



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Cornerstone Corner

This month's ABC book: "**Blue Day Book for Kids**" by Bradley Trevor Greive helps students understand that everyone has bad days. A series of animal photos convey what a blue day might feel like and offers ideas on how to turn these blue days around.

Goals of lesson:

1. Empower students to **practice specific skills** they can use to influence things that happen to them.
2. **View disappointment and sadness as temporary and fixable states.**
3. Act and **switch directions** so that the outcome of their day is changed.
4. **Name feelings** and notice the feelings of others.
5. Learn ways to **accept and deal with feelings.**

To reinforce this lesson at home:

- **Model the behavior** of positive self-talk and switching directions when you are in a blue mood
- Below are steps to **help your child change how they feel** when they want to get out of a blue mood:

1. **Accept and name your feelings.** For example, say to yourself, "I am sad." "I am scared."
2. **Remind yourself that this feeling is temporary.** You will feel happy again. Look to caring adults for support.
3. **Relax** and take a time out before you act. Take slow deep breaths and count to ten, relaxing all the muscles in your body. Get ready to choose the way you respond.
4. **Think** about ways to help move out of your mood. Use positive self-talk to make a plan.



***When you "catch" kids modeling positive behaviors...
Notice, Name it, and Celebrate it!***