

Worksheet 1

Name: _____

Class: _____ ()

Work with your friend and find out whether they are good behaviors or bad behaviors. Give your reason as well.



Behavior	Good	Bad	Not sure	Reason
Say bad language.				
Eat chocolate.				
Whine or be a grouch.				
Nag your family.				
Buy expensive clothes.				
Yell at your classmates.				
Talk to a friend.				
Play football/basketball/volleyball.				

Now please think of 3 good behaviors and 3 bad behaviors you've done recently and share your feeling and reason with your friends.

Good behavior	How did you feel when doing this?	Why did you do that?	How did you feel after doing this?
1			
2			
3			

Bad behavior	How did you feel when doing this?	Why did you do that?	How did you feel after doing this?
1			
2			
3			

Worksheet 2 - Poem

A Good Day
By: Peggy Field

Today is one of my best days,
(I'm trying to be good)
I haven't eaten chocolate yet,
My language has been good.

I haven't whined or been a grouch,
I haven't criticized.
I haven't nagged my family yet,
I think I'll exercise.

I haven't used my credit card
On foolish impulse buys.
And I've been honest all day long,
I haven't told a lie.

I haven't yelled at anyone,
I've tried to keep my cool.
And so far in this wond'rous day,
I've lived the Golden Rule.

I hope that I can keep this up,
And won't break down instead,
The hardest part is yet to come-----
When I get out of bed.

Glossary:

criticize – disapprove
impulse buys – buy things
without thinking
wond'rous – specially
good
Golden Rule – important
rule

Title: A Good Day
Author: Peggy Field
By kind permission of
Peggy Field

Source: <http://www.novelpoetry.com/listpoems.asp?cat=Miscellaneous&sub=4> Humor

Discuss the following questions with your friends now.

- 1 Do you think the writer treat the family well? Why?
- 2 Can you tell me what the writer usually does? How do you know that?
- 3 Can you tell whether the writer is a male or a female? Why do you think so?
- 4 Do you think the writer is old or young? Why?
- 5 What time of the day do you think when the writer wrote this poem? How do you know that?
- 6 Do you think the writer behaves really well for the day? Why?

A _____ Day

Today is one of my _____ days,

(I'm trying to _____)

I haven't

My

has been good

I haven't

I haven't

I have

I have

I hope that I can _____,

And won't break down instead,

The _____ part is yet to come ----

When I _____.