

Alexander and the Terrible, Horrible, No Good, Very Bad Day. Habit One: Being Proactive/ Carrying Your Own Weather

Tell the students we will be talking about Habit 1 Being Proactive. Remember being proactive is being in charge of yourself. No one can make you do anything. Today we are focusing on Carrying Our Own Weather. If we choose to have a sunny day, no one can make you have a cloudy or even a stormy day. Let's read this story and see if Alexander made the decision to carry his own weather.

Read story.

Check periodically and ask if Alexander is being proactive and carrying his weather.

Questions.

Was Alexander's response to waking up, slipping on his skateboard and falling proactive or reactive? Did he choose to carry his own weather? What would've been a proactive response?

Was Alexander's response to His friend, Paul deserts him to be his third best friend and there is no dessert in his lunch proactive or reactive? Did he choose to carry his own weather? What would've been a proactive response?

Was Alexander's response Nick says he is a crybaby for crying, and Mom punishes him in the act of punching Nick proactive or reactive? Did he choose to carry his own weather? What would've been a proactive response?

Situations.

Give each partner pair a "situation." What's a re-active response? What's the appropriate proactive response? Have each partner pair turn and talk. Then have them share with the group one at a time. Talk about each situation, the reactive response and proactive response.

Take it to your seats.

Explain the proactive and reactive chart. Each students will get their own chart of different situations, they will write what's a reactive response and the appropriate proactive response. Students may work with a partner, teacher will walk around to monitor.

Finished/DO

If the students finish early they may quietly illustrate their favorite part of the book.

Name: _____

Proactive vs. Reactive

Today we read a story about Alexander and his very reactive, cloudy day. Below are some situations you might find yourself in, think about the situation and how you may want to react. Then brainstorm a proactive response to the situation. Be creative and really think about how you can carry your own weather.

A Reactive Response

My Proactive Response

Someone on the bus teases you and calls you a mean name.

Someone takes your chair to use at their center and doesn't put it back.

Someone bumps your crayon baggie off the table and it bursts.

Someone
takes a book
from your
book baggie.

Someone
bumps you in
the line for
lunch.

Someone
borrows your
scissors and
forgets to give
them back.

Someone is
talking and gets
their name
taken in PE.

Someone
knocks your
book bag off
the hook.

Someone
trips and
makes you
fall in the hall.