



WHAT ARE YOU SO GRUMPY ABOUT? is an acclaimed picture book that takes a comical look at the things that make kids grumpy. From boring birthday presents to tedious chores to the dreaded “gravy-touching-peas problem,” it helps kids laugh away their bad moods. Along with the book, these activities help kids explore their emotions, express themselves, and realize that even the grumpiest day can end with a laugh.

“Guaranteed to remove every pout in sight...”

—KIRKUS REVIEWS, STARRED REVIEW ★

THE GRUMPY GAME

Have groups of kids work together to design and create a new board game to play based on GRUMPY. Have them write the rules and directions on how to play the game in addition to making the game board.

EXPLORING EMOTIONS

Writing about emotions

Have children write a poem about their feelings, using the following template:

- 1st Line:** Your name
- 2nd Line:** Who feels happy when...
- 3rd Line:** Who feels sad when...
- 4th Line:** Who feels frightened when...
- 5th Line:** Who feels comfortable when...
- 6th Line:** Who feels grumpy when...
- 7th Line:** Who feels excited when...
- 8th Line:** Who feels bored when...
- 9th Line:** Who really dislikes it when...
- 10th Line:** Who loves it when...

Picturing emotions

Use a digital camera to take pictures of students posing to show different feelings with their facial expressions and body language. Then use these pictures to make a book about feelings. Have the children write captions that go with the photos. Give the finished book as a gift to another classroom or to your school's library.

WRITING ABOUT WRITING

1. Have students work together to do a rewrite of WHAT ARE YOU SO GRUMPY ABOUT?, entitled WHAT ARE YOU SO HAPPY ABOUT? How would the story change if the boy woke up cheerful?
2. In GRUMPY, Tom Lichtenheld uses a question format for writing the text of this book. Have each child choose one of the questions and write a detailed descriptive paragraph telling exactly what happened.

READERS THEATER

Retype the text of WHAT ARE YOU SO GRUMPY ABOUT? to create a readers theater script. Assign parts and have each child illustrate their part. Practice the script, and then perform WHAT ARE YOU SO GRUMPY ABOUT? for another class.

IDIOM DETECTIVES

Tom Lichtenheld, the author and illustrator of GRUMPY, used two idioms in the book: “pick up your room” and “get up on the wrong side of the bed.” Have students start to collect idioms by looking for them while reading, and listening for them when others speak. The books in the popular AMELIA BEDELIA series by Peggy Parish are full of idioms. Marvin Terban, and Loreen Leedy and Pat Street have also authored books for children about idioms.

Encourage children to discuss the meanings of idioms in order to enjoy idiomatic language. Have students try to guess what idioms mean. Use idioms in sentences or situations to encourage your students to figure out the meaning from context clues. Have your students author a class book in which they define and illustrate the idioms they collect.

101 CURES FOR GRUMPINESS

Have everyone help brainstorm 101 possible cures for grumpiness. Have kids illustrate each concept and compile all their work into a class book or a display for the classroom. (Get a head start by studying the end papers in GRUMPY.) Start out each day with a discussion of how students used a concept from the list to eliminate their grumpiness the day before.



TONGUE TWISTERS

Read other books about feelings. Some good ones are: *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst, *The Rain Came Down* by David Shannon, *The Grumpy Morning* by Pamela Edwards, and *How Are You Feeling* by Saxton Freymann. Then brainstorm a list of feeling words. Then have your students write tongue twisters for each of the feeling tongue twisters. Example: Grumpy gorillas grumble about their goofy grandchildren!

STORYTELLING FUN

Play a new version of the old memory game "I Took A Trip" with everyone in the class. Sit in a circle. Someone starts the story by saying, "I got up on the wrong side of the bed this morning and boy was I grumpy!" Each person must repeat what has been said by everyone else before him, and then add a mishap to the growing list of unfortunate events. Continue going clockwise around the circle, and see if everyone can remember the sequence of the events, as the list grows longer. The game ends when it's the first person's turn again. The

first person repeats everything that has been said, and ends the story by making up an event, which made the character smile.

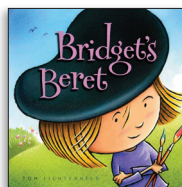
END THE DAY WITH A SMILE!

At the end of each school day, have the children think of an individual in the classroom who helped to make their day better. Call on individual children to stand up and publicly thank that child or teacher. Make sure they say the other child's name and tell exactly what they are thankful for and how their kindness helped. This activity takes only five minutes, but it's a great way to end every school day.

children's books by

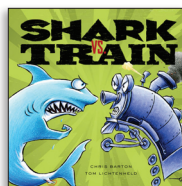
Tom Lichtenheld

AUTHOR & ILLUSTRATOR



BRIDGET'S BERET

A Junior Library Guild Selection



SHARK vs. TRAIN

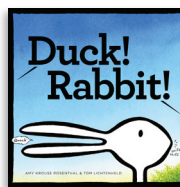
A Junior Library Guild Selection

THE OK BOOK

WHAT'S WITH THIS ROOM?

IT'S NOT FAIR!

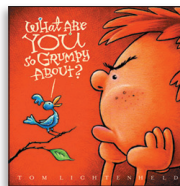
EVERYTHING I KNOW ABOUT PIRATES



NYT BESTSELLER

DUCK!RABBIT!

- A New York Times bestseller
- A Time Magazine best book of 2009
- Publishers Weekly starred review



WHAT ARE YOU SO GRUMPY ABOUT?

- A Child Magazine Best Book of 2003
- Kirkus Reviews starred review

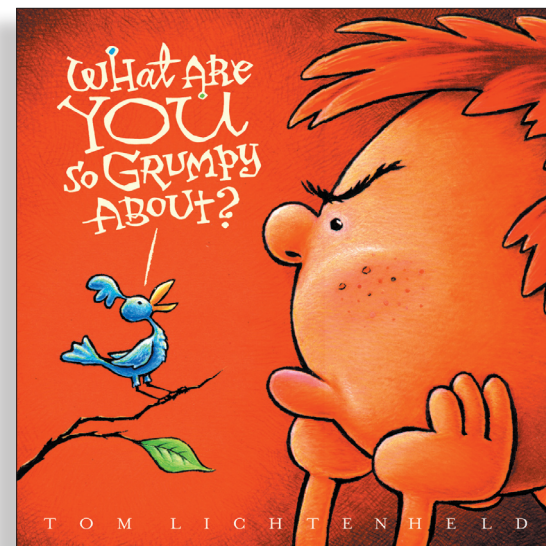
EVERYTHING I KNOW ABOUT CARS

EVERYTHING I KNOW ABOUT MONSTERS

YES DAY!

ACTIVITY GUIDE

BASED ON THE BOOK



by Tom Lichtenheld

FOR SCHOOLS, LIBRARIES AND BOOKSTORES



Tom's books are also featured in:

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Becoming a Literacy Leader by Jennifer Allen

How to Develop Curriculum for Your Writing Workshop by Katie Wood Ray



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