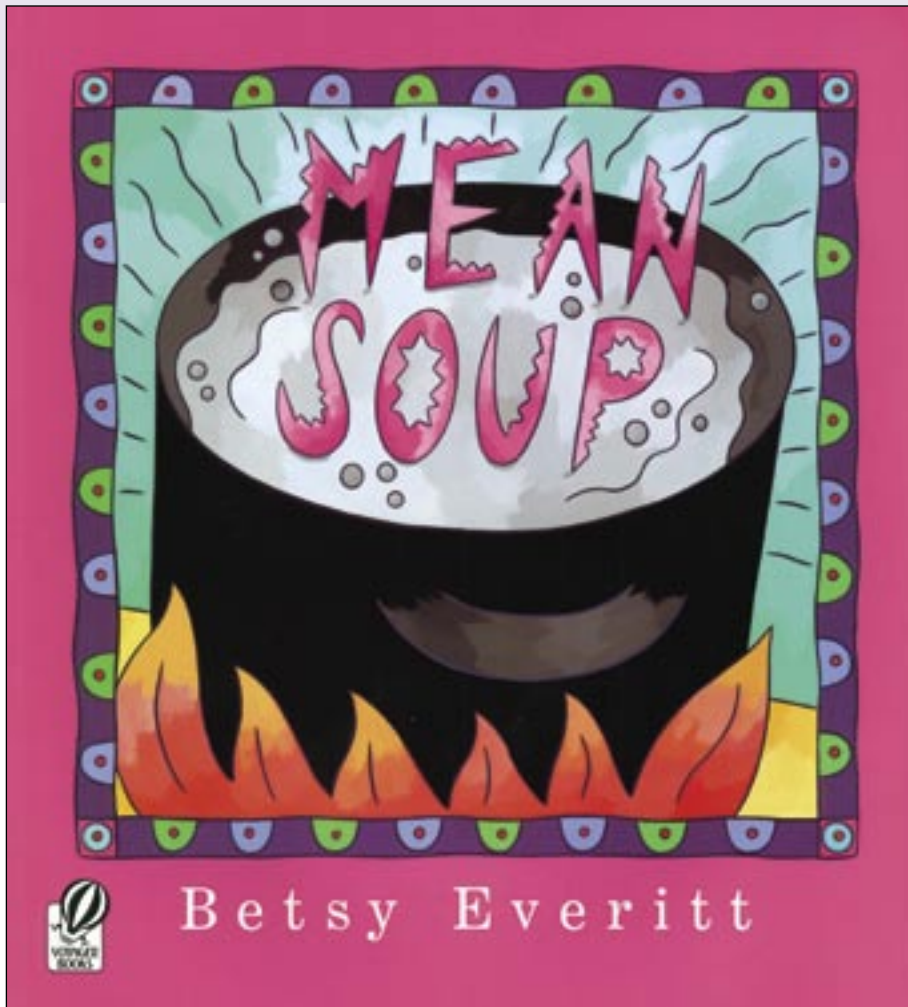


Mean Soup

By Betsy Everitt

Horace has had a bad day. When he gets home, he is feeling very mean, but his mother has the recipe for turning a bad day around.

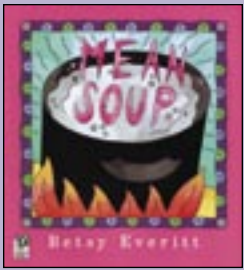


First Reading

Before you read this story, **set the stage** for enjoying the book with an introduction. Here are some ideas or you could make up your own.

“Have you ever had a bad day? Tell me something that made your day bad.”
(If your child can’t think of any, help him out.)

“The story we are going to read is called *Mean Soup*, because the little boy in this story had a bad day, and he feels mean. The good thing is his mom knows how to fix a bad day. Let’s find out how.”



Read It Again (and Again) and Start a Conversation

“What happens to Horace during the day that makes him feel mean?”

What are some of the things Horace did when he got home that let his Mom know he was feeling mean?

What did his mother suggest they make? What kind of soup?

What were the first two ingredients his mother put in the pot?

Those are pretty normal ingredients for regular soup. What did Horace and his Mom add to make this ‘mean soup’?

How did Horace’s Mom know when the soup was done?

How do you think Horace felt at the end of the story?

Did you like this story? Why or why not?

What do you do when you have had a bad day to make things better?

Do you think making ‘mean soup’ would help you after a bad day?”

Play With Language

Games: Listening Skills

Children need to learn to listen. This is essential for everything from hearing sounds, to following oral directions. Tape record several sounds and have the child listen with his eyes closed and try to identify the recorded sounds.

Hearing individual words within a sentence is an important skill. Create a sentence that mentions several items. Give those items to the child. Now, say the sentence. Have the child put the appropriate item down when you say it in the sentence.

Rhymes

If You’re Happy and You Know It

If you’re happy and you know it, jump for joy (jump)

If you’re happy and you know it, jump for joy (jump)

If you’re happy and you know it, then your face will surely show it.

If you’re happy and you know it, jump for joy (jump)

If you’re happy and you know it, shout hooray (put fist in air)

If you’re happy and you know it, shout hooray (put fist in air)

If you’re happy and you know it, then your face will surely show it.

If you’re happy and you know it, shout hooray (put fist in air)

If you’re happy and you know it, clap your hands (clap)

If you’re happy and you know it, clap your hands (clap)

If you’re happy and you know it, then your face will surely show it.

If you’re happy and you know it, clap your hands (clap)



Let's Make Soup

Let's make soup, OK?

(nod head)

Get out the pot.

(pretend to get pot out of cupboard)

Put it on the stove.

(pretend to put on stove)

Now turn around and touch your toes!

(act out)

Pour in the water.

(pretend to pour in pot)

Add some salt.

(pretend to shake salt)

Give it a stir.

(stirring action)

Now turn around and shout.

(act out)

Add some vegetables.

(pretend to put in pot)

Add a little meat.

(pretend to put in pot)

Blow in a kiss.

(blow a kiss)

Now stamp your feet.

(stamp feet)

Give another stir.

(stirring action)

Pour it in a bowl.

(pouring action)

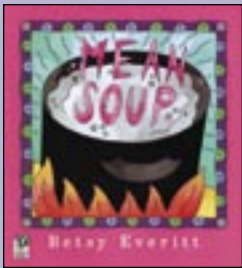
Blow, to cool it off.

(blow)

Now eat it very slow.

(pretend to eat)





Other Activities To Do Together

Make some real soup.

Try making “mean soup.”

Divide a sheet of paper and make a list of things that make you happy and sad.

Write a list of things you can do to make someone feel better when they have had a bad day.

Take two paper plates and on one plate make a happy face and on the other plate make a sad face. Glue them back-to-back with a string at the top. The child can hang it on their doorknob to show how they are feeling.

Teach the children how to give themselves a hug.

Make cards to send to a rest home or convalescent center.

Read *How Are You Peeling?* by Saxton Freymann. Then, using vegetables and black-eyed peas, make some sad, grouchy, smiling or funny faces on the vegetables, as shown in the book.

More Books About Moods and Emotions

Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst

Feelings by Aiki

The Grouchy Ladybug by Eric Carle

How Are You Peeling? by Saxton Freymann

Hurty Feelings by Helen Lester

Lots of Feelings by Shelley Rotner

My Many Colored Days by Dr. Seuss

Sometimes I'm Bombaloo by Rachel Vail

The Sunday Blues by Neal Layton

That Makes Me Mad by Steven Kroll

Today I Feel Silly by Jamie Lee Curtis