

It's OK to be in a Bad Mood

Big Questions for Little Humans

Episode 1



A collection of mini stories that will help to explore big questions for little humans.
Join Luki as she navigates different emotions and situations meant to inspire conversations.

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BIG QUESTIONS FOR LITTLE HUMANS
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It's OK to be in a Bad Mood

One day at school, Luki was in a bad mood. Luki was rarely in a bad mood so this was unusual for her. She was not just in a bad mood, but she was frustrated and tired and annoyed and cranky too!

At home that morning, her parents were in a bad mood,
her cat was in a bad mood
and even her goldfish Gerald seemed to be in a really bad mood.

Still, Luki ate her breakfast cheerily, stroked her cat consolingly and lovingly sprinkled fish food for Gerald with the hopes of perking him up.

But by recess, it seemed to hit her too ... ***She was struck with the BAD MOOD!!!!***

She kept to herself most of the day, wishing that someone somehow would notice. Maybe that would help?

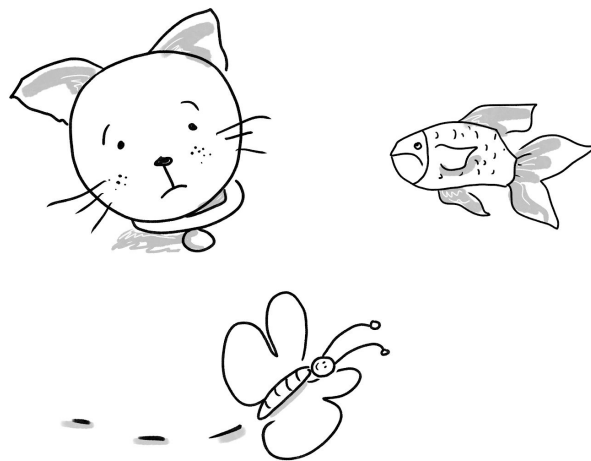
On her way home from school, her best butterfly friend Bryan swooped down and said:

“Hey, Luki! You seem a little off today. Would you like to talk about it?”

Luki felt relieved to be asked and she blurted out her feelings of frustration and sadness and anger. She wished SHE could be the one to be in a bad mood sometimes and that others would take the time to soothe her the way she so often did for them.

Bryan said,

“Well you're in a bad mood now and I have all the time in the world to soothe you.”



Big Questions for Little Humans

Take time to read through the questions with your little humans. Give them time to answer, let them wonder and think. There is no rush. This is a conversation.

- What causes your bad mood? Share a time that you were in a bad mood and try to remember what caused it.
- Has anyone ever helped you when you were in a bad mood? Describe what happened and how it felt.
- What are some things that others can do to help if you are in a bad mood?
- What are some things that you can do to help others if they are in a bad mood?

Make a picture that will express how it feels to be in a bad mood.

