**LESSON: *I Can Turn a Bad Day into a Better One!***

**OUTLINE**

1. Introduce the topic**.** Explain that today’s lesson is about learning how to turn a bad day into a better one. Ask students if they’ve ever had a bad day. What happened and how did they handle it?
2. Talk about good days, okay days, and bad days. Get students’ input.
3. Emphasize that there are ways to turn a bad day around.
4. Explain that there are **4 strategies we can use to turn a bad day into a better one**:
5. **Talk to someone**
6. **Spend time doing something you like**
7. **Focus on the positives!**
8. **Remember that today will pass**
9. So what do YOU think? discussion question

**MATERIALS NEEDED:**

* Facilitator’s Guide
* Computer & Projector
* Activity Sheet(s) & materials
* Magnet Cards
1. Give out the magnet cards