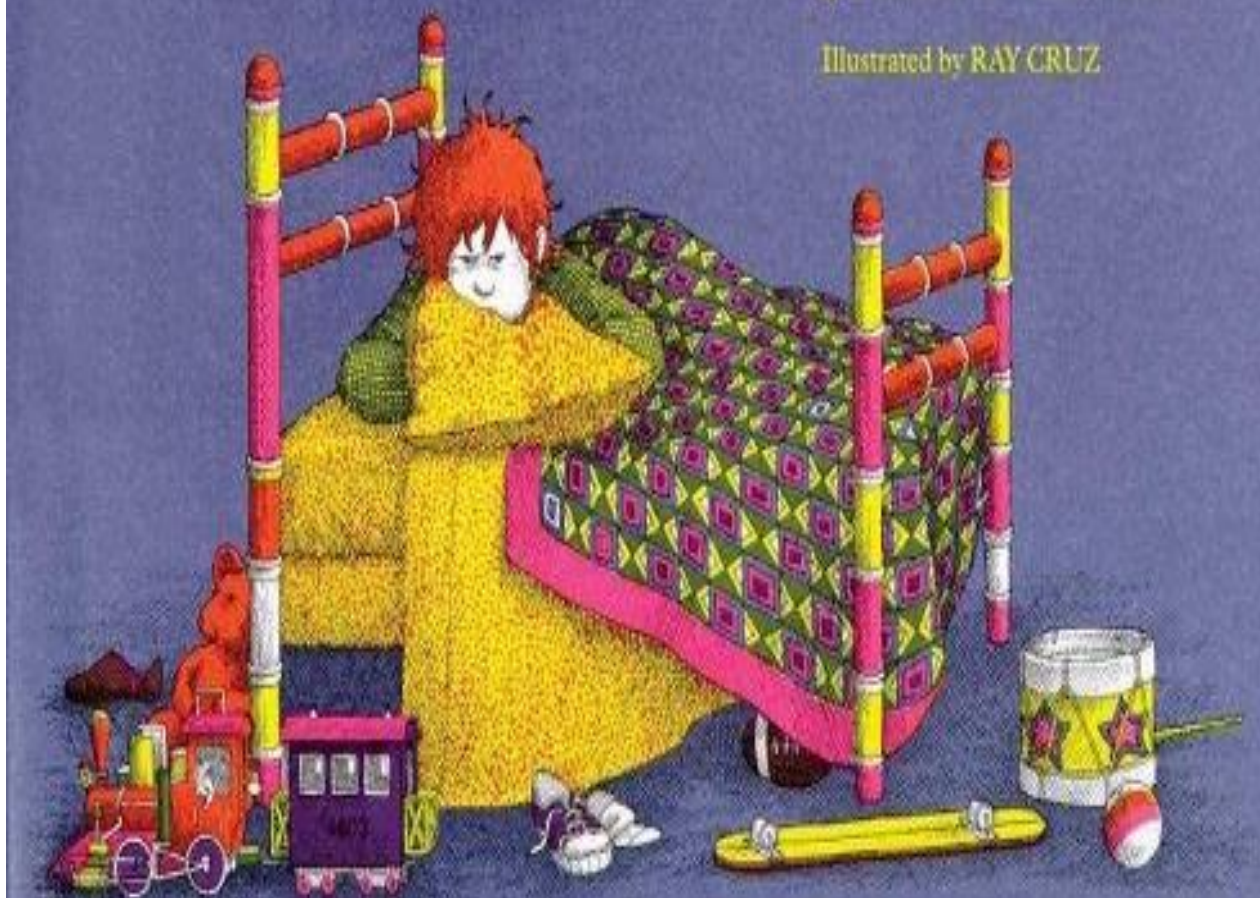


Alexander and the Terrible, Horrible, No Good, Very Bad Day

JUDITH VIORST

Illustrated by RAY CRUZ



Activity Packet

Psalm 88

God, please listen to me.
I am full of sadness, I am crying
I feel lonely and scared.
Do you really love me?
I'm calling you, God.
Please comfort me!

From Psalms for Young Children by Marie-Helene Delval



Terrible, Horrible, No Good, Very Bad Days

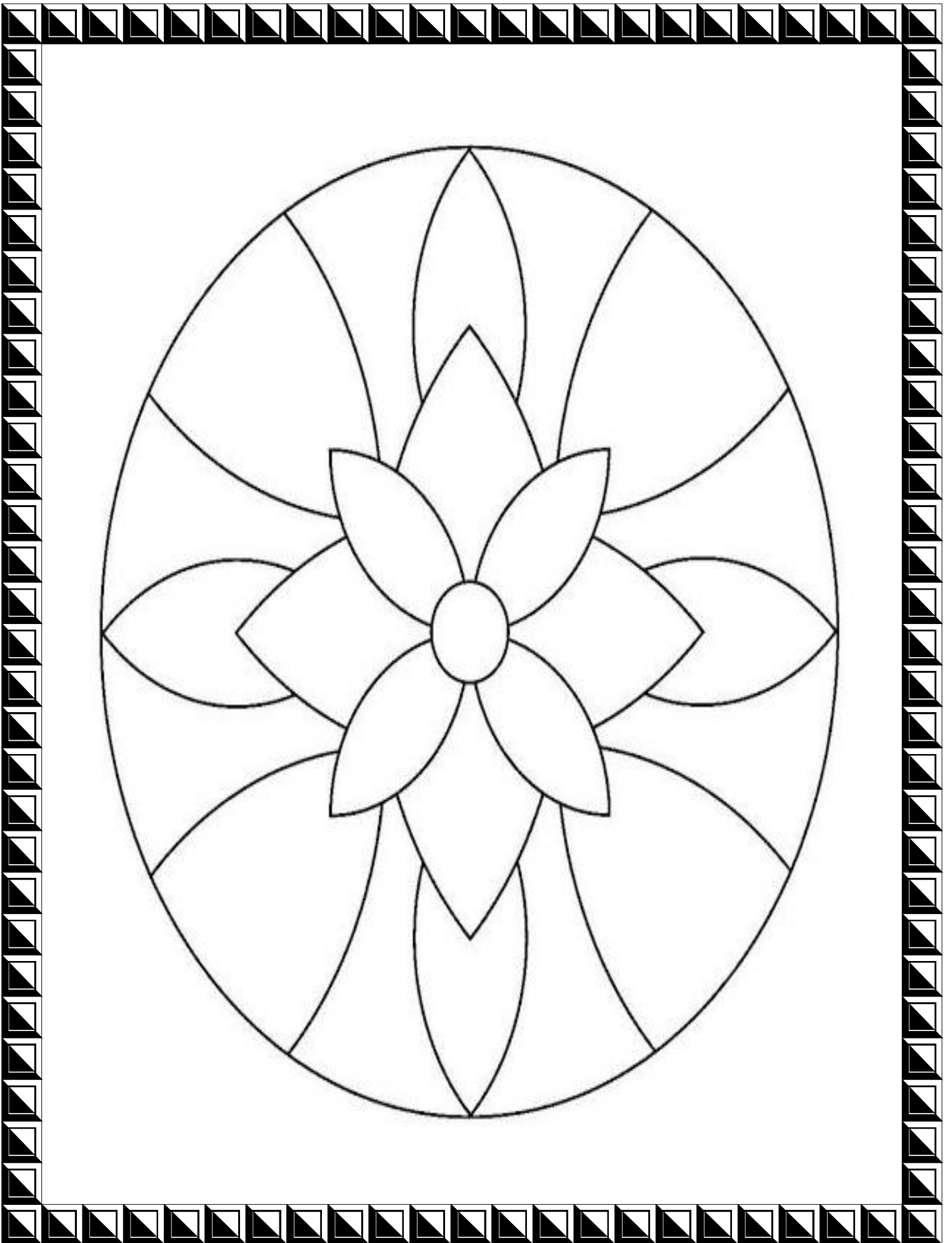
The psalmist was having a bad day just like Alexander in our story was having a bad day. Have you ever had a bad day?

Here are a few things you can try when you are having bad day:

1. Talk with a friend, family member, or trusted adult. Tell them what is bothering you.
2. Go for a walk outside. Take some deep breaths while walking.
3. Calm your mind with coloring so doing something creative. You could color the mandala on the following page.
4. Sing a silly song. Here is a link for one you might want to try.

<https://www.youtube.com/watch?v=F2XVfTzeI8E>

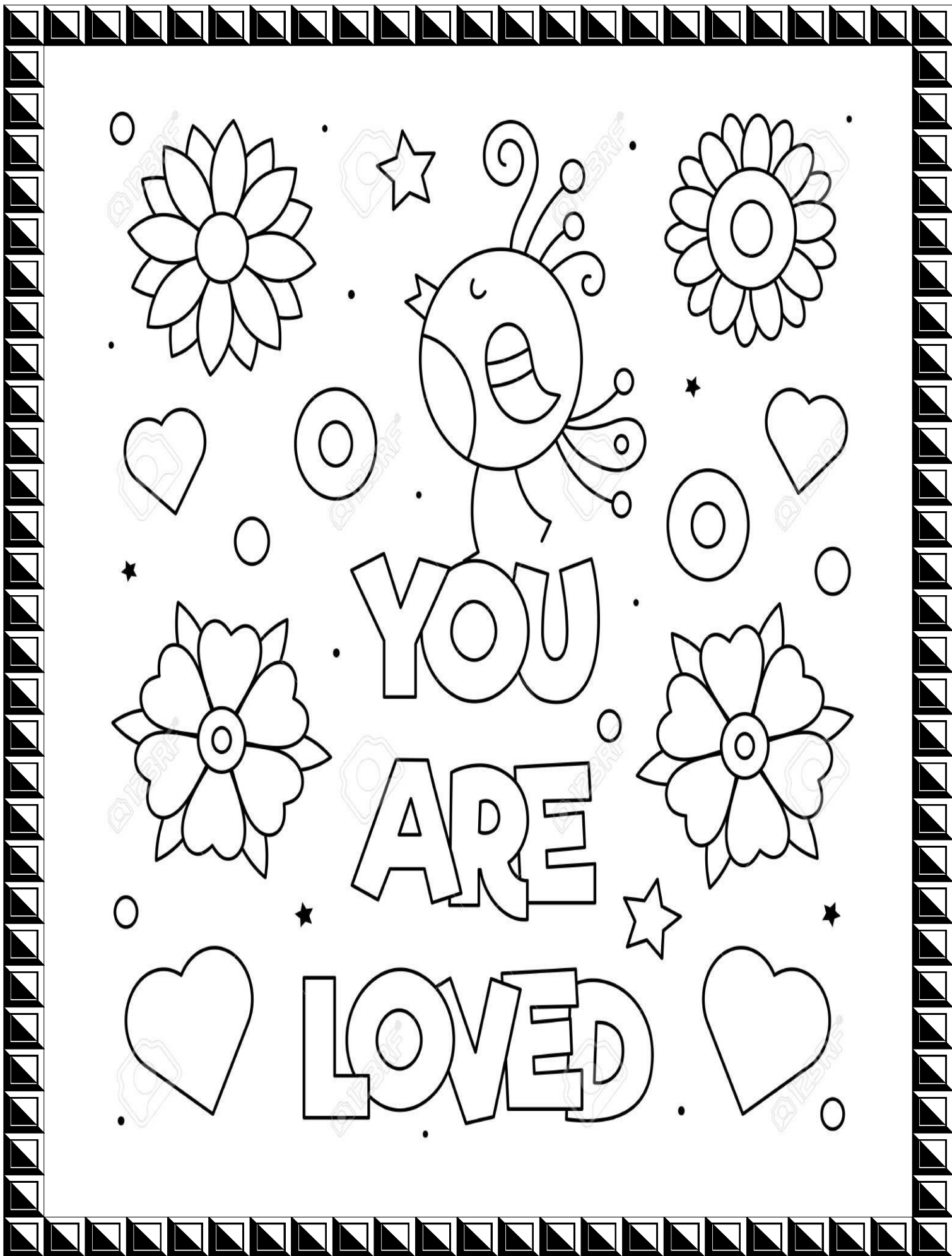




You Are Loved

Maybe you know someone who is having a bad day. You can help by listening and maybe making them a card or a picture with a positive message. Color the following page to give to someone you know that is having a bad day.





Activity Pages

1. Words of Encouragement Word Find
2. You Are Loved Maze #1
3. Your Are Loved Maze #2
4. We Help Each Other Coloring Sheet
5. We Listen to Each Other Coloring Sheet



GOD
loves
you

Words of Encouragement

Word Find

U	F	A	B	U	L	O	U	S	B	W	A	S
N	W	A	B	S	O	L	U	T	E	L	Y	Z
D	O	A	C	A	R	I	N	G	A	I	S	A
E	R	L	O	V	E	T	H	E	U	M	E	C
R	T	A	M	P	E	A	C	E	T	I	E	C
S	H	R	P	T	H	E	A	L	I	N	G	E
T	Y	E	A	O	L	O	O	K	F	D	T	P
A	W	E	S	O	M	E	A	T	U	F	H	T
N	M	Y	S	B	K	I	N	D	L	U	E	E
D	E	L	I	G	H	T	F	U	L	L	R	D
I	J	B	O	N	B	E	L	O	N	G	E	H
O	O	E	N	O	W	E	L	C	O	M	E	O
G	Y	B	E	L	I	E	V	E	B	E	E	W

LOVE CARING DELIGHTFUL WORTHY

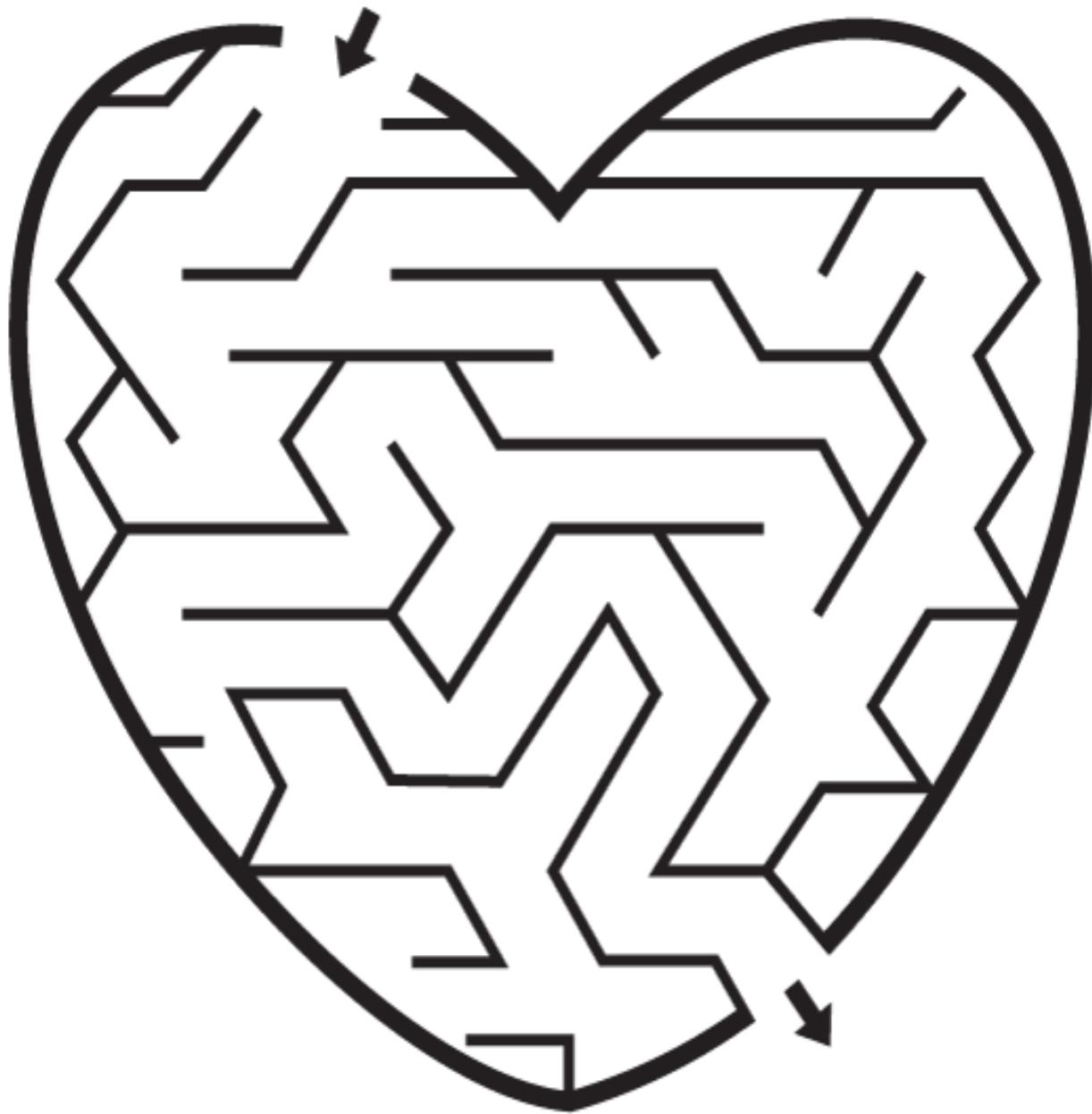
PEACE FABULOUS COMPASSION MINDFUL

JOY ABSOLUTELY AWESOME HOPE

KIND BELIEVE BEAUTIFUL WELCOME

BELONG ACCEPTED HEALING UNDERSTANDING

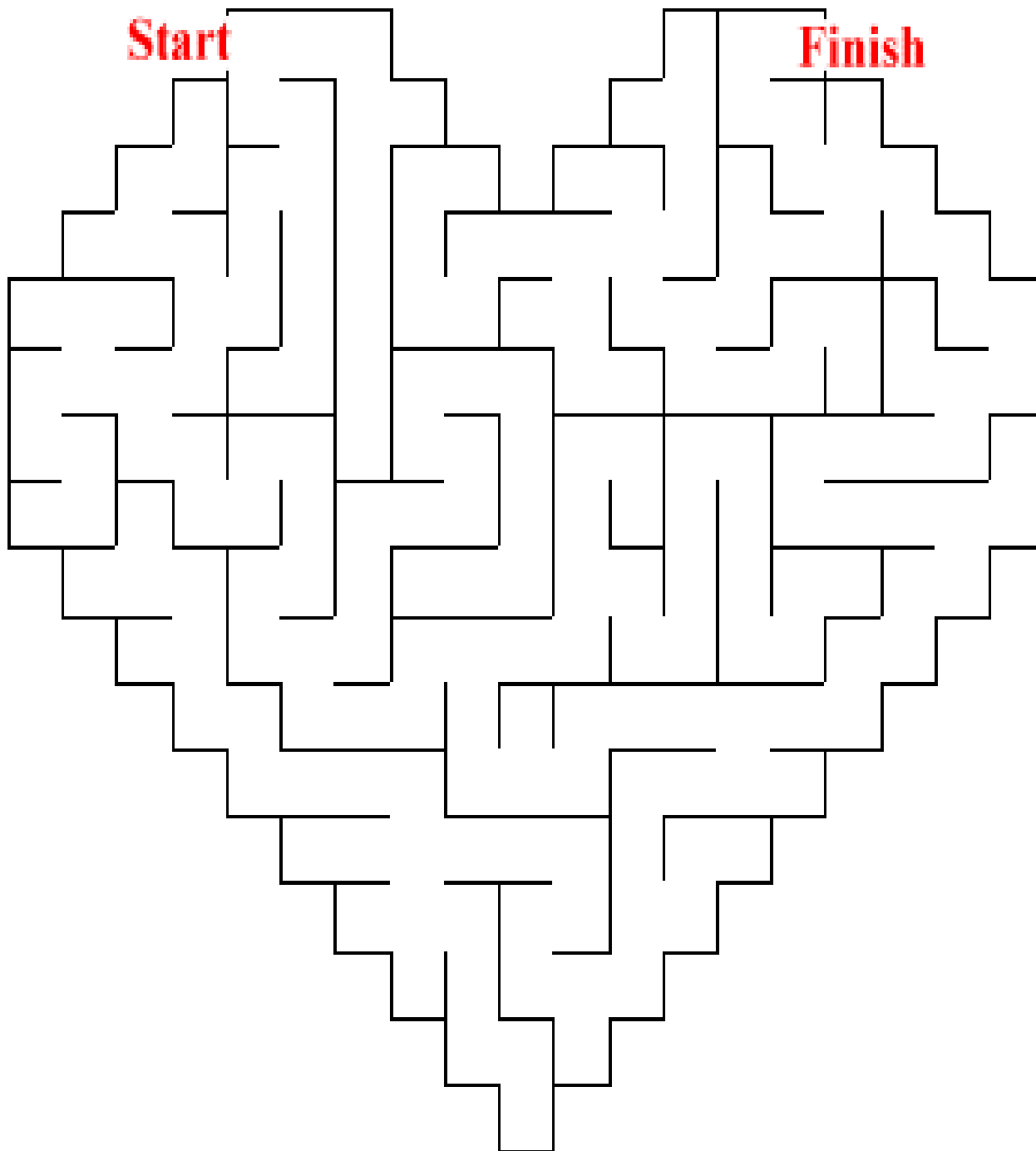
You Are Loved Maze #1

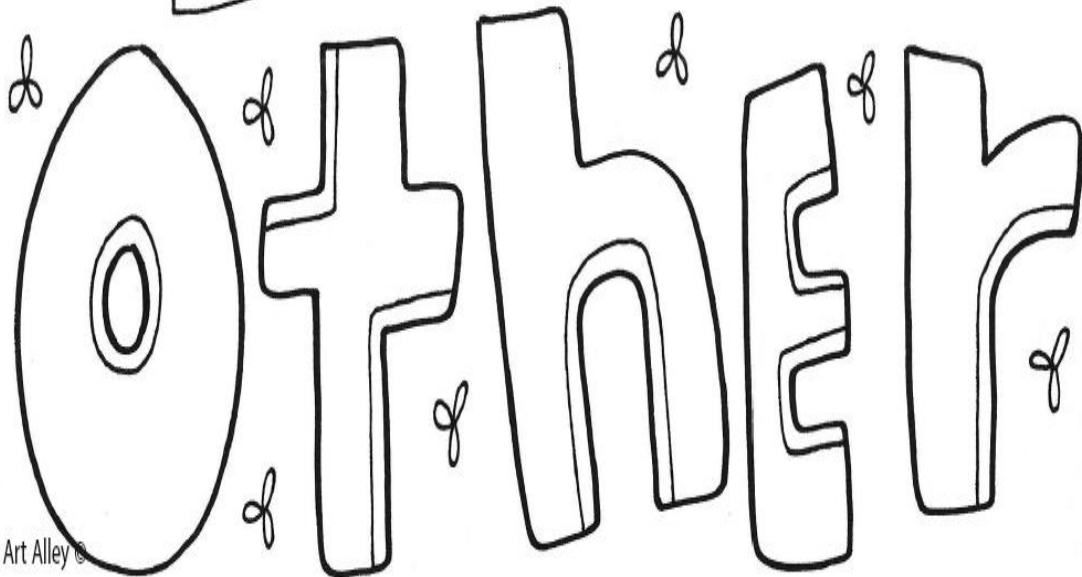
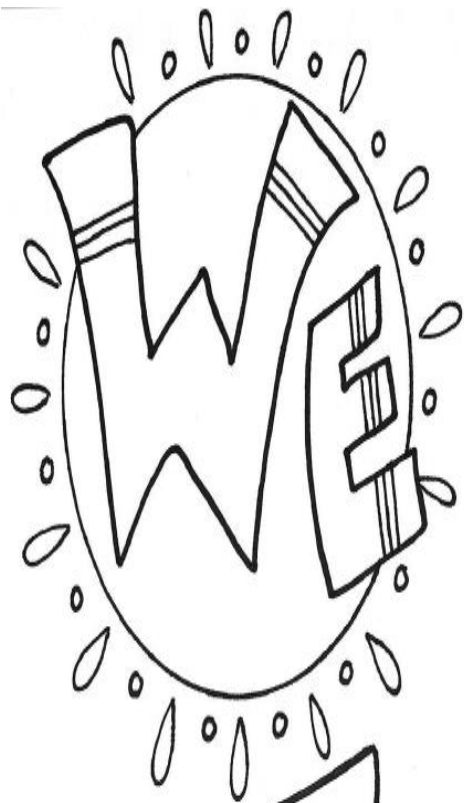


You Are Loved Maze #2

Start

Finish





WE LISTEN

to

EACH OTHER