



Helping Your Pre-K Child Thrive

This Week's Lesson: Alexander and the Terrible, Horrible, No Good, Very Bad Day

What You'll Need

- A phone with internet (if you do not have this, skip to 'Alternative Instructions')
- A sheet of paper
- Pencil

What to Do

- Read or watch "Alexander and the Terrible, Horrible, No Good, Very Bad Day" (<https://www.youtube.com/watch?v=h6rp0SZX7lg>)
- As you read or watch, talk about and help your child identify the feelings that the characters in the story are feeling. Besides Alexander, you can look at and talk about the feelings that the other characters might be feeling. Ask your child - what is this character feeling? How do you know that's what they're feeling?
- Ask your child to pick an emotion from the story. Give them pencil and paper from the kit and ask them to draw that emotion.

Alternative Instructions

(if you don't have a phone to watch the story, or a copy of the book on-hand)

- Talk about feelings and how people can feel many different feelings, even in a single day.
- Help your child identify a few feelings and talk about them. Ask your child - what does it feel like to feel happy? Angry? What facial expressions do you use when you're feeling sad or surprised?
- Ask your child to pick a feeling. Give them pencil and paper from the kit and ask them to draw that emotion.

Keep It Going

- As you go about the rest of the week, ask your child to identify their feelings and the feelings of others during many different situations.