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The Blue Day Book for kids

A Lesson in Cheering Yourself Up

By Bradley Trevor Grieve
The Blue Day Book for Kids
Have you ever had a blue day?

A blue day is when nothing goes right and you feel kind of lousy.
You might feel grumpy.
lonely,
really shy,
or just plain pooped.
Basically, you're not much fun.

to be around.
Other people may not understand how you feel. In fact, it seems like everyone is ignoring you.
or picking on you!
Someone might do or say something that hurts your feelings,
or you might make a silly mistake

and feel weird about it. And trying

to cover it up only makes things worse!
Your parents may be mad at you, or even yell at you,
or you might get put in time

at school, that's a sure way to

A blue day!
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.
Or had to eat Brussel sprouts for dinner? Blech!! How come no one makes you share your Brussel sprouts?
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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.
which is like being sick but not

knowing what hurts.
Every thing seems impossible on a blue day.
You don't feel like playing or laughing,
or even talking.
On a blue day, it's like you're stuck in a deep hole, and you can't climb out.
Well, listen up, kid! You can get a blue day, there are lots of ways to do it.
Sometimes just a little nap can make you feel better and help you see things clearly.
But if you don't feel like resting,
try singing your favorite songs as loud as you can.
And while you're at it, break out some wild dance moves!
If you don’t feel like hanging out with friends, you can have some fun on your own.
Try to stand on your head.

A great way to see the world differently. More grownups should try this.
By the way, did you ever stop to think that every one on the other side of the world is walking around up side down? Weird, huh?
Another way to beat a blue day is to be creative.

Get out the paints, crayons, and spaghetti sauce and cut loose!
Shake up your usual routine and try something you have never done before
or pretend you are someone else entirely.
Sometimes you can cheer up by talking to your best friends or even just thinking about someone really like you. It's true,
Sometimes you can cheer up by talking to your best friends or even just thinking about someone you really like. It's true.
especially if you think about a time

you did something really crazy together.
Aha, you see... a smile can sneak up on you just like a blue day can.
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.
Of course, you are up to something. You're cheering yourself up by changing the color of your day.
With a little imagination, you can change a blue day into a new day.
A day when it's great to be you! Now, isn't that a much better way to look at the world?
Yes, I think so too!!
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.

1. 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.

2. 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.

3. THINK about ways to help yourself. Thinking helps you do something smart instead of harming yourself or making things worse.

4. 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.
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