

Strong Learning® SEL Program

Tiger Tuesday & Me FunBook

Grade 5



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Thurman and the Dog Show

Tiger wants Thurman to enter the dog show.



“Thurman, Thurman, look!” shouted Tiger. “There’s going to be a dog show on Tuesday Street. It’s on the first day of autumn, September 21. There’s going to be a trophy for the best looking dog. You’ll win! I know it.”

Thurman ran outside and across the lawn as fast as his legs could go.

Tiger turned to Marshmallow. “Where’s he going?”

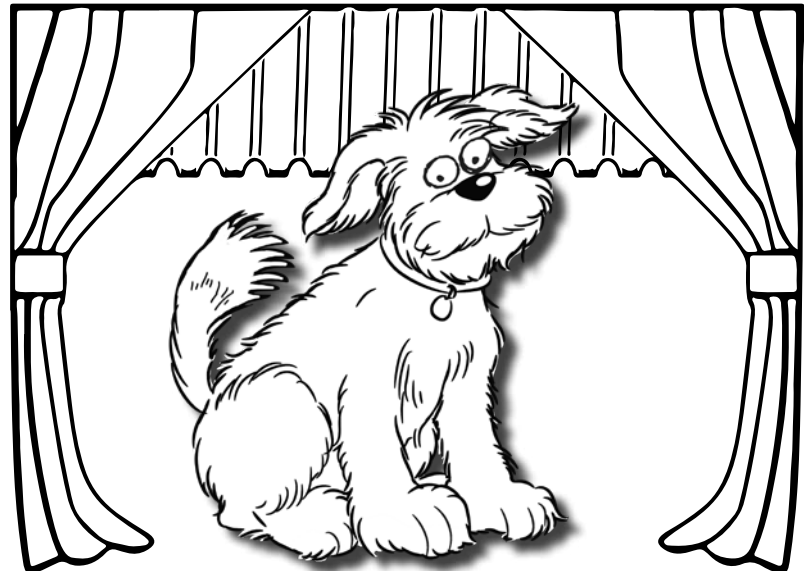
“Ribbit, ribbit, ribbit,” said Marshmallow.

Tiger and Marshmallow ran out of the house to look for him and went down the street. They saw Tommy and Tammy at the school playground on the seesaw. They asked them if they had seen Thurman. They had not.

“Why don’t you look in the shed near the pond,” Tommy said.

“No, Thurman wouldn’t be there,” said Tiger. “We once saw a mouse there, and he ran away and wouldn’t go back.”

Tiger and Marshmallow kept looking for Thurman. As they passed the football field, they saw Tuffy playing football with some friends. Tiger asked Tuffy if he had seen Thurman. He hadn’t, but



he told them to look in the children's zoo in the park.

"Ribbit, ribbit, ribbit," said Marshmallow.

"I know, Marshmallow," said Tiger. "That's funny. Thurman is afraid of animals. Thurman isn't only afraid of the lions, elephants and giraffes. When we went to the zoo before, he was even afraid of the seal. But it's not just at the zoo. He's even afraid if he sees a goose, a rooster, or a squirrel outside of the zoo."

As Tiger and Marshmallow walked through the crunchy leaves that beautiful autumn day, they saw Trudy. Tiger asked her if she had seen Thurman.

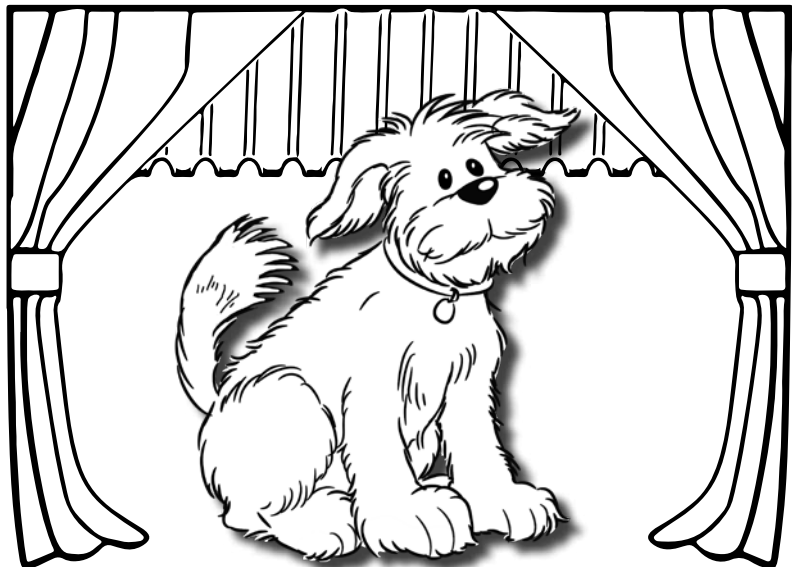
"No, I haven't," she said, "but follow his paw prints. I see them in the leaves across the lawn. "Tiger, did you say something that scared Thurman?"

"I don't think so," said Tiger. "Tuffy said he might be at the zoo, but he's afraid of animals. I never said anything about a lion, ape, monkey, rooster, mouse, goose, or elephant. All I said was that he would be in the dog show."

"Tiger," said Trudy, "dogs are animals too."

"RIBBIT, JIBBIT!" shouted Marshmallow.

"Oh, that's what Marshmallow's been trying to tell me," said Tiger. "If Thurman's afraid of animals,



Your Thoughts, Feelings and Actions

The way you **think** affects the way you **feel**. The way you **feel** affects the way you **act**.
If you want to change the way you **act**, therefore, you have to change the way you **think**.

Thoughts ⇒ Feelings ⇒ Actions

1. Let's use this to help you solve a problem you have at school. Write one negative thought you have when you think about school. As an example, here's what Jennifer wrote:
"When I think about school, I believe I'm going to fail."

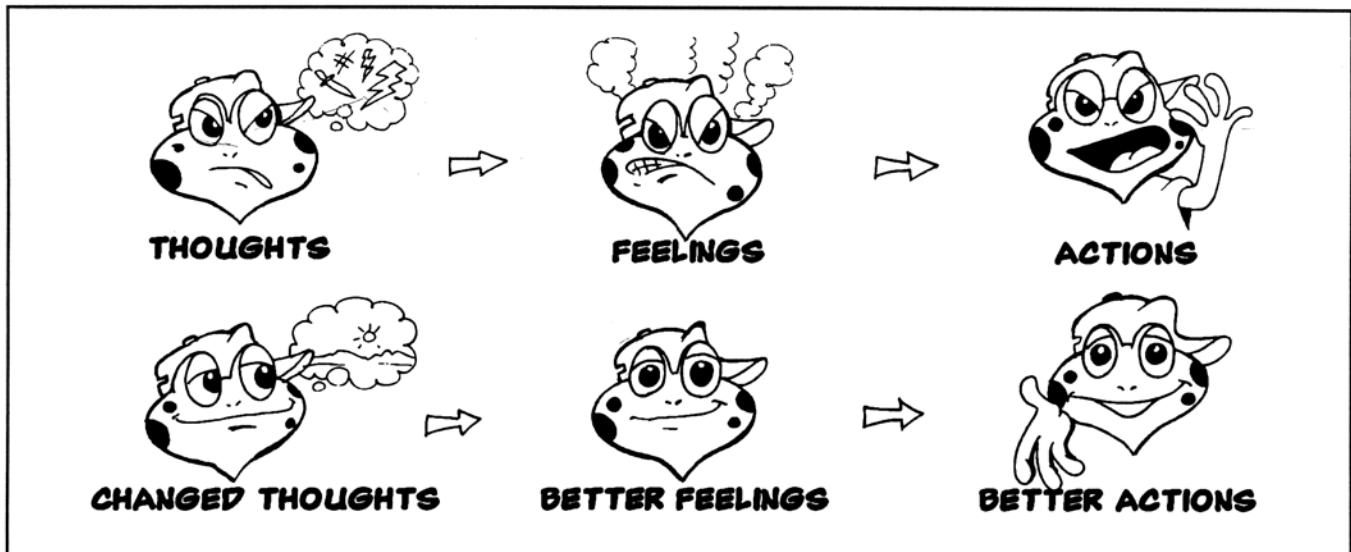
Your Thoughts: When I *think* about school _____

2. Now, write how you feel when this thought comes into your head. For example, Jennifer wrote: "When this thought comes into my head, it makes me feel sad."

Your Feelings: When this thought comes into my head, I *feel* _____

3. Write how you act when you get this feeling. For example, Jennifer wrote: "When I get this feeling I start to cry."

Your Actions: When I get this feeling, I _____



Play: Tammy's Pen Pal



Cast: Tammy, Mommy, Daddy, Trudy, Tuffy, Tiger, Tommy, Narrator, Joy

Setting: *The Tuesday's kitchen*

NARRATOR: The Tuesday family was eating dinner and talking about their day.

TAMMY: Today in school my teacher told the whole class that everyone would be writing a letter to a pen pal. She said that a pen pal is a person you haven't met.

MOMMY: Oh, my, I had a pen pal when I was in school. My pen pal lived far away. She lived in Australia.

DADDY: Australia isn't just far away, it's another country.

TUFFY: It's on another continent. Kangaroos live in Australia.

TOMMY: Kangaroos have pouches where their babies stay. I saw that on TV.

TIGER: Where does your pen pal live? I hope she lives in another state, or even another country, or even on another continent, or even on another planet, or—"

TRUDY: Tiger, STOP. Pen pals don't live on other planets.

TAMMY: My teacher said my pen pal lives in a city about 100 miles away.

TAMMY: I'd love to, she's my best friend.

NARRATOR: The day before Joy was to come, the Tuesdays went to the store and bought candy, ice cream, juice and balloons. They even bought a pink cake that had flowers on it. Then they put up a big sign that said "Welcome Joy" on it.

The next morning, Tammy got up at the crack of dawn. She was so excited to meet Joy. The whole family went with her to meet Joy at the train. It was the perfect day. The sun was out and there wasn't a cloud in the sky. They got there just in time to see a little girl holding a big suitcase get off the train.

TAMMY: That can't be Joy. I didn't think she would look like that.

JOY: Hi, I'm Joy. Are you Tammy?

TRUDY: She's Tammy and I'm her big sister Trudy.

NARRATOR: Tammy didn't say anything. When they got back to the house, everyone went into the kitchen for the party, but not Tammy. Tammy ran up to her room and sat on the little brown stool. Mommy went in to talk to her. Tammy was very quiet. She just sat



Decision-Making

We are constantly forced to make decisions. In order to make good decisions we have to think of the various options. Then we would have to think about the consequences that would result if we were to choose each option.

Think of a decision you will have to make today or in the near future. Write it in the decision box. Write as many options as you can think of in the options box. For each option, write the consequences of that decision.

Decision

Options

Consequences

If you were to make the decision at this time, which option seems to be the best choice? _____
