

WHAT PUTS YOU IN A MOOD?



When Judy Moody has to give up her summer on the first day of school, she gets in a bad mood. On the other hand, some things put Judy in a very GOOD mood—including winning the Giraffe Award for sticking her neck out for a good cause (a bottle drive to save the rainforest). What puts YOU in a bad mood? What puts you in a GOOD mood? Make a list under each heading. Which list is longer? When you're done, compare your list with a friend's. Which entries are the same? Which are different? Now, in the last column, list some ways to get OUT of a bad mood if you're in one

Things that put me
in a **Good** mood

Things that put me
in a **Bad** mood

Things that get me
Out of a bad mood



Going to Fur and Fangs



Brushing my hair



Finger-knitting!





































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