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# Even Superheroes Have Bad Days



## Synopsis

When Superheroes don't get their way, when they're sad, when they're mad, when they've had a bad day . . . . . they COULD super-tantrum, they COULD but they DON'T, because REAL Superheroes just WOULDN'T! they WON'T! All kids have trouble getting a grip on their emotions, sometimes even young superheroes! But what do they do when they're having a bad day? Colorful action-packed illustrations and a dynamite rhyming text reveal the many ways superheroes (and ordinary children, too) can resist the super-temptation to cause a scene when they're sad, mad, frustrated, lonely, or afraid. From burning off steam on a bike or a hike, to helping others, this energetic picture book has plenty of fun ideas to help kids cope when they're feeling overwhelmed.

## Book Information

Lexile Measure: 640 (What's this?)

Hardcover: 40 pages

Publisher: Sterling Children's Books (September 6, 2016)

Language: English

ISBN-10: 1454913940

ISBN-13: 978-1454913948

Product Dimensions: 8.8 x 0.4 x 10.9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 58 customer reviews

Best Sellers Rank: #3,016 in Books (See Top 100 in Books) #13 in Books > Children's Books > Science Fiction & Fantasy > Science Fiction > Superheroes #20 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Manners #28 in Books > Children's Books > Literature & Fiction > Poetry > Stories In Verse

Age Range: 3 - 9 years

Grade Level: Preschool - 4

## Customer Reviews

PreS-Gr 2 •Everyone has a bad day now and then even superheroes. In this tale, readers see superheroes with great skills, abilities, and strength succumb to ill moods. Nonetheless, "upset superheroes have all sorts of choices. Instead of destruction and loud, livid voices/they burn angry steam off with speed-of-light hiking/or super-Xtreme outer space mountain biking." The text acknowledges all the damage that the heroes could inflict, but "with great power

comes great responsibility." Readers learn how these champions channel their energies in positive ways. This narrative is filled with diverse characters, from caped crusaders to badly behaving villains. However, the rhyming story is long and somewhat forced. The art is done with digital tools to create a cartoon appearance, full of action and vibrancy. VERDICT A suitable read-aloud choice to acknowledge intense feelings and diversify superhero collections. A good way to soothe bad days away. —Briana Moore, Elmont Memorial Library, NY

"These hypothetical violent spectacles are softened by the cartoonish stylizations and juxtaposed with pages filled with heroic, true efforts such as rounding up criminals and providing fun at an amusement park. . . . the relative scarcity of superhero picture books means there's a place on the shelf for it. An action-packed romp." **Kirkus Reviews** "When superheroes have bad days, things could get horrific for everyone. Fortunately though, superheroes have supercontrol over their emotions, according to this lighthearted exposé on how a group of superheroes deal with their frustrations. Superheroes could cope with their bad days by tossing trucks and buses around, crumbling buildings into rubble, or igniting fires with their laser eyes. But instead, they double down and use their superpowers for good deeds, such as hatching super-plans to help banish world sadness / Building fabulous theme parks for giggles and gladness The eight superheroes, depicted in a retro cartoon-style, embody an abundant assortment of powers and come in various sizes and shapes, including both genders plus one green, horned monster. Scenes envisioning the chaos and mayhem they could cause if they let their tempers get the better of them are balanced by calmer scenes of the celebratory events that result from their good deeds . . . a spoonful of superheroes certainly helps the message go down." **Booklist** "This narrative is filled with diverse characters, from caped crusaders to badly behaving villains. . . . The art is done with digital tools to create a cartoon appearance, full of action and vibrancy. VERDICT A suitable read-aloud choice to acknowledge intense feelings and diversify superhero collections. A good way to soothe bad days away." **School Library Journal** Praise for Shelly Becker Mine, Mine, Mine!: "The book will enchant young readers and their parents for many years to come, and is destined to become a modern classic." **Children's Literature**

Sweet book that my preschooler loves. All of the sudden he is all about superheroes, so this fit the bill. Beautiful illustrations!

Great book! Teaches children (and their parents too) about controlling their negative impulses. Even superheroes control theirs!

I have all boys, and they LOVE this book. It great for little boys who are just discovering and testing their bodies and their power. Proper use of power is necessary for well-adjusted boys and men. It lets them know that its ok to be frustrated, but teaches that how you express that frustration is the difference between a super-hero, and a villain

At first I wasn't sure if my son would like this because he's REALLY into Marvel and PJ Masks - but this book is a huge hit and teaches kids that it's okay to be human but also that we choose how we react towards others when upset. Great book!

I have a 5 year old and he doesn't really "get it". When were done reading he doesn't really ask me questions as he does with all other books and he never ask me to read it. I get the point of the book, but the story is just a bit weird.

Fun read to trigger discussion in children's group

Adorable book! Great photos!

I highly recommend this for parents who have a child who chooses to behave badly. The book explained well that good and bad behavior is a choice.

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Reds History (The Good, the Bad, and the Ugly) (The Good, the Bad, & the Ugly) The Good, the  
Bad & the Ugly Philadelphia Flyers: Heart-pounding, Jaw-dropping, and Gut-wrenching Moments  
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