

# LESSON PLAN

## CASEL SEL COMPETENCY: SELF-AWARENESS

## SOCIAL SKILL: COPING WITH CHALLENGING SITUATIONS

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### BOOK INFORMATION

*Book title: One of Those Days*

*Author: Amy Krouse Rosenthal and Rebecca Doughty*

*Publisher and date of publication: G.P. Putnam's Sons*

*ISBN: 978-0-399-24365-3*

*Number of pages: 29*

*Reading level: K-2*

*Interest level: K-4*

### BOOK SYNOPSIS

*The author talks about how some days are not as good as others, just one of those days. They talk about all of the kind of bad days a kid can have, from no fair day to itchy sweater day to you think you're right but no one else thinks so day. But, they point out, every single one of those days eventually turns into night and every night turns into a brand new day.*

*This book could be used in counseling to show kids that perspective is everything. They will learn that even if things are not great, it will get better. This book is appropriate for students who are having every-day upsets in life, rather than for students who are experiencing larger stressors that can not be resolved overnight.*

### LESSON OBJECTIVE

*The goal of this bibliotherapy lesson is for students to feel validated in the annoying things that make some days hard. They will understand that if they wait a little longer things can get better.*

### LESSON MATERIALS AND ADVANCE PREPARATION

- *Paint, brushes, large pieces of construction paper*
- *Lined paper and pencils*

### PRE-READING ACTIVITY

*Ask the students if they have ever heard the phrase, "one of those days." Explain that people will use that to express frustrations with little things that go wrong that seem to throw off the day. Share that this book talks about many different "days" that seem to spoil the day. Ask them what kind of "day" is happening on the cover?*

## READ THE BOOK

## POST READING DISCUSSION

*What kind of "days" that they mentioned have you had? Any "day" that you have had that they did not mention?*

*Ask what kind of facial expressions the people made on the bad day? How could others know that the person is having a bad day?*

*Why is it important to remember that every single one of those days turns to night? How can that help us feel better? What are the odds that the next day are going to be as rough as the day before?*

## POST READING ACTIVITY

*Describe a post-reading activity. Involve children in an engaging activity that extends learning into practical application.*

*K-2: Have the students divide a large piece of paper in half. On one side, they should paint a picture of themselves having "one of those days". On the other side, have them paint a picture of the next day or soon after, that shows that the bad day went away and they had a good day. This "day" can be from their real life or from the book.*

*3-4: Have the students write about one of the days in the book, giving detail to what happened. Then have them write about the next day, using their imagination, to show that the effects of the first day wore off. This "day" can be from their real life or from the book..*

## CLOSURE

*Some days are just plain hard. There are many things that can go wrong. But if you wait it out a little bit longer, most of these things go away and life is good again. This week, if you find that you are having a rough day, remind yourselves that tomorrow is a new day.*



“Although the world is full of suffering, it is also full of the overcoming of it.”  
- Helen Keller