

## My Grumpy Day

One day, I woke up and I was super grumpy. When I got out of bed, I yelled, stomped and slammed doors. My mom came upstairs to check on me. I just yelled "Go away! Leave me alone!". She told me to figure out a way to change my mood.

So, I began my search of something that would make me happy. I tried so many things. First, I ate ice cream for breakfast but that just gave me a bellyache. Then I tired playing games on my iPad but that didn't work either. Then I played outside with my sister, but I just got mad and ran inside. I tried reading my favorite book but that made me bored. I watched my favorite tv show but that didn't work either. Finally, I called my grandma.

My grandma made me laugh and smile. After talking to her for an hour about everything under the sun, I felt so much better. My mood changed and I was happy again. My grandma always knows how to make me happy.

1. How did I wake up? What are some of things I did to show I was grumpy?
2. What are some of the things I tried to change my mood?
3. What finally changed my mood? Why?