**Social Skills – Parent Note:**

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

***Emotional Regulation Skills – What Should I Do About Worries?*** Your knowledge of this lesson may help you to help your child generalize the skills to other environments.

**What he/she learned:**

1. **Different kinds of worries (grades, friends, school, etc.)**
2. **Strategies to try:**
* **Talk to an adult**
* **Make a worry box**
* **Do something that makes him/her feel good**
* **Try exercise**
* **Figure out how to solve the problem**
* **Let it go**

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



**If you have a moment…**

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