



Barbara Throws a Wobbler
By Nadia Shireen

After reading the book, go back and discuss as you look through the story again:

- Barbara says she's not in a bad mood. How can we tell that she is?
- How do you feel when you're in a bad mood?
- What kind of things might put you in a bad mood?
- The Wobbler tells Barbara that she's "in charge" so she makes him disappear. What do you do to get rid of your bad moods?
- Do you think Barbara's Wobbler will come back? What might Barbara do then?
- The last page is a guide to other kinds of bad moods. What kinds of things might make you get each one of these? Talk about some of the things you might do to get rid of each one.
- What might be some ways you could help a friend get over their bad mood?

Activity: Draw a picture of a bad mood you've had.

Additional reading:

Grumpy Tortoise

Red, Red, Red

I Breathe

Yoga Animals series

