

Alexander and the Terrible, Horrible, No Good, Very Bad Day

Skill Area(s): Feelings/Emotions Stress/Behavior

Level: beginner, intermediate, advanced

Goal: Student's will be able to identify stressful situations from story, movie, and video clip

Materials needed: Book or video: Alexander and the Terrible, Horrible, No Good Very Bad Day by Judith Viorst, white board or paper for brainstorming, summary of stress signal worksheet from Navigating the Social World p.31

Activity: Read story or watch video of Alexander. Other books and videos could also be used

- Older students could write while listening or watching.
- For younger students, brainstorming stressful situation together may be easier.
- Brainstorm a list of stressful events from the media, stress signals, verbal, non-verbal and physical symptoms depending upon level working with.
- Talk with the group; share with them a time when things just didn't go the way you wanted them to. Give each child one or two minutes to talk to a partner about a time when they had a day like Alexander.
- Give each child a large sheet of white paper. Draw a line down the center. On one side write about a very good day. On the other side write about a very bad day. Discuss the two days. As a group brainstorm ways that they can change a bad day to a good day.

Questions for younger students to check for understanding

1. Alexander could tell it was going to be a bad day because

- a. he dropped his sweater in the sink
- b. his dog was sick
- c. his dog would sleep with him
- d. he spilled his Kool-Aid

2. Alexander thought he would move to

- a. Africa
- b. Atlanta
- c. Australia
- d. Austin

3. He could tell it was going to be a _____-day.

- a. terrific
- b. terrible
- c. totaled
- d. tantrum

4. Miss Dickens liked the picture of the sailboat better than his ____.
- interesting cat
 - speed boat
 - invisible castle
 - instant potatoes
5. In his lunch for desert, Alexander got _____.
- two cupcakes
 - a Hershey bar
 - an ice cream cone
 - nothing
6. On the way downstairs, the _____ door closed on his foot.
- garage
 - bathroom
 - bedroom
 - elevator
7. At the shoe store, they made him buy _____ shoes.
- white with blue striped
 - blue with white stripes
 - plain blue
 - plain old white
8. There was lima beans for dinner and _____ on TV.
- kissing
 - fighting
 - nothing
 - cartoons
9. In bed, the Mickey Mouse light burned out and _____ slept with Anthony.
- the dog
 - the parrot
 - the cat
 - his brother
10. It had been a terrible, horrible, no good, _____ day.
- rotten
 - very bad
 - cloudy
 - rainy