

# Maya Was Grumpy

## GRUMPY OR HAPPY: SOUND AND MOVEMENTS

Act out these sounds and movements that Maya might do when she is grumpy:

GRUMP  
GROUCH  
SNARL  
GLUMP  
CLUMP  
GRUMBLE  
THUMP  
GROWL  
SCOWL  
ROLL YOUR EYES  
POUT  
STARE or GLARE



Act out these sounds and movements that Maya might do when she is happy:

SMILE  
LAUGH  
GIGGLE  
WIGGLE  
JUMP  
SKIP  
SQUEAK  
HUM  
SING  
HOP  
DANCE  
WHISTLE



What other things can you do when you feel grumpy?

What other things can you do when you feel happy?

## A GAME TO TRY IN PAIRS: IS HAPPINESS CATCHY?

Sit or stand opposite another person. Decide who will be “grumpy” and who will be “happy.” The grumpy person tries to frown/scowl/glare/stare – any way of looking grumpy. The happy person makes funny faces to try to get the grumpy person to smile/giggle/laugh. Does it work? How long did it take?

## THE HA-HA GAME

Lie on the floor with each person’s head resting on another person’s belly. Make sure to position yourselves in a sort of circle so the last person’s head is on the first person’s belly. Decide who starts. Person 1 says “Ha!” (This makes their belly pop up.) Person 2 says “Ha! Ha!” Each person adds another “Ha!” Everyone tries not to laugh. It’s almost impossible. How many times can you say “Ha!” before someone starts laughing?



## IF YOU’RE HAPPY AND YOU KNOW IT...

## IF YOU’RE GRUMPY AND YOU KNOW IT...

Fill in your own words to sing this well-known song as “happy” or “grumpy.” Take turns making up ways to show “happy” or “grumpy” for each verse.

Examples:

If you’re happy and you know it: clap your hands, shout hooray, laugh out loud, spin around, etc.

If you’re grumpy and you know it: stomp your feet, shout ‘no way!’, shake your head, growl out loud, cross your arms, etc.

