

**Social Skills – Parent Note:**

Your son/daughter just completed a social skills lesson. The topic was:

***Emotional Regulation Skills – Calming Down When Things Go Wrong.*** Your knowledge of this lesson may help you to help your child generalize the skills to other environments.

**What he/she learned:**

1. School can be fun – what kind of things does he/she like at school?
2. Usually everything is fine at school – how does he/she feel?
3. Sometimes things don’t go so well – how does he/she feel?
4. When upset, we need to calm down. Some strategies to try:
* Take 5 slow deep breaths
* Close your eyes
* Count slowly to 10
* Squeeze a ball
* Ask to get a drink
* Get back to having fun!

**Your child received a Lesson Summary magnet:**

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**If you have a moment…**

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with any information that may help your child for the next lesson on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. THANK YOU!