

## What To Do When You Have a Bad Day

### Overview

In this activity, students will gain understanding of the power of one's attitude. Students will also learn ways to cope with a bad day and will learn that everyone experiences bad days.

### Grades

1-3

### Activity Type

Whole group or small group

### Duration

45-60 minutes

### Materials

- Sample travel brochures
- Construction paper folded into thirds
- Markers and/or crayons
- Copy of *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst

### Instructions

1. Ask students, "Can anyone tell me what attitude is?" or "What does your mom mean when she says you have a bad attitude?"
2. Explain to students: attitude is tremendously important in life. An important part of growing up is learning how to maintain a good attitude and how to improve your attitude when "your thinkin' is stinkin'." Today we're going to enjoy the story of Alexander and his terrible, horrible, no good, very bad day. As we read the story, I want you to think about Alexander's attitude.
3. Read the picture book *Alexander and the Terrible, Horrible, No Good, Very Bad Day*. Welcome students' comments during the reading. After the reading discuss:
  - What did Alexander mean when he said he wanted to go to Australia?
  - Where do you go when you are having a bad day?
  - You may only go there in your mind, but what do you think about to make you feel better?
  - What kinds of things can you do to create a new, improved attitude when you are feeling discouraged or frustrated?
  - Why is it important to be able to adjust your attitude?
4. Write the following on the board: "ATTITUDE IS A CHOICE." Ask the children if they agree or disagree with the statement; have each child support his/her agreement or disagreement.

5. Explain to students that they will be creating travel brochures for “places” they can go and things they can do when they are having a bad day. Each third of the brochure will present one place/activity to help cope with a horrible, very bad day.
6. Instruct students to work individually on the brochures using the materials (crayons, construction paper, etc.) provided. When students have finished, allow them to share their brochures in pairs or in small groups.

### **Optional Extension Activities**

Rewrite the book, changing everything that was bad into something good.

Have each child write a letter to Alexander, giving him suggestions as to how to how he might feel better (improve his attitude).

### **Closing Comments**

Everyone has bad days. The important thing is how you deal with the bad day.

We have discussed lots of ways we can help ourselves to feel better, to change a negative attitude into a more positive one.