

We asked Mrs. Linda Pitrone's fourth-grade class from San Diego Academy in San Diego, California, to tell us what they do to feel better when they have a bad day. We're pretty sure this is a topic you will all be interested in! Mrs. Pitrone also told us a bit about her school and class.

Think about what you do when you feel mad or sad. Is it the same as these kids, or is it different? Which student is most like you in how they deal with a bad day?



When I am having a bad day, I like to kick it off by sleeping. It helps me get the day off my mind. It also helps to write in my diary. Another thing I like to do when I am having a bad day is eat.—*Grace*

When I feel mad, I pray so I feel better. Next, if I'm having a bad day I watch TV or take a nap. One more thing that I do when I'm not having a good day is play with my baby brother.—*Gethoney*

When I'm having a bad day, I take a nap, or sometimes I watch PBS Kids on TV. Sometimes I go for a walk with my mom and talk to her about it. I try to relax and read books, play outside with my dogs, bake something, go to the park, eat sweets, pet my dogs, ride my bike, and play board games.—*Evie*

When I have a bad day, I go to the pool and play with my swim goggles. I also sleep in my room. I like to eat pizza to make me happy too.—*Ian*

When I am having a bad day, I watch TV or play. I play with my toys or with my sister. If I am grounded, I sit on the sofa and do nothing.—*Savanah*

Whenever I have a bad day, I read a book. Then I go and play outside with my brother, baby sister, and my dad. After that, I pray to God. Then I feel better.—*Alex*

When I am having a bad day, I pray. I pray because it calms me. I can talk to God to erase my sins and make a better day. I also pray for other people.—*Jason*

When I have a bad day I cry, cry, and cry on a friend's shoulder. I know it sounds a little weird, but sometimes I do gymnastics to make myself feel good. Sometimes I watch a movie.—*Kamilah*

When I have a bad day I sometimes just cry it out and take a deep breath. I mostly try to do something that will take my mind off of it, like reading and sometimes lying in bed.—*Bianca*

San Diego Academy started in 1899. It is just minutes from the Pacific Ocean! There are 276 students in grades K-12. The fourth-graders at San Diego Academy love to play and study together. This year they have shown a special interest in science. They especially like doing experiments.



Sometimes when I have a bad day, I go to my room and sit on my bed and cry. Other times I watch my favorite YouTube on my tablet and eat my favorite chips—"Hot Cheetos." Doing these things takes my mind off the sadness.—*Isabella*

When I have a bad day, I just relax and watch TV. Sometimes I play catch with my dad, or I write in a diary/journal. Other times I stretch my body to relax.—*Dustin*

When I'm having a bad day, I take my dog for a walk. Sometimes I walk 10 laps around the park. When I see my dog, I feel better because he always licks me when I touch him.—*Christopher*

When I am having a bad day, I play with my pet cat, Swirly, my dog, Ashe, or my snake. Sometimes I play with my friends. I also like to make sweets or play with my dolls.—*Ozara*

When I feel bad, I pray to God that I won't have a bad day. Sometimes I write my feelings in a journal so I won't feel bad anymore. I end up feeling happy again.—*Dania*

When I'm having a bad day, I just sit by myself and draw. Sometimes I watch everybody play, or I just try to play by myself. I also talk to my grandma and grandpa. I even take naps. That's what takes my mind off all the sadness and madness.—*Leilani*

When I feel bad, I draw and try to forget every bad thing. I watch happy movies and eat popcorn and drink soda. Sometimes I sit down and watch my fish while I read; or I play with my dog.—*Valeria*

