




My Day Is Ruined!

*By Bryan Smith, Illustrated by Lisa M. Griffin
Boys Town (NE): Boys Town Press (2016)*

“My Day Is Ruined” Kick-Offs, Feelings, Thoughts & Plans

Dear Parents and Viewers:

Each day is its own special day. Today, it is sunny in western Massachusetts. The temperature is in the sixties! That weather is what is special about today, for me. Each day also has its not-so-special moments and happenings.

The sunny day  as well as the not-so-special moments  within a day are kick-offs for us as human beings of all ages no matter where we live .

During the past three weeks, we, as citizens of the world, have read about and talked about a serious and life changing event termed: the COVID19 Pandemic. Schools are not in session indefinitely. Students have “packets” or virtual assignments to complete on a daily basis. Parents, grandparents or older children are assisting in this process...especially the task of completing the work. During a “home day” many things don’t go “as planned” and may create misunderstandings or conflicts. Many times reading books or listening to /viewing stories about others in unexpected or difficult situations and how they dealt with them, helps us to help our children and sow the seeds of calm and resilience!

Maryellen’s life work, as a speech/language pathologist, is in the area of communication disorders...helping children and adults who experience problems communicating their thoughts and ideas through listening and speaking. Speaking, also termed “oral language, or talking,” is vital to both academic and social success. It is especially important during these uncertain times, and the aftermath.

In our daily mini-lessons during these uncertain times, we, at MindWing Concepts, Inc., are providing book titles, many available online, to read to children about the not-so-huge situations that make us feel “not so great,” as well as those that contribute to feelings of well-being. We have provided “feeling bookmarks” for talking about the names of feelings to help us talk about some of these big and smaller situations that we call “kick-offs.” There are many ideas in the handouts provided during these mini-lessons that will help to show relationships of characters’ feelings to kick-offs and the thinking and planning necessary to deal with them. Using the icons to bolster listening comprehension will spur and organize our discussions. Everyone needs to talk! We just have to think about how to do it during these times!

Our materials and approach at MindWing Concepts, Inc. are used by professionals in, speech/language pathology, general and special education as well as and counseling throughout the world for academic and social purposes. Special populations such as those individuals with autism, those individuals who have experienced trauma and those individuals who are learning new languages benefit greatly from our work. These particular lessons presented during the COVID19 Pandemic are an introduction for parents and those at home assisting children during and through these uncertain and difficult times. Thank you for watching and for your emails and comments.

Today's Lesson:

"My Day Is Ruined," from a collection of children's picture books by Bryan Smith and illustrated by Lisa Griffin, is our focus. One review noted that these books are "geared toward helping children not only cope, but also thrive amidst life's ups and downs." These books are written especially for those children who have needs in the area of executive functioning. (See Sarah Ward's *Cognitive Connections* for more information on this topic.)

These books illustrate situations in life that may be problematic to many children. Sometimes there seems to be only one way to deal with a situation! Sound familiar? Working through the situation, as a kick-off, acknowledging feelings, by using flexible thinking, changing the plan shows another way.

We are using the Story Grammar Marker® as a tool to tell the story of Braden. Use the icons to think about other kick-offs that "ruin your day" and that of those around you!



Character: Braden (his mom and his teacher)



Setting: Home and School

Home: Morning



Kick-Off: Rain postpones a championship baseball game where Braden was sure his team would win and be awarded humongous trophies!

(The rainy day is one kick-off that Elephant and Piggy faced in the book *Are You Ready to Play Outside* by Mo Willems, recommended our first week.)



School: During Math



Kick-Off: Having to prove a math word problem

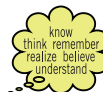
(We used the book *The Doorbell Rang*, earlier in this series, which is a story concerning a math word problem.)



School: Going to a School Assembly



Kick-Off: Braden's brother Blake can't find his spirit shirt and when he finds it, it is dirty! He has a melt down. Braden recognizes this situation and helps his brother change his plan.... Not perfect, but OK!



Each of these kick-offs cause feelings, thoughts,



plans to be changed/made and particularly new actions



to carryout the new plan to get to a consequence



and ultimate resolution!

(In the book *Calvin Can't Fly*, recommended in our first webinar entitled “Maryellen’s Favorite Books for Use during Uncertain Times”. In this book the kick-off is a situation where the flock of starlings rescued Calvin, who had not learned to fly for migration. This webinar is on www.mindwingconcepts.com. There are scores of lessons there!

Remember, there is more than one way to solve a problem or deal with a kick-off!