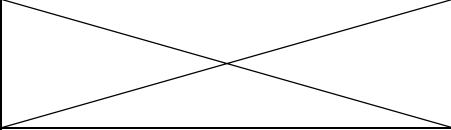
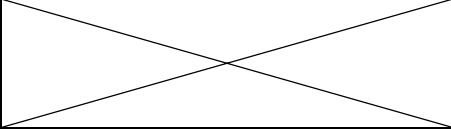
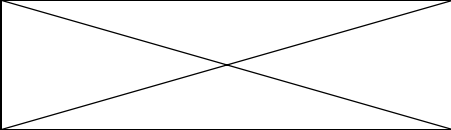
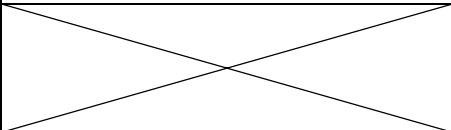
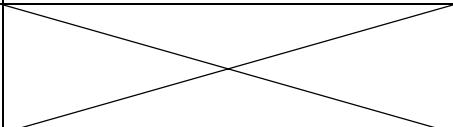
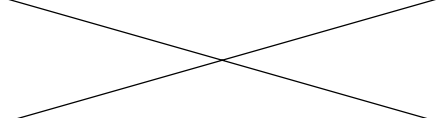
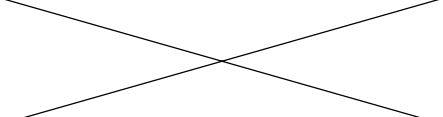
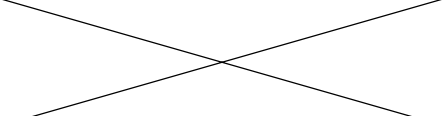
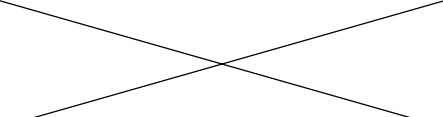
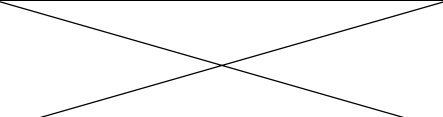


Name \_\_\_\_\_

**ATTITUDE ADJUSTMENT**

Directions: After reading Alexander and the Terrible, Horrible, No Good, Very Bad Day, complete the table **revising** Alexander's **negative** responses to make them either **neutral** or more **positive**. A positive attitude can help manage stress best. About half are done for you (as examples). (Note: Only one answer for each of the negative attitudes is needed. Some boxes will remain blank. *Please balance your number of neutral and positive rewrites.*)

<b>Negative Attitude</b>	<b>Neutral</b>	<b>Positive Response</b>
I woke up with gum in my hair.		I needed a new hair cut anyway.
I dropped my sweater in the sink.		
There was no toy in my cereal box.		Now I get to design my own.
I sat squished in the back seat of the car – not by a window.		At least I'm not as squeezed when going around corners.
My drawing of an invisible castle wasn't noticed.		
I sang too loud.		
I forgot the number 16 when counting.		I was saving it (16) for later.
Paul said I wasn't his best friend.		
My mom forgot to pack lunch dessert.	Bummer.	

Negative Attitude	Neutral	Positive Response
I smashed my foot in the elevator.	Ouch!	
I fell in the mud.		
The shoe store sold out of the shoe I wanted.		
I messed up my dad's office.		I can redecorate quickly.
I ate lima beans for dinner		
The bath was too hot.		My bath was like a hot tub tonight. How relaxing.
I got soap in my eyes.		Maybe now I'll see more clearly. 😊
I lost my marble down the drain.		
I had to wear my railroad pajamas to bed.		
My night light burned out.		It's probably time I conquered my fear of the dark.