

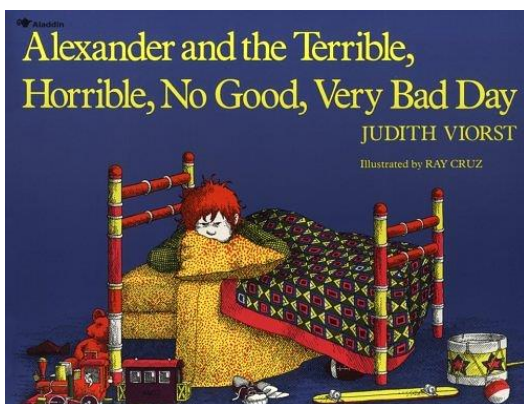
Alexander and the Terrible, Horrible, No Good, Very Bad Day



We all have bad days and this activity can be just the cure to exploring those emotions.

THINK ABOUT...

Children are going to have bad days. One of our tasks as parents is to give them the vocabulary to express their feelings in a productive manner. Alexander goes through experiences your child might also encounter. It gives them the opportunity to connect to an imaginary character, feel empathy and understanding. The song provided on the *Literacy in Motion* CD follows along with the book and uses repetition to teach key ideas and concepts. Motions are provided for the song to encourage kinesthetic learning. Children learn through play - and song and dance is one of the most interactive forms of play, all while increasing their emotional literacy, auditory skills, and having fun!



MATERIALS NEEDED:

- *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst
- *Sad, Bad, Terrible Day* by the Learning Station

PREPARATION

- 1- Click on the song by the Learning Station (YouTube link below)
- 2- Find the book *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst and get ready to read!

ACTIVITY

- 1- Read through the story together to help your child be familiar with the plot line. Highlight how Alexander reacts to all the bad things happening.
- 2- After reading through the story, turn up the music and watch the video together. Help your child copy the dance moves that accompany the lyrics in the video by modeling them yourself.
- 3- Dance away! Model a good reaction by repeating and vocally highlighting "We can brush off a bad day. When we are frustrated, brush it off." This is also a great opportunity to talk about things you do as a parent when you get frustrated. Enjoy the discussion and keep reading and dancing.

VOCABULARY:

- Emotion
- Bad Day
- Terrible, horrible, no good
- Sad
- Change
- Joy, happy, excited

HELPFUL TIPS

- Another way to listen to this song is allow your child to flip through the book as the song is playing. As your child hears the words being sung, see if he/she can point to the picture as it happens. This will increase audition skills in listening for meaningful language in background noise (music).
- You can find the song on YouTube here: <https://www.youtube.com/watch?v=ca8SUuG8vdA>
- Find out more about the author and this book here: <http://www.simonandschuster.com/authors/Judith-Viorst>

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SAD, BAD, TERRIBLE DAY LYRICS

It's a sad, bad, terrible day. Things just aren't

going my way. It's a sad, bad, terrible day. Will it end or will it stay?

I fell down and scraped my knee. I made a hole in my new blue jeans. I got a patch and glue and covered it up uh, oh, I got my fingers stuck.

I'll brush it off from my head to my toes, brush, brush, and wiggle my nose.

I'll laugh it off ha, ha, and ho, ho, ho, I'm feeling better now don't you know.

It's a sad, bad, terrible day. Things just aren't

going my way. It's a sad, bad, terrible day. Will it end or will it stay?

I sat down on my favorite chair. I didn't see what was sleeping there.

I heard a snarl, a scream and felt a scratch, uh, oh, I sat on my cat.

I'll brush it off from my head to my toes, brush, brush, and wiggle my nose.

I'll laugh it off ha, ha, and ho, ho, ho, I'm feeling better now don't you know.

It's a sad, bad, terrible day. Things just aren't

going my way. It's a sad, bad, terrible day. Will it end or will it stay?

Suppertime, I can't wait to eat. I saw the liver and a plate of beets. "No thanks", I said, I don't like this food." I got grounded for being so rude.

(sing 2X's)

I'll brush it off from my head to my toes, brush, brush, and wiggle my nose.

I'll laugh it off ha, ha, and ho, ho, ho, I'm feeling better now don't you know.

It's a sad, bad, terrible day. Things just aren't

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