

Good News Bad News - Reading Guide

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Themes: unexpected change, positive attitude

Lesson/Notes: Attitude affects how you experience life. Sometimes it's hard to see the good around you when you're having a difficult day. It's okay to feel sad or upset. With small problems, having a positive attitude (looking for the good) can help you have more fun. Friends can help cheer each other up with good news.

Discussion Questions

- *Who had a positive attitude and mostly noticed the good news? (Rabbit)*
- *Who had a negative attitude and mostly noticed the bad news? (Mouse)*
- *Is it okay to feel disappointed or frustrated? (yes)*
- *Is it okay to be mean if you feel upset? (no)*
- *Who do you think was having more fun - Rabbit or Mouse?*
- *Did the bad news ever bother Rabbit? (yes, at the end)*
- *Could Mouse see the good news too?*

Activity: Find-the-Good Scenarios

Supplies (optional): Paper, colored pencils

- Ask child to find something positive (or think of a positive-attitude response) in each of the following scenarios. Here is an example:
 - Scenario: Lunch was supposed to be [favorite food] today, but instead it's your least favorite.
 - Positive: *If I eat my lunch, I can have a cookie for dessert. or Maybe I can have [favorite food] tomorrow.*
- Scenarios
 - You and your friends wanted to go ride bikes, but it's stormy outside.
 - Someone spilled your drink.
 - You wanted to stay home, but you have to go to the store with your parent.
 - The teacher is sick, and you have a substitute teacher.
 - Your friend isn't allowed to spend the night.
 - The candy bowl is empty.
- If time and interest, encourage child to draw his/her own Good News Bad News comic using one of the scenarios discussed or an original idea!