

Activity Guide for Teachers

The **WORST** Day
of My Life **EVER!**

BOYS TOWN.
Press

Classroom Ideas for Teaching the Skills of
Listening and Following Instructions

Written by **Julia Cook** & Illustrations by **Kelsey De Weerd**

The WORST Day of My Life EVER!

Activity Guide for Teachers

Julia Cook



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Boys Town, Nebraska

Note to Educators and Counselors

Teaching children to listen and follow instructions effectively has been a human problem since the beginning of time. The purpose of this book is to offer teachers, counselors, and students “hands on” activities that explore the dynamics of listening and following instructions.

I would like to extend a special thanks to the Boys Town Education Trainers, Susan Lamke, Denise Pratt, and Jo Dillon, as well as super teacher Ann Vyhldal and counselor Roxanne Davidson for helping me create these activities. I hope you enjoy using this book with your students as much as I have enjoyed creating it. Make today your BEST DAY EVER!!!

– Julia Cook

The WORST Day of My Life EVER: Activity Guide for Teachers

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A Difference You Can Taste!

Teacher Instructions

ACTIVITY ONE:

1. Give students a homework assignment to interview a parent, grandparent, relative, neighbor, or adult family friend about a recipe mishap they have experienced (using salt instead of sugar, forgetting an ingredient, baking at too high a temperature).
2. Hand out the worksheet (found on the CD-ROM). After their interview, students should write the correct recipe steps down, describe what instruction step was skipped or done incorrectly, and answer the questions on the worksheet.
3. Ask the students to bring the worksheets back to class, and discuss what they learned about the importance of following instructions correctly when cooking and in other areas of life.

ACTIVITY TWO:

1. Select a simple no-bake recipe (such as puppy chow or a dip for apple slices or carrot sticks) and write it on the board.
2. Follow the recipe instructions perfectly, making the food dish in front of the class.
3. Make the same recipe again, but mix up a few of the instructions: For example, use a tablespoon instead of a teaspoon of one ingredient, or use salt instead of sugar.
4. Allow the students to sample both recipes.
5. Ask students the questions to the right.



- Can you taste the difference between the two recipes?
- Which one tastes better to you?
- What happened when the instructions given were not followed correctly?
- Why is it important to follow instructions when preparing food?
- Why is it important to follow instructions in our everyday lives?
- What would happen if there were no instructions to follow in our world?
- Is it ever okay to NOT follow instructions? If so, when?
- What have you learned by doing this activity?

Students Have Fun While Learning to Listen and Follow Instructions!

Looking for clever and entertaining as well as effective ways to teach your students how to listen and follow instructions? To help reinforce the social skills lessons in her children's book, *The WORST Day of My Life EVER!*, author Julia Cook has created 24 engaging games and activities teachers can use in their K-6 classrooms.

In addition to exercising their listening and following instructions skills, students must observe, think, describe, write, and work together to complete these challenging activities. This guide offers a variety of activities ranging from coloring pages and mazes for younger children to games with more complex directions and homework worksheets for older students.

The book provides teacher instructions, lists of materials when needed, activity variations and extensions, worksheets, and praise coupons you can use to reward students who demonstrate good listening and following instructions skills. The enclosed CD-ROM has pdf files of all of the reproducible pages in the activity guide plus extra worksheets to use.

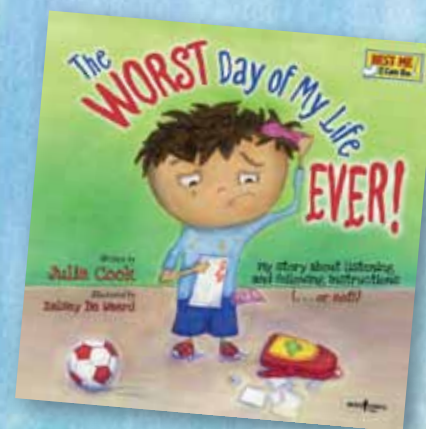


You will find the ideas in this guide a great way to make the lessons RJ learns in *The WORST Day of My Life EVER!* come alive for the students in your classroom!

JULIA COOK is a former teacher and school counselor who has written more than a dozen books for children as well as several activity books for teachers. She has received the *Association for Educational Publishers Distinguished Achievement Award*.



The WORST Day of My Life EVER! and its companion *Activity Guide for Teachers* are the first books in the **BEST ME I Can Be!** series, published by Boys Town Press, to teach children social skills that can make home life happier and school more successful.



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