

**Social Skills – Parent Note**

Your child just completed a social skills lesson. The topic was:

***I Can Handle Embarrassment.*** Your knowledge of this lesson may help you to help your child generalize the skills to other environments.

**What he/she learned:**

* **We’ve all said or done something that makes us embarrassed.**
* **Embarrassment affects your body (i.e. blushing, sweating, racing heart, etc.) as well as how we feel (i.e. self-conscious, ashamed, like you want to hide) These feelings make it hard to know what to do next.**
* **There are 4 Ways to Handle Embarrassment:**
1. **stop beating yourself up**
2. **laugh at yourself**
3. **change the subject**
4. **move forward**
* **So what do YOU think?**

**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!!**