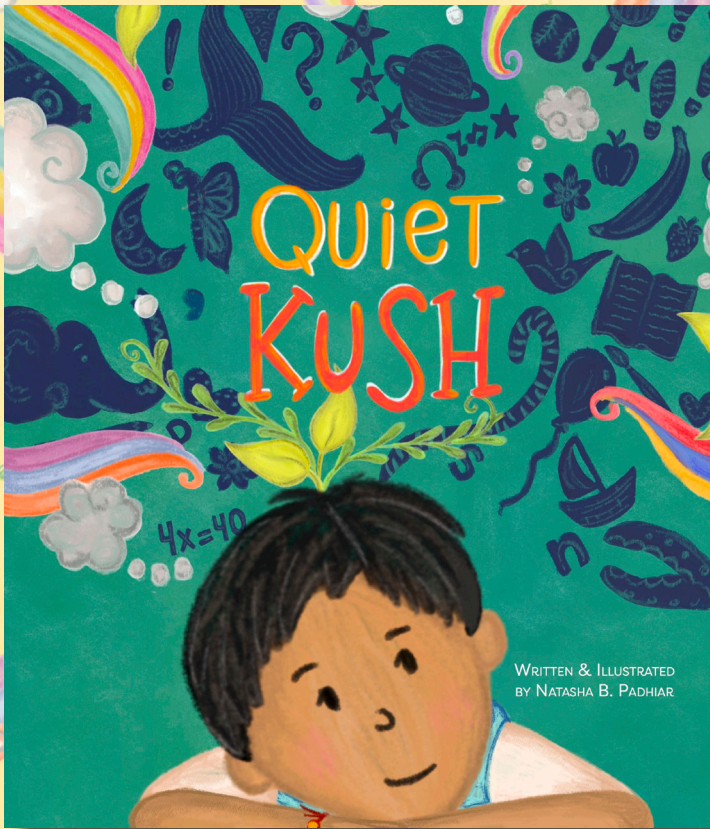


# EDUCATOR GUIDE FOR QUIET KUSH



## About the Book:

Quiet Kush is an ode to introverts who are often labeled as shy or quiet. Author, illustrator, and educator Natasha B. Padhiar knows that placing such words on a young person can change the way they see themselves. Padhiar's debut picture book is full of whimsical and joyful illustrations and celebrates quietness as a superpower!

**Themes:** Identity | Self-Esteem | Self-Awareness

**Reading Level:** Ages 3-8

## Discussion/Writing Prompts

### Reflection

How do others tend to describe you? How do you *wish* others would describe you?

How do you think Kush feels about being called "Quiet" all the time?

### Creative Writing

Pretend you are a character in a book (could be one that you love, or one you've made up!) Write an adventure starring YOU!



# WHAT'S INSIDE MY HEAD?

Draw/Write at least three things you like to think about!





# THAT'S WHAT EVERYONE SAYS...

How do others usually describe you? How do you usually describe yourself?  
Write 3-4 **adjectives** in each box.

How Others Describe Me

Blank space for writing adjectives.

How I Describe Myself

Blank space for writing adjectives.

How many of the adjectives are the same?  
How many are different?

How does that make you feel?

