



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Cornerstone Corner

This month's ABC book: **"Today I Feel Silly and Other Moods that Make My Day"** by Jamie Lee Curtis shows students the range of emotions a person can feel and how to identify them.

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!***

