This lesson was submitted by Sheila Z., Westfield, MA

Alexander and the Terrible, Horrible, No Good, Very Bad Day
By, Judith Viorst   Illustrated By, Ray Cruz

1.) This is a lesson that can be adapted from Kindergarten through 4th grade depending on ability.
2.) First, read the story aloud to your children for enjoyment.
3.) Next, use Braidy the StoryBraid® doll to indicate the icons depicting Kick-Offs and Feelings (refer to Braidy’s Blue Card – the Braidy Classroom Literacy Planner– Stage 4 as a guide for Feelings as Reactions)
4.) Make a chart/list of Kick Offs for Alexander and as a group encourage the children to infer and orally express a feeling word for how Alexander actually felt when each of the kick-offs occurred. The kick-offs are categorized by time of day.

BEFORE SCHOOL…
KICK OFF
Gum in hair
Tripped on the skateboard
Sweater in the sink
No prize in cereal box like his brothers
No window seat (scrunched)

SUGGESTED FEELINGS
disgusted
hurt, embarrassed
frustrated
jealous
frustrated/angry

DURING SCHOOL…
KICK OFF
Teacher liked Paul’s picture better than invisible one
Sang too loud
Left out 16
Told he’s not Paul’s best friend
Mother forgot his dessert

FEELINGS
guilty
angry
embarrassed
hurt
hurt, angry, sad

DURING SCHOOL…
KICK OFF
Had a cavity
Elevator door closes on his foot
Anthony made him fall
Called a crybaby
Scolded for being muddy and fighting
Had to get plain, white sneakers
Dad said “Don’t pick me up anymore”
(copier, books, called Australia)

FEELINGS
scared
hurt
angry/embarrassed
embarrassed
angry, hurt
upset, angry
disappointed
AFTER SCHOOL...

KICK OFF
Lima beans
disgusted
Kissing on TV
disgusted
Bathtime was bad
frustrated, disappointed
(water too hot, soap, lost marble, pajamas)
Nick took his pillow back
disappointed, let down
Night light out
scare, frustrated
Cat- Anthony
disappointed

FEELINGS

5.) Lesson/Activity for second grade children to do individually and share with a partner, small group or class.

Note: You may want to write the following on a chart for students to see as a “prompt.”

Teacher: Nothing went right for Alexander on his terrible day. Can you think of a day when something went wrong for you? What happened?

Pass out copies of Kick Off map – page 92 in Braidy® manual. Use the writing form (BELOW) to put on the back of the Kick Off Map as a model for those children who need it.

• On the Writing form on the back of Kick Off Map, write 1-3 sentences about what happened to you? (kick-off)
• On Writing form on the back of Kick Off Map, Write 1-2 sentences about how you felt? (feeling)
• Then, on the front of the Map, draw a picture to go with your Kick Off.

Please Note:
Kindergarten children, for instance, will use page 92 and draw the kick-off whereas first graders will be able to write words related to the kick-off and the feeling by using the accompanying writing form.
Second graders will be able to complete this as described once it is modeled. You may want to add the word “SO” between their Kick OFF and Feeling responses. In this way the children will be expanding sentence structure as well as story structure.
Third and fourth graders will be able to complete an episode regarding the kick-off and feeling relationship by coming up with a plan, attempts and a consequence.
Notice that the time of day categorized the kick-offs.

Follow-up:
Some teachers asked the children to draw a picture of a time the child was happy instead of having a “terrible, horrible, no good….” Day. This was a compare/contrast activity. Another teacher read Jane Cabrera’s picture book: If You’re Happy and You Know It, published by Scholastic (2003).
One teacher followed up the original activity by reading Cecily Kaiser’s picture book: If You’re Angry and You Know It, published by Scholastic (2004). The action beads on Braidy, the StoryBraid were then used to list alternative responses to anger. Such “feelings-based” activities extend language and literacy goals as well as nurture social-emotional growth and discussion.

**Samples Of 2nd Grade Children’s finished product (front and back are left to right)**

![Samples Of 2nd Grade Children’s finished product](image-url)