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

In this contemporary classic, veteran children's author Viorst introduces us to Alexander, a kid with an unruly crop of hair, who gets out of bed to face day that seems to grow increasingly worse with each passing minute.”

-Scholastic

Things to do together:

❖ Read the book together!

❖ This book has a lot of big feelings in it. Talk about all the feelings you see Alexander having. Find all the feelings in the book where is he: mad, angry, frustrated, grumpy, sad, disappointed, annoyed, embarrassed, ashamed, jealous, hurt, teased, clumsy, and disgusted. Do you ever have those feelings? What do you do when you feel that way? What makes you feel better?

❖ It's okay to be mad, but it's not okay to hurt people! What should have Alexander have done instead of punching his brother? Alexander's feelings were hurt when his brother called him a crybaby. He should have told his brother he didn't like being called names. If his brother didn't listen he should have practiced walking away to get an adult's help. What should you do when someone calls you a name? Next time you get mad practice walking away and saying “I need space”.

❖ Go through the book and talk about what Alexander could have done differently? For example, in the beginning of the book Alexander goes to bed with gum in his mouth and the consequence of that is he wakes up with gum in his hair. Maybe next time he could spit the gum out before he goes to sleep.

❖ Alexander hates lima beans, kissing on TV, and his railroad train pajamas. What do you hate? Talk about the word hate and what it means. Hate is a strong word. In your family is it okay to hate things?

❖ Go online and find Australia on a map together. What kinds of animals would Alexander see if he went to Australia? How would Alexander's family feel if he really went to Australia? Alexander's family would miss him if he went to Australia. Family's might argue but families care about each other very much!