

**Lesson Topic** Conflict Management and Decision Making

**Title:** Alexander and the Terrible Horrible No Good Very Bad Day By: Judith Viorst K-5th grade

**SEL Core Area(s) Addressed** Responsible Decision Making Relationship Skills Social Awareness

**Book Summary** Alexander is not having a great day. He has to endure gum in his hair, sitting in the middle of the backseat, third-best-friend status, no dessert at lunch, lima beans, railroad pajamas, and kissing on TV—all in one day! Maybe he'll just move to Australia.

**Lesson Objectives** • Student will understand that a bad day does not last forever. • Student will brainstorm ways to make a bad situation into a good one.

**Materials** 1.) Alexander and the Terrible Horrible No Good Very Bad Day

**Procedures/Tools/Strategies**

1.) Take a cup of water and “accidentally” spill it on your desk. Then “drop” a pencil on the floor. Lastly say “I am having a terrible, horrible, no good, very bad day!” Give the students a moment and ask them why you said that. Let them respond. Then tell them that you are not really having a bad day and accidents happen to everyone. Let them know that you will be reading a book about a boy who was having a bad day. 2.) Ask if they have ever had a bad day and what made it better, then after a few responses say, “See everyone can have a bad day, but it doesn’t last forever”. 3.) Begin reading the book. While reading the book, talk about what happened to Alexander.

Ask the students these questions when appropriate. What caused it? Could it have been prevented? How can you make the situation better? Can you compromise with the other person? Could Alexander have made a better decision?

**Suggested Extension Activities and/or Additional References or Web Links** Students will create their own terrible, horrible, no good very bad day story.