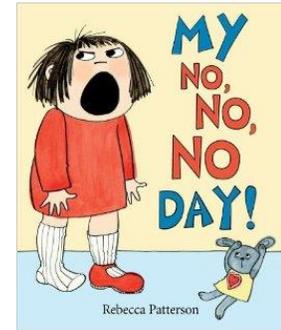


## My No No No Day

By Rebecca Patterson

*Readers will say, "Yes, yes, yes!" –goodreads*



Prior to reading the book, have children think about a day when everything went wrong. How did it feel? What did they do?

**Art:** have children decorate a picture of a car. Create a 'parking lot' of feelings where children can park their cars.

**Game:** Match the visuals of Bella and her no no no day, to the visuals of Bella and her cheerful day. Talk about how they Bella felt in each situation, and what she could have done in each situation to make herself or to make the situation better.

As an alternative idea, create a 'NO NO NO' box and a 'YES YES YES' box that children can decorate. Using printed pictures from the story, children can take turns deciding and placing them into the appropriate box. This can also be done with playroom and house rules.

**Gross Motor:** Cut out circles from Red and Blue construction paper. Have the red ones say NO, and the blue ones say YES. Have one for each child. When a child steps on a NO circle, have them stomp. When they step on a YES circle, have them clap (can also use colored hula hoops). Children can move around to music performing the yes and no actions.

**Media:** Watch the youtube video created by sesame street "The word is NO":  
<https://www.youtube.com/watch?v=DyupP2LxbZI>

**Music:** sing 'If you're angry and you know it', substituting the words with strategies to calm down. For example:

- Take a deep breath (exaggerated breath in and out)
- Ask for a hug (find a partner to hug)
- Take a break (sit down, hugging knees close)
- Count to 10 (count out loud)
- Say, "I'm mad!" (say together)

**Sensory:** Create a jar marked "cool down cubes". Fill the jar with plastic ice cubes that can be frozen and thawed. Have the children each take a frozen cube and talk about ways to 'cool down' when they are having a 'no no no' day, as the ice cubes melt.

**Include Families!** Send a message home encouraging families to borrow and read the story from their local bookstore or library. While doing some of the everyday tasks outlined in the book such as grocery shopping, waiting in line, taking a bath, playing with friends, etc. have parents remind their children about the story. They can make a game, asking questions of the children ‘what would bella say to this...?’”