Alexander and the Terrible, Horrible, No Good, Very Bad Day.
Written By: Judith Viorst

Goal: To explain from a child’s view what a really bad day it can be when you don’t stop to listen or be heard, and you are just plain jealous of everything and everyone.

1. Show the cover of the book and ask the children to read the title.

2. What does the cover show us?

3. Read the story stopping from time to time to ask:
   
   a. What did Alexander fall asleep with in his mouth?
   b. Why was Alexander angry at breakfast?
   c. Why do you think Alexander was car sick? What was his real problem?
   d. What number did Alexander think we didn’t need?
   e. Why do you think Paul told Alexander he wasn’t his best friend anymore?
   f. What is a cavity and why do we have them?
   g. Where did Alexander keep saying he wanted to go?
   h. What kind of shoes did Alexander want?
   i. Why didn’t Alexander’s Dad want to be picked up anymore?
   j. Why was bedtime such a bad time?
   k. Do they have terrible, horrible, no good, very bad days in Australia too?

4. What does the story teach us?
Activity:

- The youth will need to sit in a circle. Ask them to share a bad day they have had with the group, and explain how it made them feel. Sometimes, things just go wrong, or we don’t listen to well. Play a game of Chinese whispers’. The youth will stand in a line and pass a message from the beginning to end by whispering in the person’s ear next to them. The last youth will tell the group what the message was. Explain how things can change if we don’t really listen to the person next to us.

- The youth will return to a circle to talk about jealousy. It is called “A Little Green Monster”. The youth share examples of when they have felt jealous, and how they were able to overcome the jealousy. The youth can draw pictures of their green monsters that appear when they are jealous of their friends.

- Make green play dough and have the youth make green monsters to take home. You can also use green modeling clay.

Lesson Plan written by:
Anne Kessler – Illinois National Guard Child/Youth Services Coordinator
22979 N. Bowmen Ave. | Danville IL. 61834 | (217)-622-0143