

To Grumpy Tammy!
~With Love, Julia

Baditude!



What to
do when
your life

STINKS!

BOYS TOWN[®]
Press

Boys Town, Nebraska

Written by **Julia Cook**

Illustrated by **Anita DuFalla**

Baditude! What to Do When Your Life Stinks!

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My name is Norman David Edwards...
but everybody calls me
“Noodle.”

Some days,
**my life just
STINKS!!!**

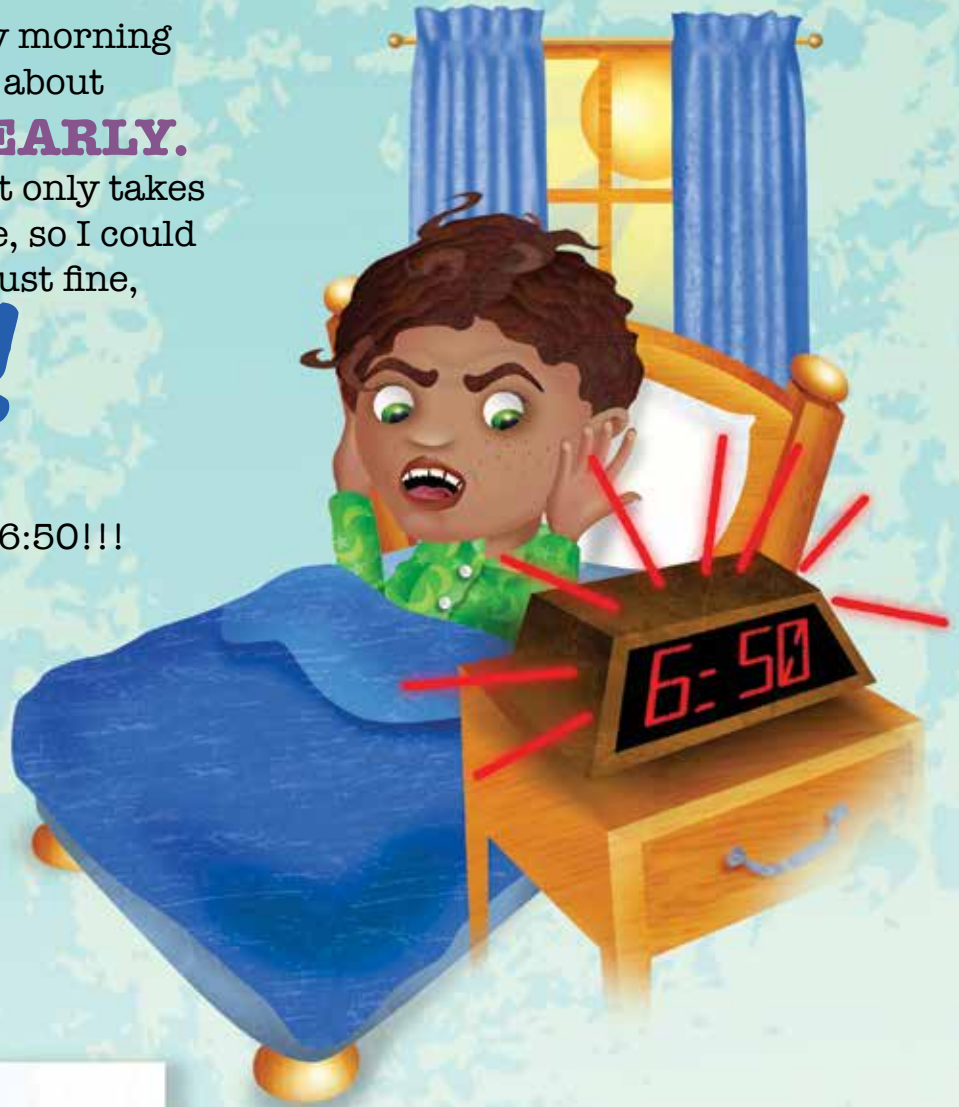


I love to sleep in, but every morning my mom makes me get up about **100 HOURS TOO EARLY.** School starts at 8:00 and it only takes me 10 minutes to get there, so I could sleep in until 7:45 and be just fine,

but NO!

I have to set my alarm for 6:50!!!

Getting up early
STINKS!



NO 
**VIDEO GAMES ON
SCHOOL PREMISES**

Then, when I get to school, I can't play any video games at ALL!

That just **STINKS!**

Please write
your answers
in complete
sentences.

If I don't get my homework done, my teacher makes me stay in from our extra BONUS recess.

That **STINKS!**

Last night, I did all of my homework and I still had to stay in!

"Noodle... On this assignment, your answers need to be written in complete sentences."

Complete sentences

STINK!





I don't mind doing math and science, but social studies and spelling are the **WORST!!!** Social studies bores me to tears! Why do I need to know about stuff that happened before I was even born?

And spelling? Why do I need to know how to spell every word correctly? Isn't that what spell check is for?

Then, there's Language Arts... I actually think they gave it that name to make it sound more fun... **It didn't work!**

Every single Friday, we have to take a spelling test along with a gazillion other tests. I seriously think that my teacher's name is "Mrs. - Give Me Another Test - Jones!"

Tests **STINK!**

Language **ARTS**

TODAY'S SCHEDULE

9:30 PhysEd

10:30 Social Studies unit seven test

12:05 Reading Test chapters 8-11

1:00 Math chapter 6 test

2:00 practice for Science Fair

And to top it all off...

My teacher made me move my desk next to **Mary Gold!!!**

Girls

STINK!



Some days after school,
my life gets even worse!

On Mondays and Wednesdays, I
have to go to soccer practice. I love
to play in the games, but practice
STINKS! Our coach makes us
do dumb drills over and over again
and then we have to run about a

**gazillion
miles!**





Tuesdays, I have to go to my piano lesson. I don't even want to play the piano! I want to play the guitar. But my mom read in a magazine that if a kid wants to play an instrument, learning how to play the piano first is a great idea.

The worst part of all about piano lessons is that my teacher, Mr. Panini, has the **STINKIEST** breath on the planet!



Pages 10-31 are not included in this excerpt.

*My name is Norman David Edwards...
but everybody calls me "Noodle."*

Some days, my life just STINKS!!!



Noodle is having a rough day. Or series of days. And so much in his life just stinks! Homework stinks. Practice stinks. Yard work stinks. And family pictures? They REALLY stink!

Luckily, Noodle's mom and teacher are there to help him understand how his bad attitude, or "baditude," is affecting his mood and those around him. Even his friends are starting to avoid him! If only he can stop looking at everything so negatively, more positive results will follow!

Join Noodle as he learns to turn his **"I HAVE TO'S"** into **"I GET TO'S"**, his frown into a smile, and his "baditude" into gratitude!

"In another brilliant children's resource, Julia Cook has creatively woven the potential academic and social consequences of negativity into Baditude. 'Noodle's' attention to typical childhood frustrations makes this book realistic and identifiable to almost any young child. With an overarching theme of personal empowerment, Julia's characters clearly support children in identifying the benefits of turning 'Baditude' into 'Gratitude.'"

– Sarah I. Springer, PhD, LPC, ACS; Certified School Counselor
Assistant Professor, Counseling Psychology at Temple University



JULIA COOK, a former educator and school counselor, has written many books for children and teachers, including the popular page-turners *I Just Don't Like the Sound of No!*, *Making Friends Is an Art!* and *The Worst Day of My Life EVER!* Her activity guides for teachers offer classroom-ready fun to reinforce the life lessons shared in her storybooks. Among her many awards, Julia has received the *Association for Educational Publishers Distinguished Achievement Award*, and her books have been honored by The National Parenting Center and Mom's Choice Awards.

ANITA DUFALLA is an award-winning illustrator, editorial art director and university adjunct faculty member in Pittsburgh, Pennsylvania.