

**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!!**