[](http://images.google.com/imgres?q=fyi&hl=en&gbv=2&biw=1600&bih=728&tbm=isch&tbnid=yFVvEM4WNfddpM:&imgrefurl=http://www.goldensitedesign.com/&docid=GCh_9IuUL5fC3M&imgurl=http://www.goldensitedesign.com/wp-content/uploads/2011/04/FYI-Speech-Therapy-Thumb.png&w=286&h=173&ei=ChEHULDgJ-LL6wGvodn6CA&zoom=1)

**Social Skills –Parent Note**

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

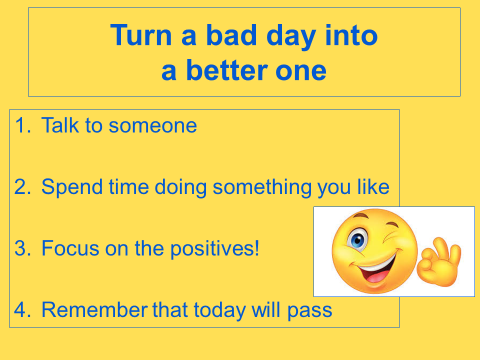
***I Can Turn My Bad Day into a Better One!*** Your knowledge of this lesson may help you to help your child generalize the skills to other environments.

**What he/she learned:**

* **Every day is different: some days are great, some days are okay, and some days can be pretty bad**
* **Everyone has bad days but the good news is that we can turn a bad day into a better one**
* **There are 4 strategies we can use to turn a bad day into a better one:**

1. **talk to someone**
2. **spend time doing something you like**
3. **focus on the positive**
4. **remember that today will pass**

* **So what do YOU think? discussion question**



**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!!**