

# 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. Other things that put Judy in a bad mood include staying home while her little brother, Stink, goes to the White House; not being able to get her name and picture in the paper like Jessica Finch; and not winning the Crazy-Strip contest. 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



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



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Things that help me get  
**Out** of a bad mood



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