**Social Skills – Teacher Note:**

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



**If you have a moment…**

**Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with any information that might help your student for the next lesson on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**THANK YOU!**