

CRANKY

**RIGHT
NOW**

ACTIVITY KIT

Five activities to
move from cranky
to a kinder,
happier place



Dear Readers,

“Cranky” is a perfect word. It feels like it sounds; the way it forms in your mouth fits the emotion. It’s perfect for that place between truly sad and properly angry, for times when we ought not to get so upset about trifling things, but we can’t help it. At least, not at first.

We’re allowed to be sad when hard times come. We’re allowed to be angry in the face of real injustice. But the papercuts of life? The whacked elbows and burnt toast, the stolen parking spots and somebody-took-the-last-cookie days? Not so much.

We’re supposed to take those moments in stride. We’re supposed to maintain our equilibrium. But moods are unruly and feelings don’t like to be bossed around. “Cranky” is the perfect word for those times when we feel resentful, irritated, and annoyed, but we know our cause isn’t especially sympathetic. When Murphy’s Law strikes, and we’re not yet ready to laugh it off.

I’m supposed to be patient and mature at times like these, but I can be a great big Crankypants. Knowing I’m not supposed to feel cranky only makes me more cranky. Next thing you know, I’m spiraling. (I’m probably the only one ...)

Kids are no different. Life in families presents us all with nuisances and irritations. No one escapes a school day or a trip to the store unscathed. Life jostles us, but for kids, whose time and choices are largely directed by others, those feelings of powerlessness, of being managed and judged by someone who just doesn’t get it—and to be fair, sometimes we don’t get it; we weren’t there; we are quick to assume—those feelings can be maddening.

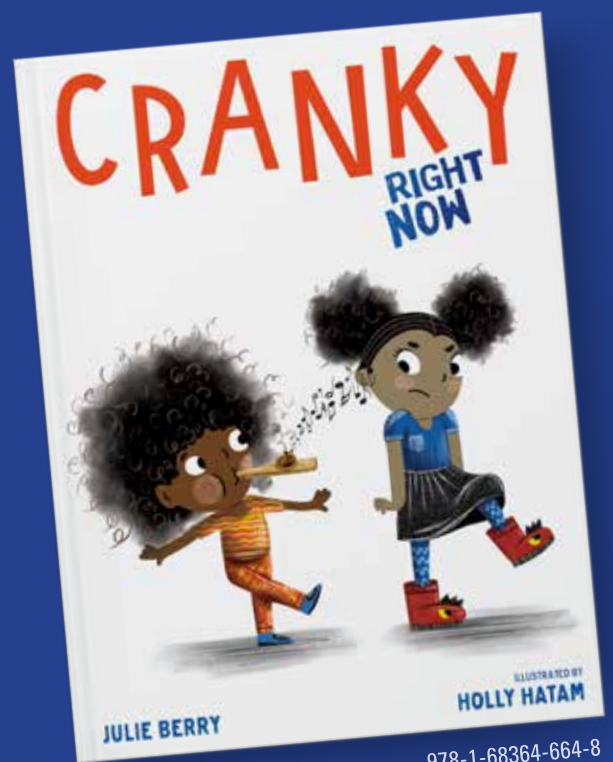
I wrote *Cranky Right Now* to give kids, parents, families, and teachers a way to talk about cranky times. and especially, a way to laugh about them. Illustrator extraordinaire Holly Hatam’s hilarious illustrations bring the magic. I hope you’ll giggle along with the vexed heroine of Cranky. It’s actually the first step forward. It’s easier to spot the absurdity in someone else’s cranky fit than our own, but the lessons still sink in. Humor is a powerful antidote to being a Crankypants.

Sometimes simply having that perfect word, “cranky,” in our arsenal helps. When we can recognize, “Hey, I’m not actually deeply upset right now; everything’s more or less okay; I’m just cranky right now, and it will pass,” we’re already halfway home.

So get ready to giggle at the heroine of *Cranky Right Now* as she explores strategies for coping with crankiness. They may help the young people in your life. They may even help you. Not that you have a crankiness problem! Heavens, no. It’s those others around you. They started it ...

Yours in absurdity,

Julie Berry



CRANKY WORD SEARCH

We've all had those days or moments of feeling cranky! It's good to know that it's okay to be in a bad mood, but not to take it out on others. Thinking about what is making you feel cranky is the best place to start. Once you know, it's easier to think of ways to help yourself feel better. So let's begin with searching for the following words that may lead you to feeling cranky.

Word Bank

Tired	Impatient
Grumpy	Gloomy
Hungry	Angry
Hangry	Moody
Crabby	Bored

B B O R E D N U S N L H G R B
E S Z O A N G R Y N M O O D E
H L V A V A N R I W E A S C D
G W A T I R E D H B N G R R Y
B R Z X L J B N I V U R J A R
W D U W Z U J I M E R U U B Y
N R Z M M T Y R P A E T W B H
E Z I T P C K T A A B G H Y V
H U N G R Y X S T P I L V Z G
A O R A L R R S I Y V O E N K
N X M F G H T S E C Y O N G J
G F B O R E F L N B S M U R T
R V C F O X S B T C W Y S Y T
Y I T L X D Y T J E I T Z P E
Y A T U R N Y Z F G M O P B M

STOP AROUND IN YOUR CRANKY BOOTS

The character in *Cranky Right Now* stomps around in her “cranky boots” to let herself feel her cranky feelings—and that also helps her let those feelings go. In her footprints, write down some of the reasons she is feeling cranky. We got you started.

The next time you’re feeling cranky, consider putting on your “cranky boots” and stomping around to let it out and let it go!



DRAW YOUR CRANKY COSTUME



I call this costume

my cranky suit.

I crown myself "The Cranky King."

I crank all I like,

till I'm done cranking.

Think about a time you were feeling cranky. Pick a couple of the feelings from the word search that made you feel that way. Now, turn your crankiness into a fun costume of your own by drawing it here.

A large, empty rectangular box with a thin red border, occupying the lower half of the page. It is intended for the user to draw their own cranky costume.

WHAT MAKES YOU FEEL BETTER?



Now that our character (and maybe you!) stomped around in her cranky boots and enjoyed her cranky costume, she is thinking about what would make her feel better.

Let in some sunshine. Gobble some fruit.

Groove to some music. Give that old horn a toot.

Find a good joke, or just make one up.

Pet a soft kitty, or romp with a pup.

Take a deep breath, then take another.

Do something kind for a sister

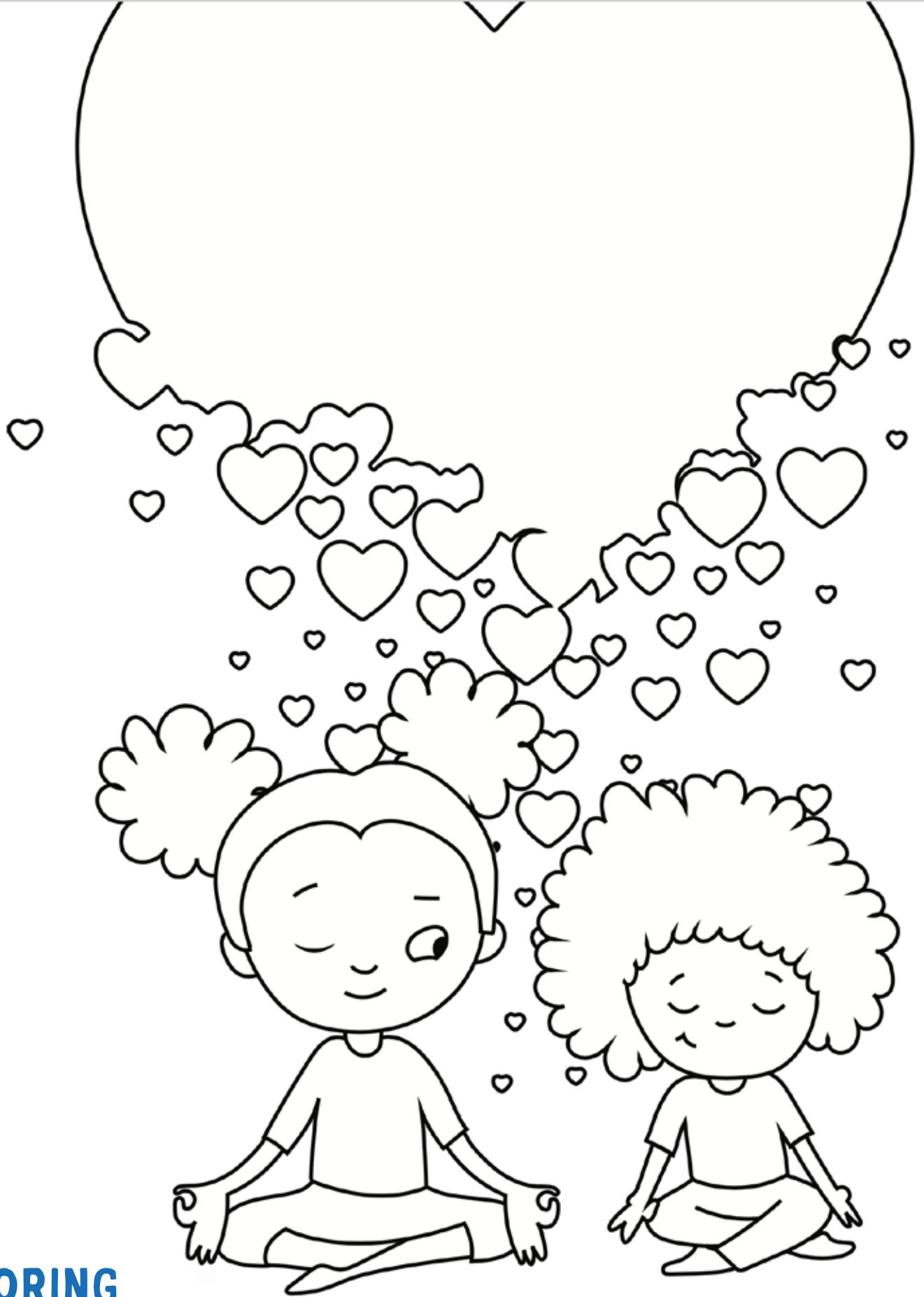
. . . or brother.

Your turn! List five things you can do when you're cranky to help you feel better. It's okay to borrow a couple of ideas from the list above while you also come up with some ideas of your own.

- 1.
- 2.
- 3.
- 4.
- 5.



**COLORING
PAGES**



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PAGES**