Books:

- Don't Need Friends, Crimi, C.
- What are you so grumpy about?, Lichtenheld, T.
- Mr. Grumpy, Hargreaves, R.

DVDs:

- Up
- Ratatouille
- Winnie the Pooh
- Snow White and the Seven Dwarfs
- The Brave Little Toaster

Songs:

- Feeling Good" Michael Buble
- "Zip-A-Dee-Doo-Dah" from Song of the South
- "When you're smiling" by Louis Armstrong
- "I Gotta Feeling" Black Eyed Peaks or Alvin and the Chipmunks

Games:

- Don't make me laugh
- Emotional fruit salad
- Ruin My day

Role Playing Scenarios:

- Actor 1 didn't get enough sleep last night because his little brother was up all night crying. (S)he
 does not want to be at school and doesn't want to talk to anyone. What strategies should Actor
 1 use?
- Actor 1 is working with a partner but doesn't understand the assignment. (S)he has a crabby voice and face and says (s)he doesn't want to help anymore. What strategies should Actor 1 use? What should Actor 2 (partner) do?
- Actor 1 just got the spelling test back and didn't do well. That's the second bad grade this week. What strategies should Actor 1 use to stop GG before he enters the brain?

Videos: Search YouTube for:

- Mel B gets grumpy at the auditions The X Factor UK 2012 (1:27 sounds like she says "half assed")
- Mr. Grumpy
- Music for Aardvarks "Grumpy" as seen on Nick Jr. TV (song for younger grades)