



Activity Pack

NADIA FINER

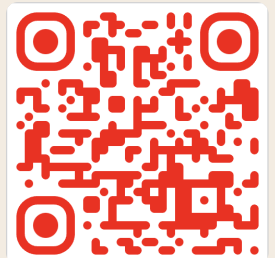
QUIET RIOT

TRUE TALES OF SOFTLY
SPOKEN SUPERHEROES
WHO CHANGED THE WORLD

ILLUSTRATED BY HOLLY FARNDELL



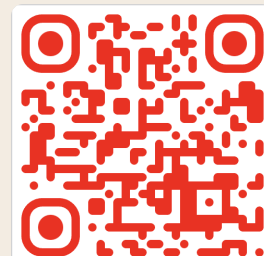
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It could be a family member, a friend or a famous person you know is shy – or it could even be a shy character in a movie you love!

Tell us a bit about them here.

[illegible]



Draw Your Shy Superhero

Every shy superhero in *Quiet Riot* has a really cool illustration.
Can you draw the shy superhero that you wrote about on the
previous page?

Show them doing what they love whether that's playing an
instrument or kicking a football. Colour them in bright bold
colours so they can shine!



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Reflect on Your Own Shyness

Take a moment to reflect on some of the shy stories you've read, then answer these questions to help you on your journey to dream bigger and be braver.

1. If I knew I could not fail, I would ...

2. My perfect day starts with ...

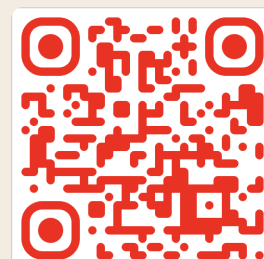
3. When life feels noisy and loud, I find quiet in ...

4. If I was my own best friend, I would tell myself ...

5. I feel very strongly about ...



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Order These Quiet Rioters

Quiet Riot tells the story of shy people throughout history. Use the book to find out when each Quiet Rioter was born, and then order the below people 1 – 10 by birth date, 1 being the oldest person and 10 being the youngest.

I'll give you a hint: Abraham Lincoln was born in 1809, so I think he is number 1 . . . or is he?

Greta Thunberg

James Earl Jones

Abraham Lincoln

Agatha Christie

Billie Eilish

Alan Turing

Lionel Messi

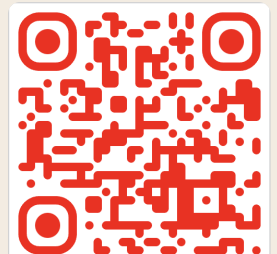
Phiona Mutesi

Emily Bronte

Albert Einstein



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For Caregivers
+ Educators

Questions To Ask A Shy Child

Want to start an engaging discussion with your young people about shyness and shy superheroes?

Here are some conversation starters for you!

1. When do you feel shy?
2. What happens inside your body when you feel shy?
3. Who is the bravest person you know?
4. What does it mean to be brave?
5. Which story in *Quiet Riot* did you relate to most? Why?
6. When you feel shy, what do you like to do to make yourself feel a little braver?
7. Can you think of a time when you felt shy but pushed yourself to do something anyway? Tell me about it!
8. If your friend was feeling very shy, how could you help them?



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