



The



Blue



Day

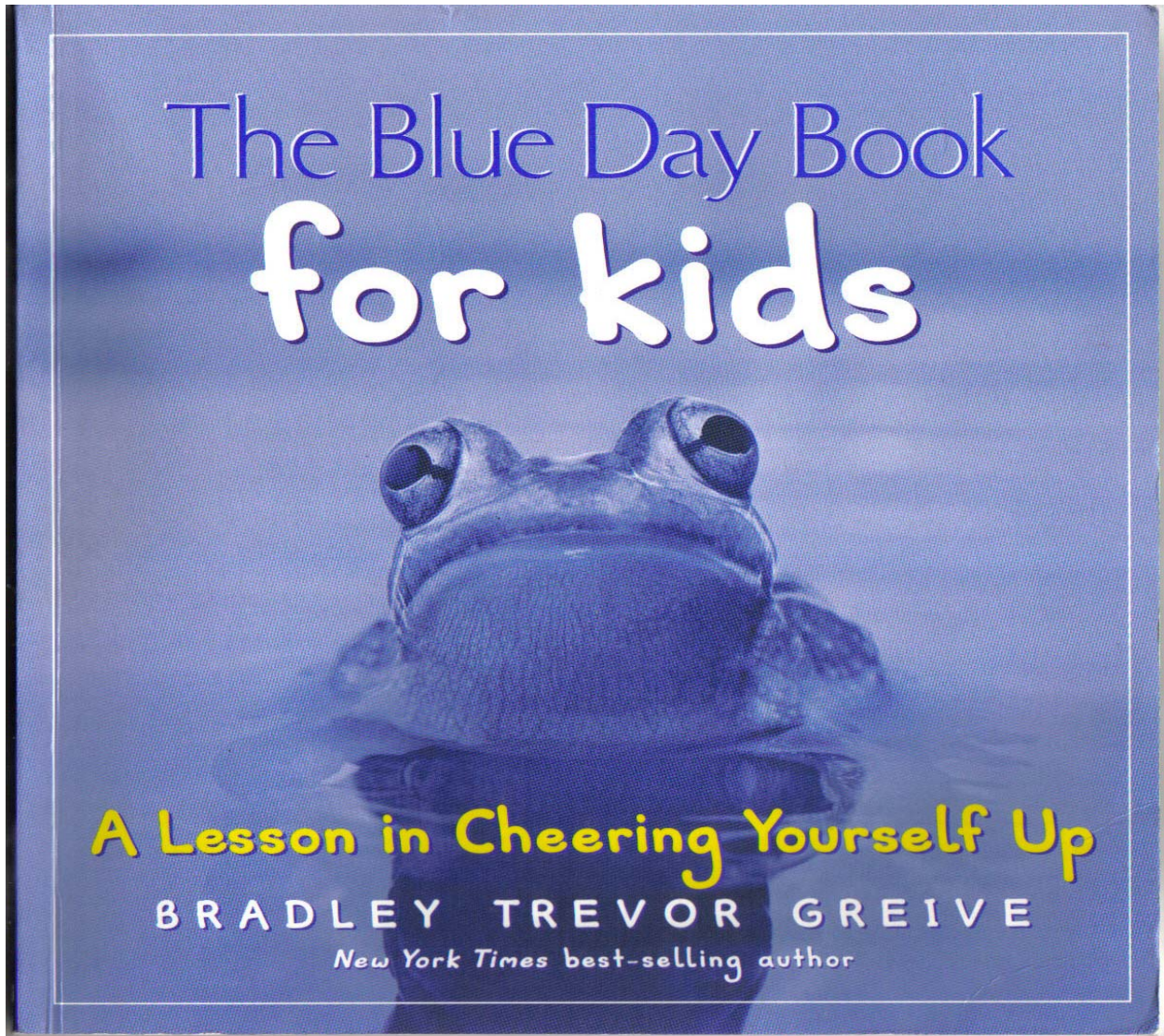


Book

for



Kids



A

A

Lesson



in



Cheering Yourself



Up

|•

By

Bradley Trevor Greive



The



Blue



Day



Book

for



Kids

The Blue Day Book for Kids

This book printed for educational purposes and is not created for resale.

Sheri McCue

Sped 525



The



Blue



Day

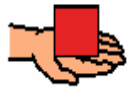


Book

for



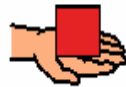
Kids



Have



you



ever

had

A

a



blue



day?

A

A



blue



day



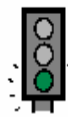
is



when

0

nothing



goes



right

&

and



you



feel



kind

of



lousy.



The



Blue



Day



Book

for



Kids





The



Blue



Day

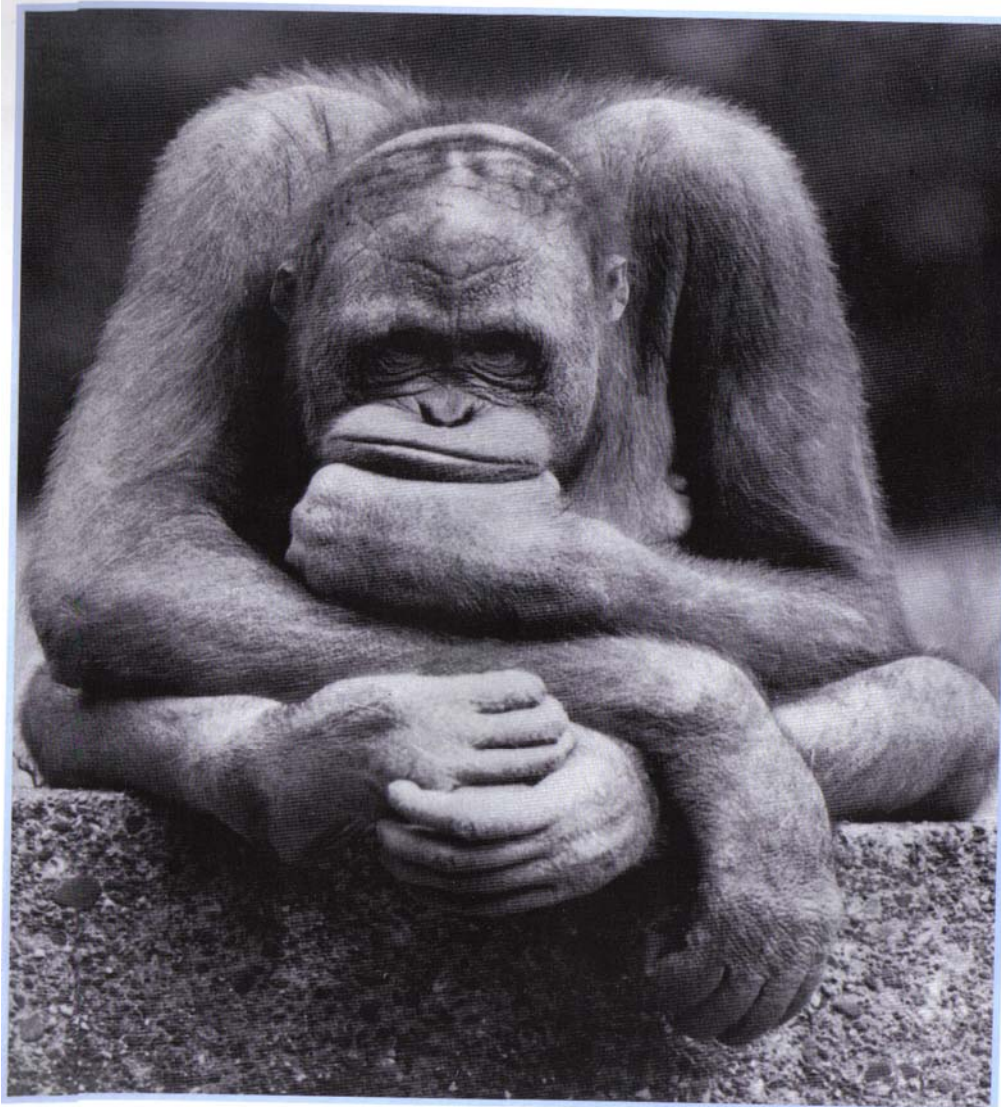


Book

for



Kids



You

might



feel



grumpy.



The



Blue



Day



Book

for



Kids



lonely,



The



Blue



Day

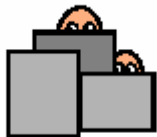


Book

for



Kids



really

shy,



The



Blue



Day



Book

for



Kids



or

just

plain

pooped.



The



Blue



Day

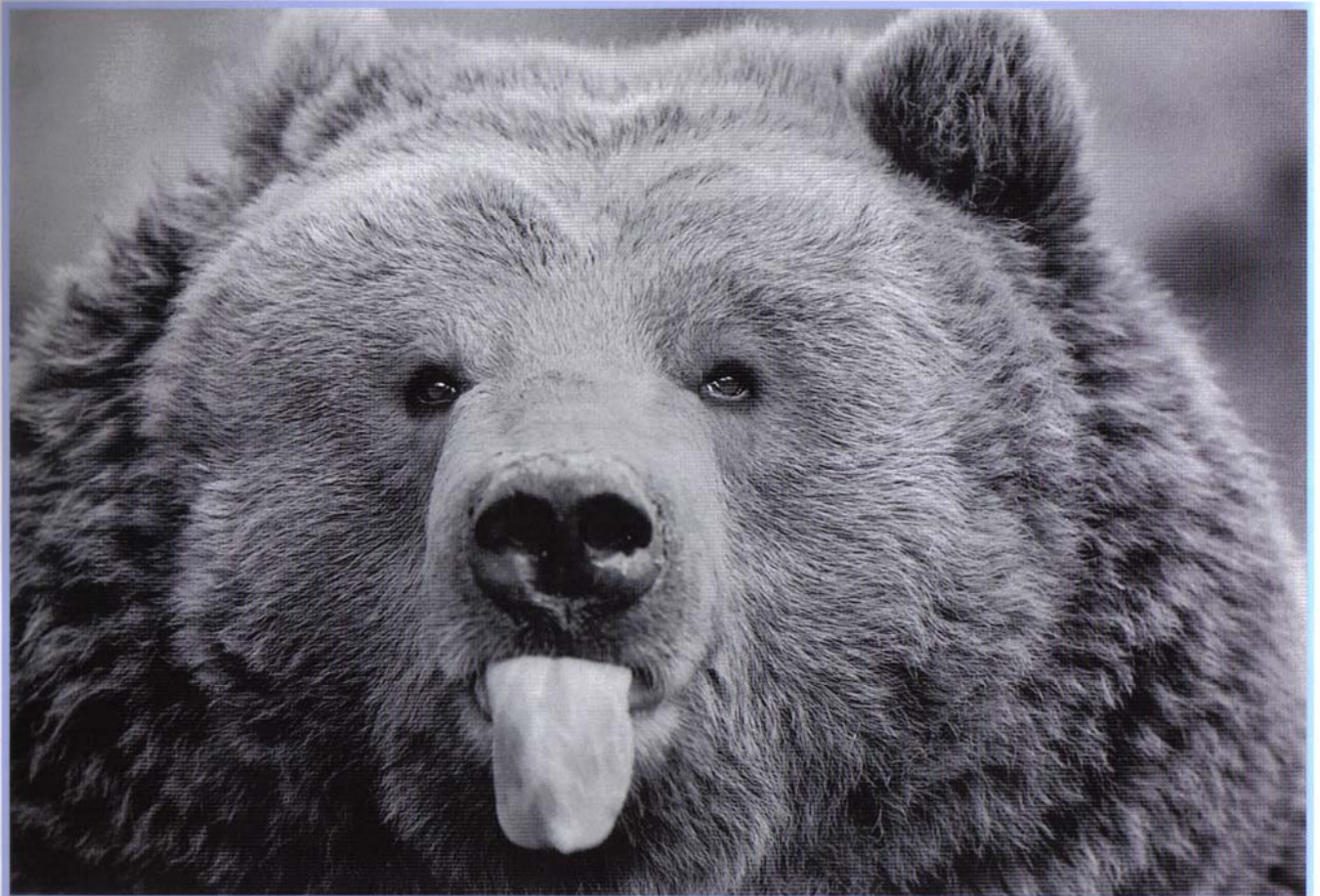


Book

for



Kids



Basically,



you're



not



much

fun



to



be



around.



The



Blue



Day



Book

for

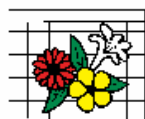


Kids



Other

people



may



not



understand



how



you



feel.



In

fact



on



blue



days



it

seems



like

everyone



is



ignoring

you



The



Blue



Day



Book

for



Kids



or

picking



on



you!



The



Blue



Day



Book



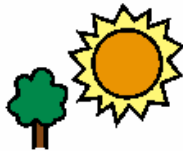
for Kids



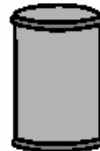
A



blue



day



can



sneak



up



on



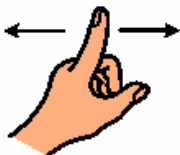
you



when



you



don't



expect



it.



The



Blue



Day

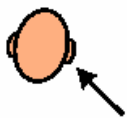


Book

for



Kids



Someone

might



do

or



say

something



mean



that



hurts



your



feelings,



The



Blue



Day

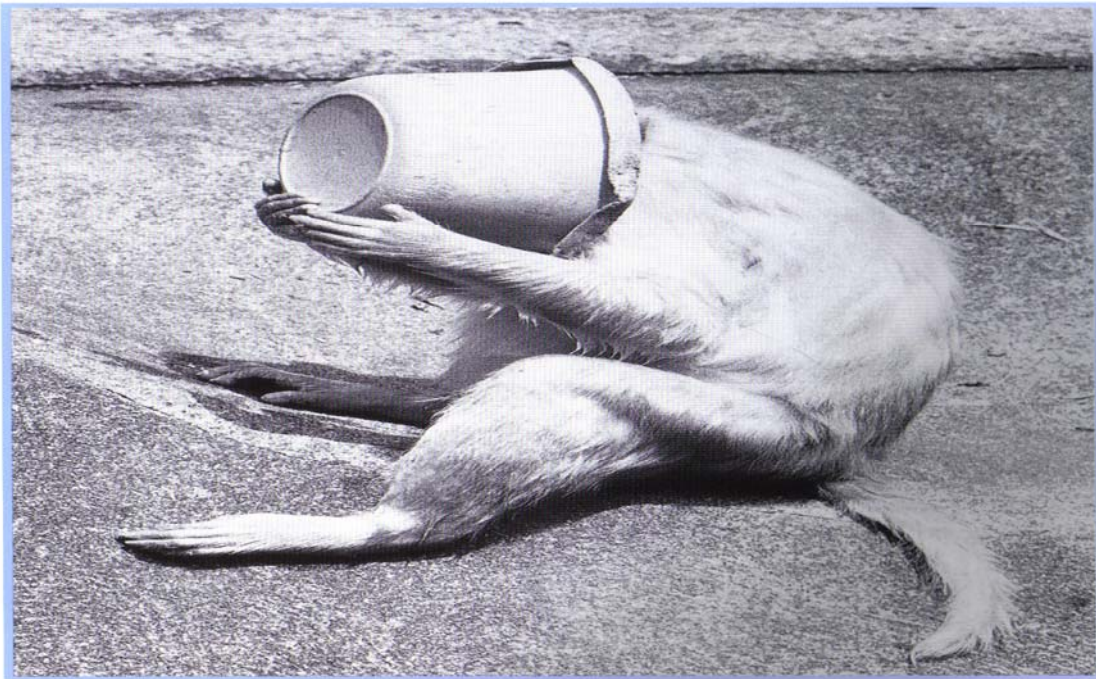


Book

for



Kids



or

you

might



make



a



silly



mistake



and



feel



weird

about



it.



And



trying



to



cover



it



up

only



makes

things



worse!



The



Blue



Day

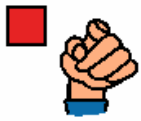
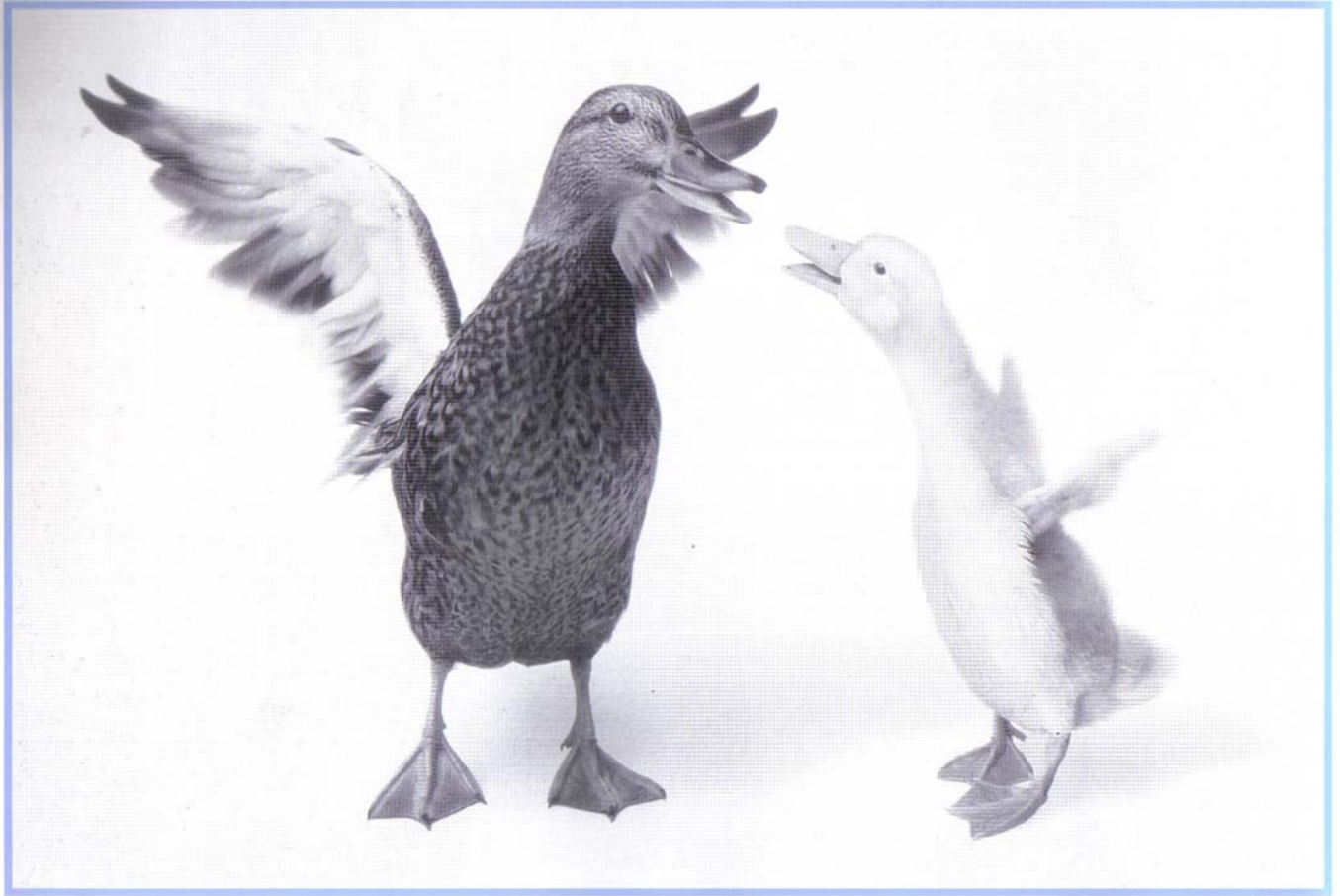


Book

for



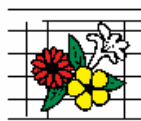
Kids



Your



parents



may

B

be



mad

at



you

or

even



yell

at



you,



The



Blue



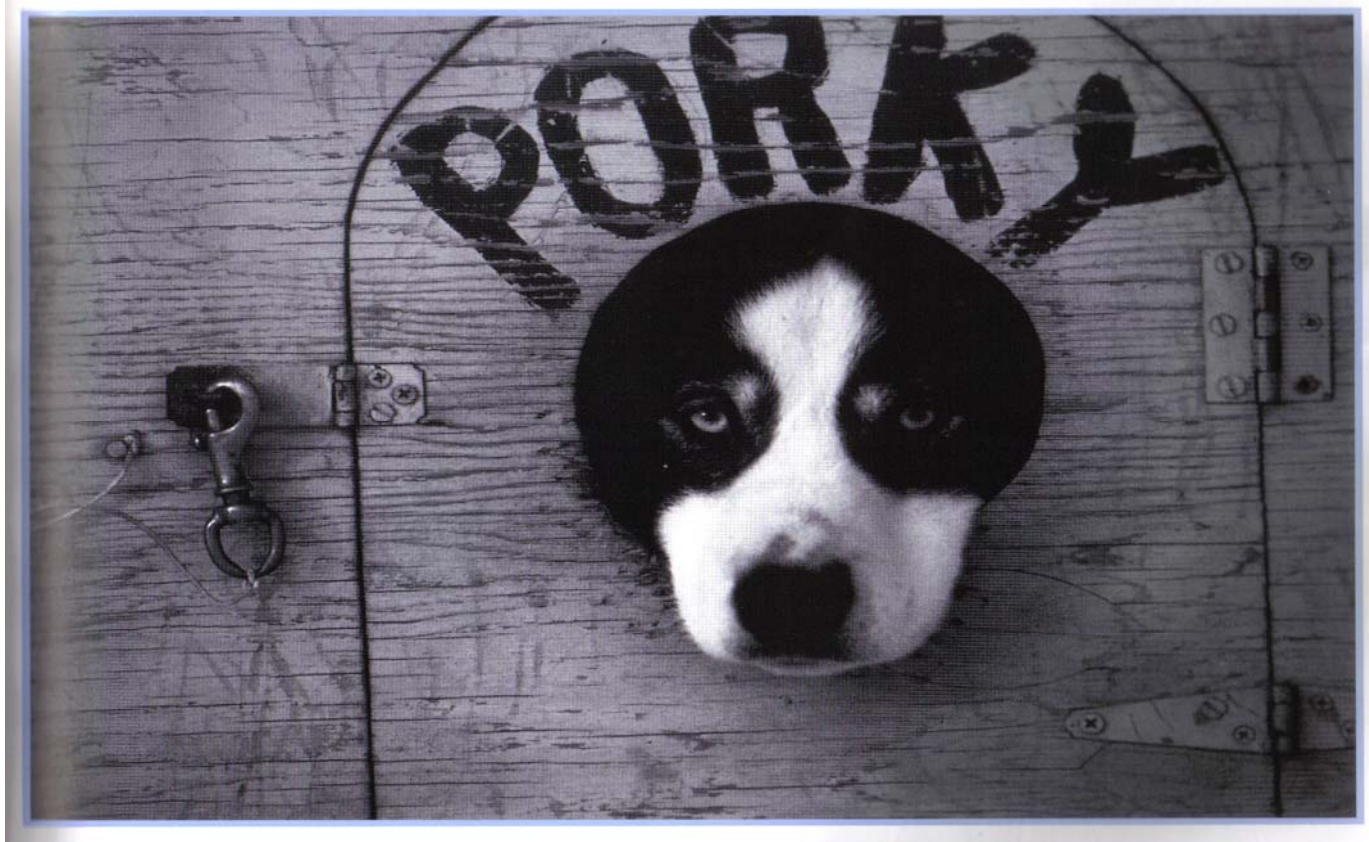
Day



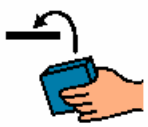










Book



for Kids



or	 you	might	 get	 put	 in	 time
at	 school,	 that's	A a	 sure	way	 to
A a	 blue	 day!				



The



Blue



Day



Book

for



Kids





The



Blue



Day

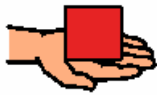


Book

for



Kids



Have



you

ever

been



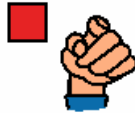
forced



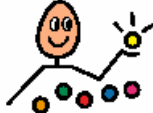
to



share



your



favorite



toy

or



snack

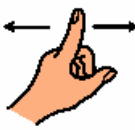


when

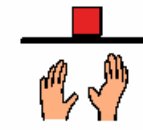


you

really



didn't



want



to?



Grownups



don't

always



understand



how



hard



it



is



to



share.



The



Blue



Day



Book

for



Kids



Or	had	to	eat	Brussel	sprouts
dinner?	Blech!!	How	come	no	one
you	share	your	Brussel	sprouts?	



The



Blue



Day

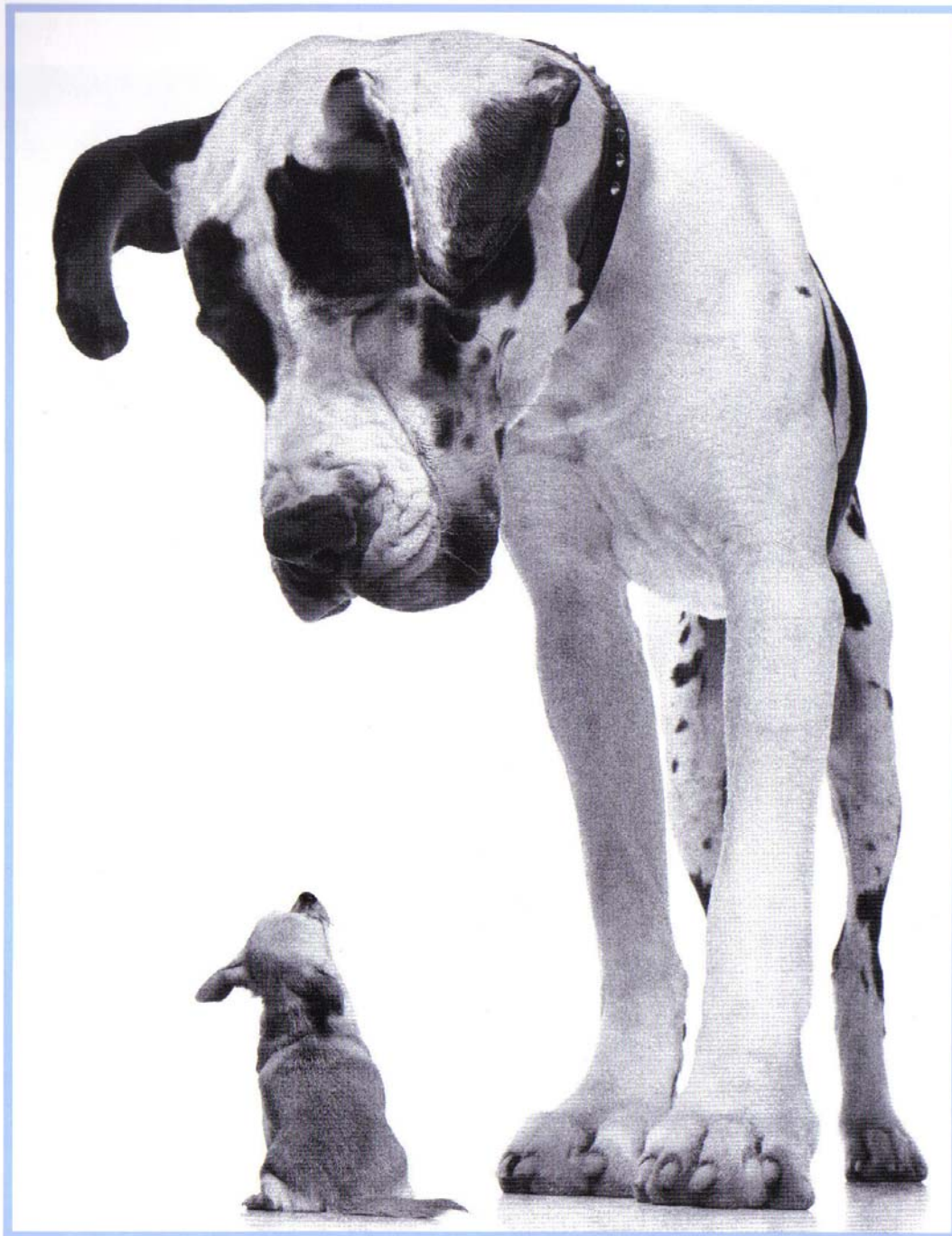


Book

for



Kids





The



Blue



Day



Book

for



Kids



Does



it

ever

seem



like



you're

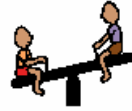
too



big



to



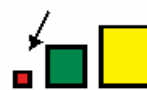
play



with



the



little



kids

but

too

little

to

play

with

the



big



kids?



Feeling



like



you



don't

fit



in

can

really



bring



on



a



blue



day.



The



Blue



Day



Book

for



Kids



which



is



like

being



sick

but



not



knowing



what



hurts.



The



Blue



Day

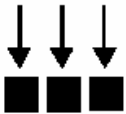
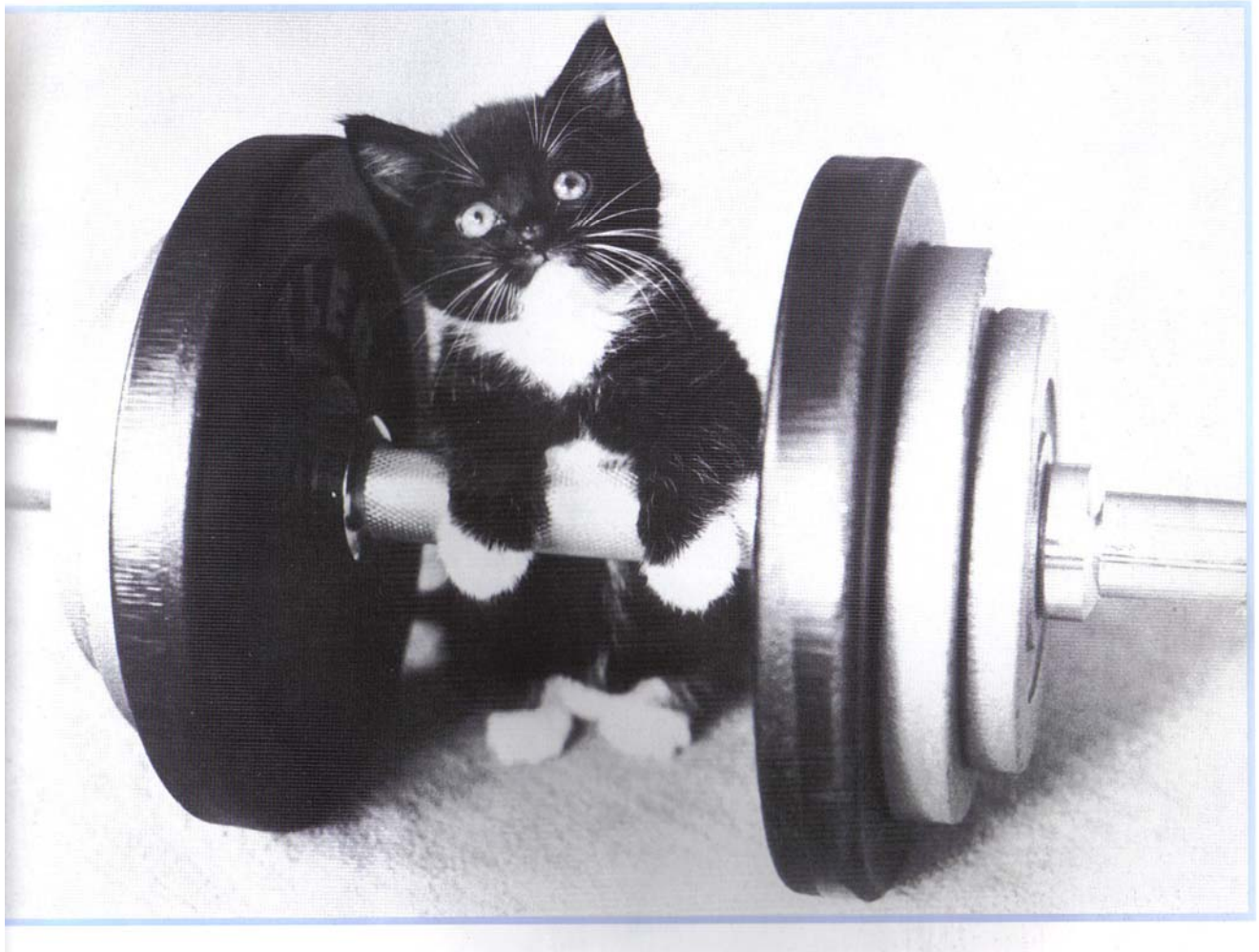


Book

for



Kids



Every



thing

seems



impossible



on



a



blue



day.



The



Blue



Day



Book

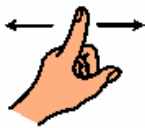
for



Kids



You



don't



feel



like



playing

or



laughing,



The



Blue



Day

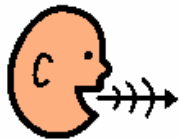
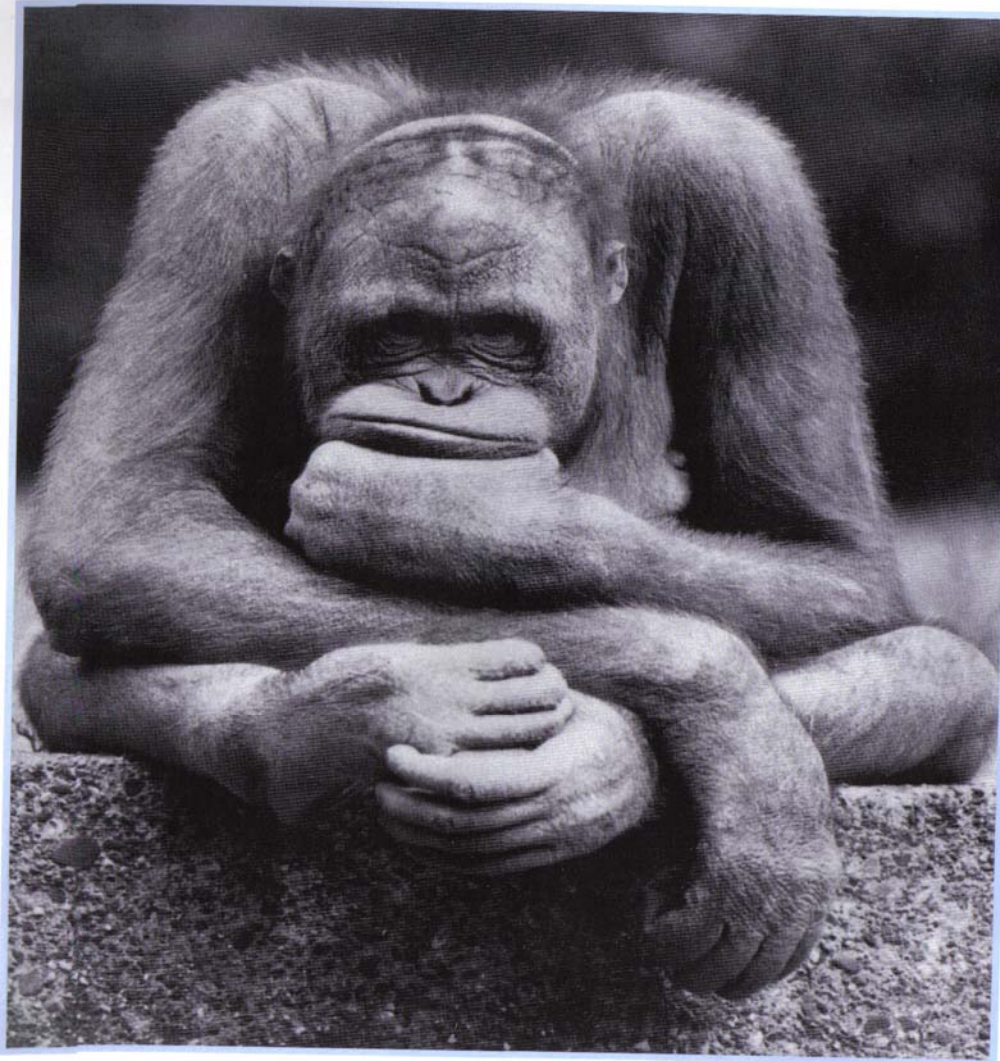


Book

for



Kids



or

even

talking.



The



Blue



Day

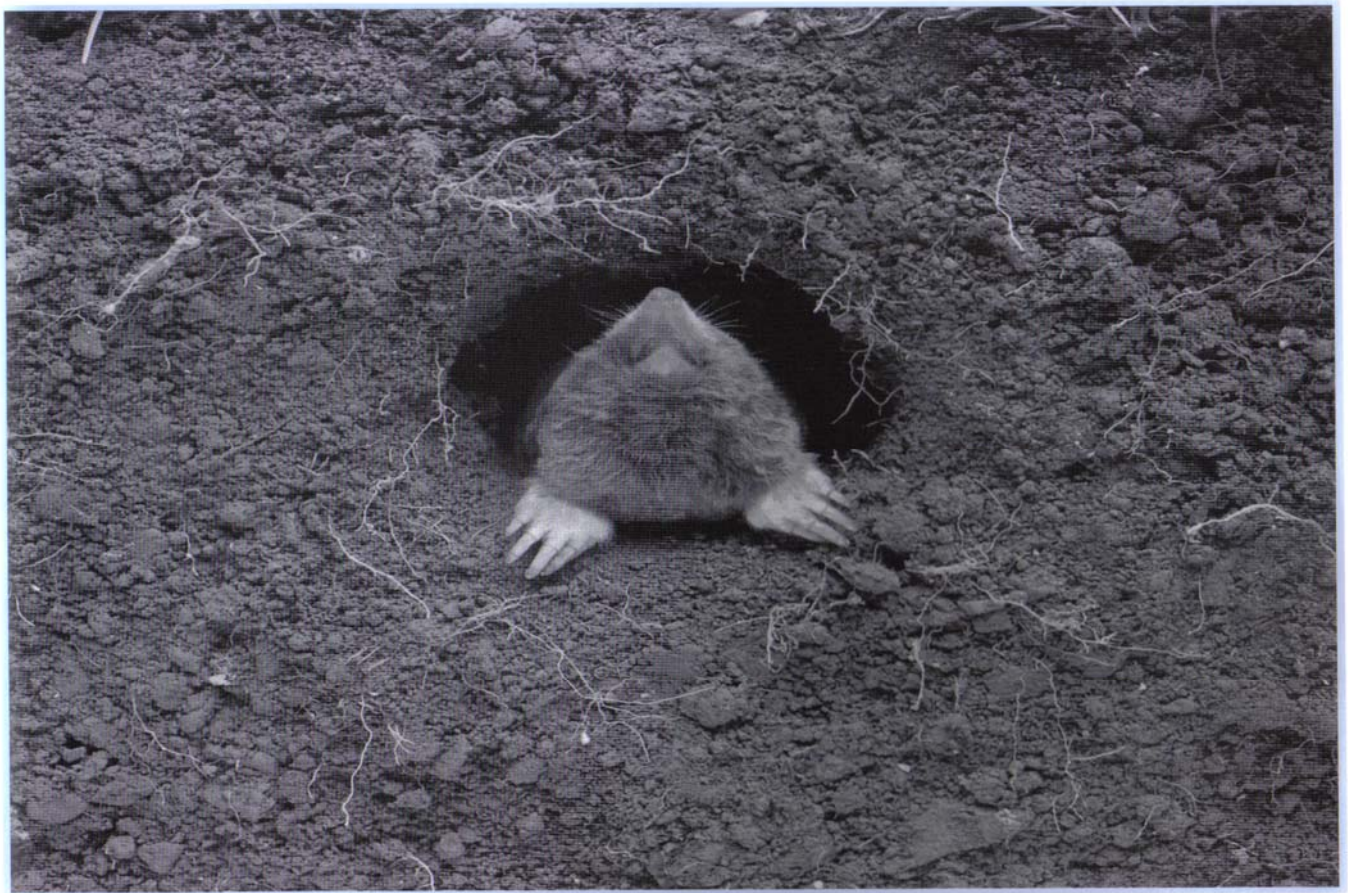


Book

for



Kids



On



a



blue



day,



it's



like



you're



stuck

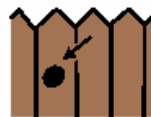


in



a

deep



hole,



and



you



can't

climb



out.



The



Blue



Day







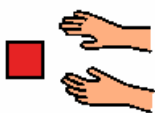







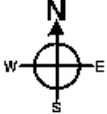



Book

for



Kids



Well,	 listen	 up,	 kid!	 You	can	 get
 past	 a	 blue	 day,	 there	 are	 lots
of	 ways	 to	 do	 it.		



The



Blue



Day



Book

for



Kids



		A			
Sometimes	just	a	little	nap	can
				&	
make	you	feel	better	and	help
you	see	things	clearly.		



The



Blue



Day



Book

for



Kids



But

if

you

don't

feel

like

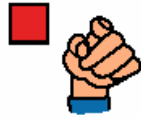
resting,



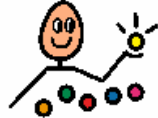
try



singing



your



favorite



songs



as



loud

as



you

can.



The



Blue



Day



Book

for



Kids



And

while



you're

at



it,



break



out



some

wild



dance



moves!



The



Blue



Day




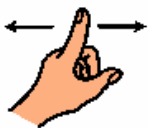







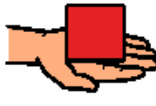



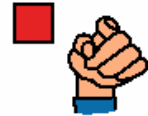
Book

for



Kids



if						
	you	don't	feel	like	hanging	out
						
with	friends	you	can	have	some	fun
						
on	your	own.				



The



Blue



Day



Book

for



Kids



Try



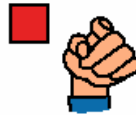
to



stand



on



your



head,



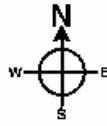
it's



a



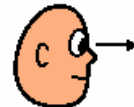
great



way



to



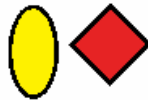
see



the



world



differently.



More



grownups

sh~






should





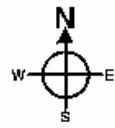






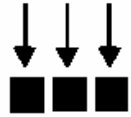
















try



this.

 The Blue Day Book for Kids

 By	 the	 way,	 did	 you	 stop	
 to	 think	 that	 every	 one	 on	 the
 other	 side	 of	 the	 world	 is	 walking
 around	 up	 side	 down?	 Weird,	 huh?	



The



Blue



Day



Book

for



Kids



Another	great	way	to	beat	A a
blue	day	is	to	B be	creative.
Get	out	the	paints,	crayons,	& and
spaghetti	sauce	& and	cut	loose!	



The



Blue



Day



Book

for



Kids



Shake



up



your

usual

routine



and

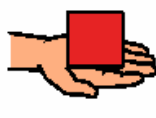


try

something



you



have

never



done

before



The



Blue



Day



Book

for



Kids



or

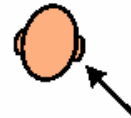
pretend



you



are



someone

else

entirely.



The



Blue



Day











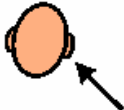





Book

for



Kids

					
Sometimes	you	can	cheer	up	by
					
talking	to	your	best	friends	or
					
even	just	thinking	about	someone	you
					
really	like.	It's	true,		



The



Blue



Day







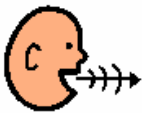


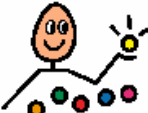

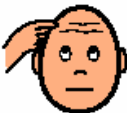
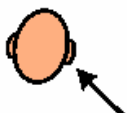



Book

for



Kids



					
Sometimes	you	can	cheer	up	by
					
talking	to	your	best	friends	or
even	just		about		
		thinking		someone	you
really					
	like.	It's	true.		



The



Blue



Day

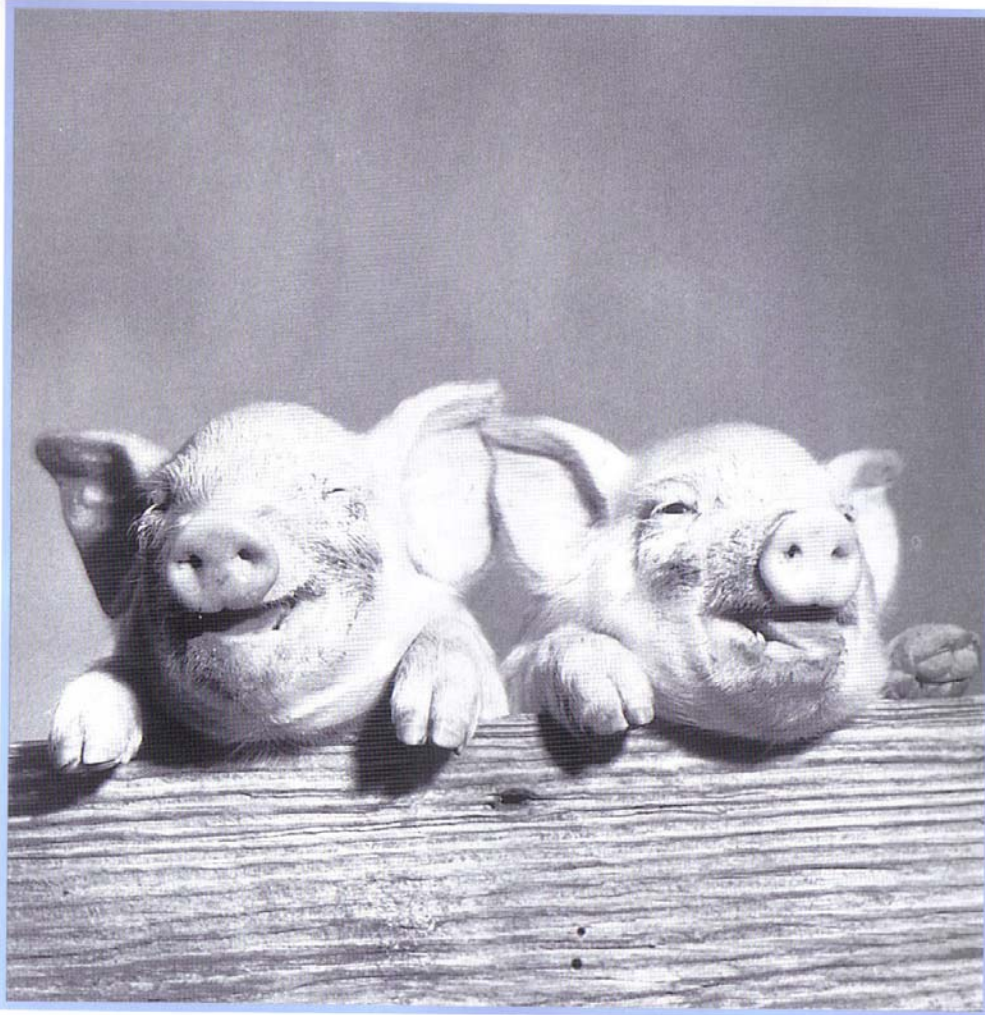


Book

for



Kids



especially

if



you



think

about



a



time



you



did

something

really



crazy



together.



The



Blue



Day




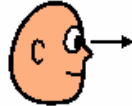








Book

for



Kids



Aha,			A		can	
	you	see....	a	smile		sneak
					A	
up	on	you	just	like	a	blue
						
day	can.					



The



Blue



Day



Book



for Kids



Before



you



know

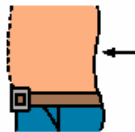


it,



you

will

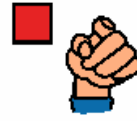


be

back



to



your



old

self.



In

fact,

if



you're



not

careful,



you

might



start



smiling

so



much



people

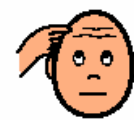
will



start



to



think



you're



up



to

something.



The



Blue



Day

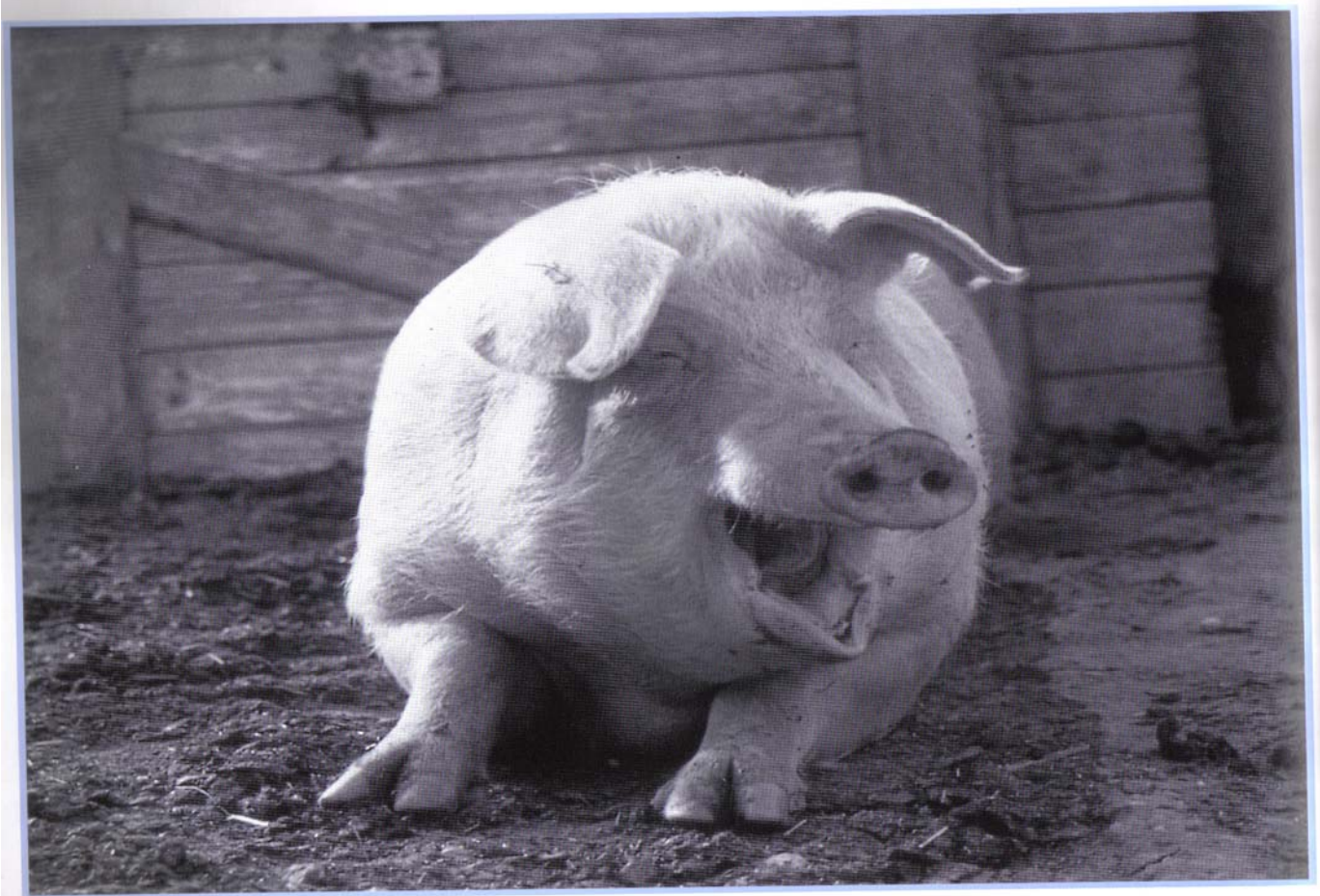













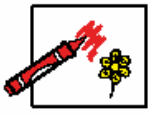


Book

for



Kids



Of	 course,	 you	 are	 up	 to
something.	 You're	 cheering	yourself	 up	 by
 changing	 the	 color	of	 your	 day.



The



Blue



Day



Book

for



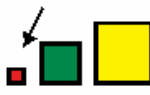
Kids



With

A

a



little



imagination,



you



can

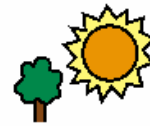
change

A

a



blue



day



into

A

a



new



day.



The



Blue



Day



Book

for



Kids



A

A



day



when



it's



great



to

B

be



you!

Now,

isn't



that

A

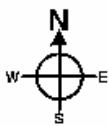
a



much



better



way



to



look

at



the



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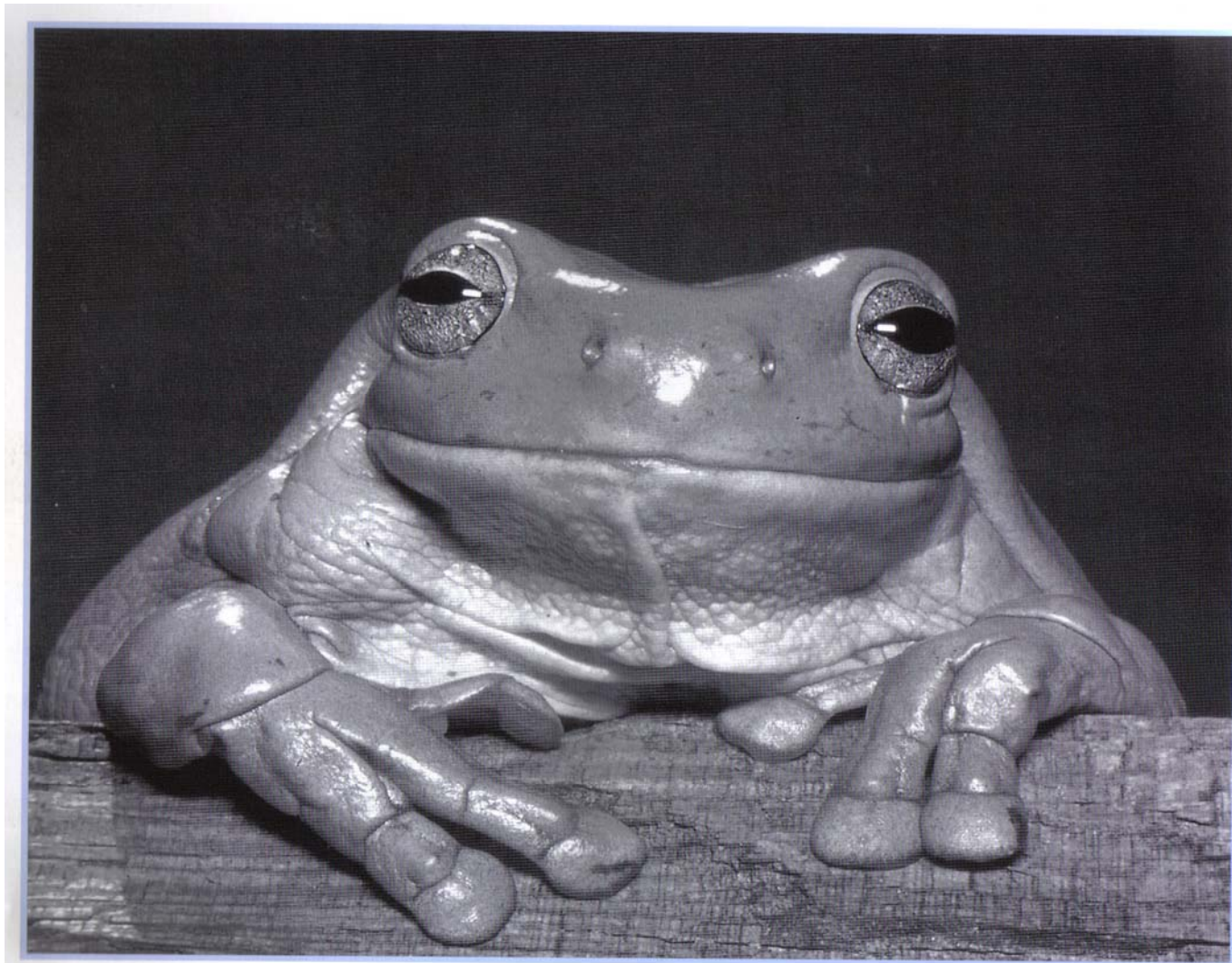


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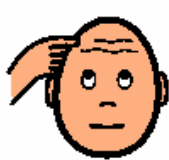
Kids



Yes,



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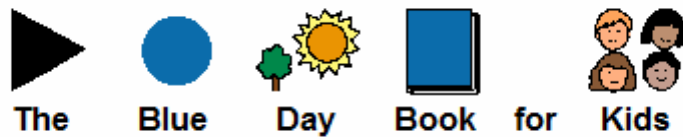
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Adapted by Sheri McCue for Sped. 525.

Fall 2008



EDUCATIONAL GOALS

- Children learn that other kids experience the same kinds of emotions as they do.
- Children learn that it's important to understand what their feeling.
- Children learn how to cope with an unpleasant feeling.
- Children learn that sometimes we feel good, and sometimes we feel bad.
- Children learn that both kinds of feelings are normal.
- Children learn that when we don't like the way we are feeling, there are ways to help yourself when feelings are bothering us.

HOW TO COPE With An Unpleasant Feeling

Sometimes we feel good, and sometimes we feel bad. Both kinds of feelings are normal. Of course, we all enjoy good feelings. But when we don't like the way we are feeling, sometimes we don't know what to do about it. Here is a plan that will help you help yourself when your feelings are bothering you.

- ACCEPT** your feelings. Say to yourself: "I am sad." "I am frightened." "I am angry." "I am embarrassed." It's all right to have feelings.
- RELAX** and take "time out" before you act. Take slow deep breaths and relax all the muscles of your body. Pretend you are in a safe place.
- THINK** about ways to help yourself. Thinking helps you do something smart instead of harming yourself or making things worse.
- DO** something to help yourself. Maybe it would help to talk to someone, or to do something you enjoy. If it doesn't work, go back to step 3.



The



Blue



Day



Book

for



Kids

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