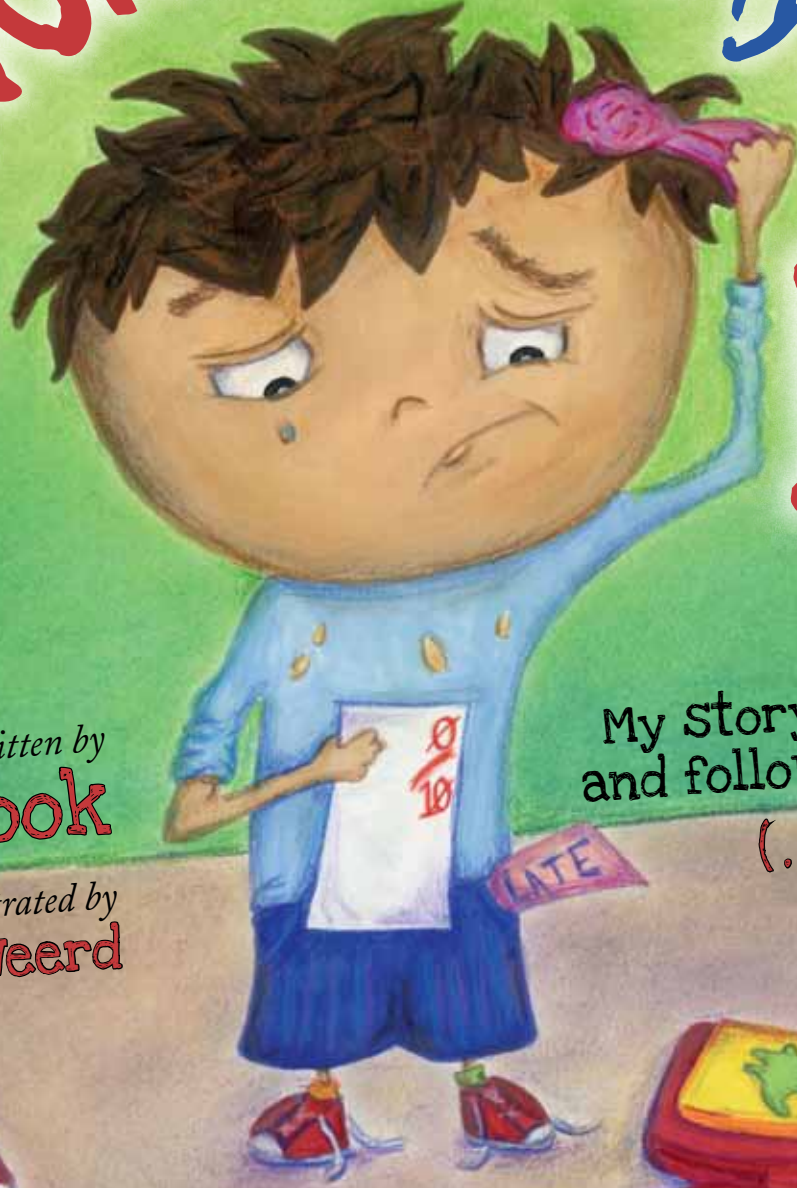


The **WORST** Day of My Life **EVER!**



Written by
Julia Cook

Illustrated by
Kelsey De Weerd

My story about listening
and following instructions
(... or not!)

The **WORST** Day of My Life
EVER!



BOYS TOWNSM
Press

Boys Town, Nebraska

*~ To Mason, Coleman and McKay
Always choose the right.*

The WORST Day of My Life EVER!

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Audience: grades K-6.

Summary: Shows readers the steps to the fundamental social skills of listening and following
instructions. When her hero, RJ, learns to use these skills the right way, he has the best day of his life.

1. Children--Life skills guides--Juvenile fiction. 2. Listening--Juvenile fiction. 3. Attention
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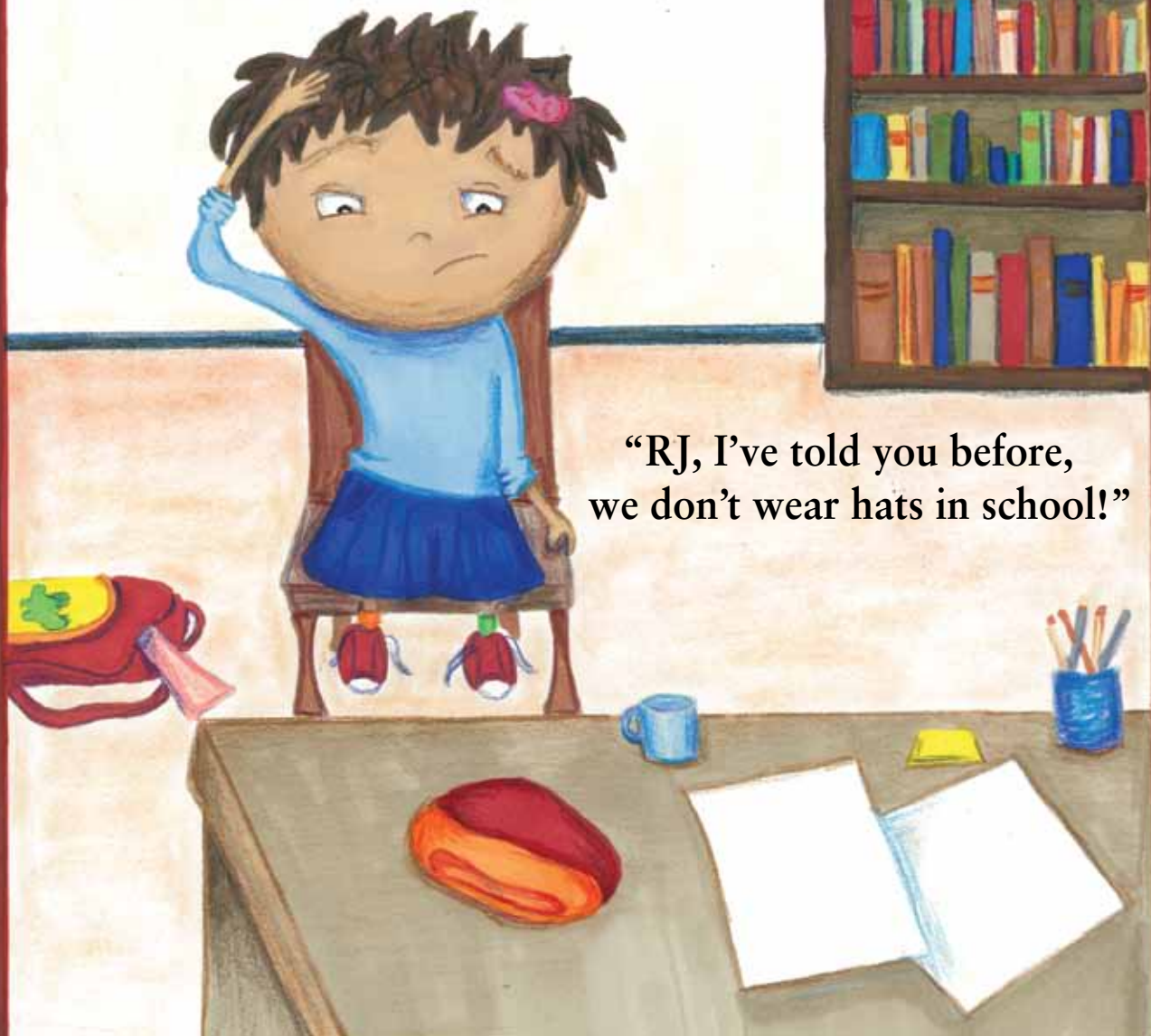


Boys Town Press is the publishing division of Boys Town,
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PRINCIPAL

I got sent to the principal's office
for wearing my favorite hat to school.

I was trying to cover up
the gum in my hair.



“RJ, I’ve told you before,
we don’t wear hats in school!”



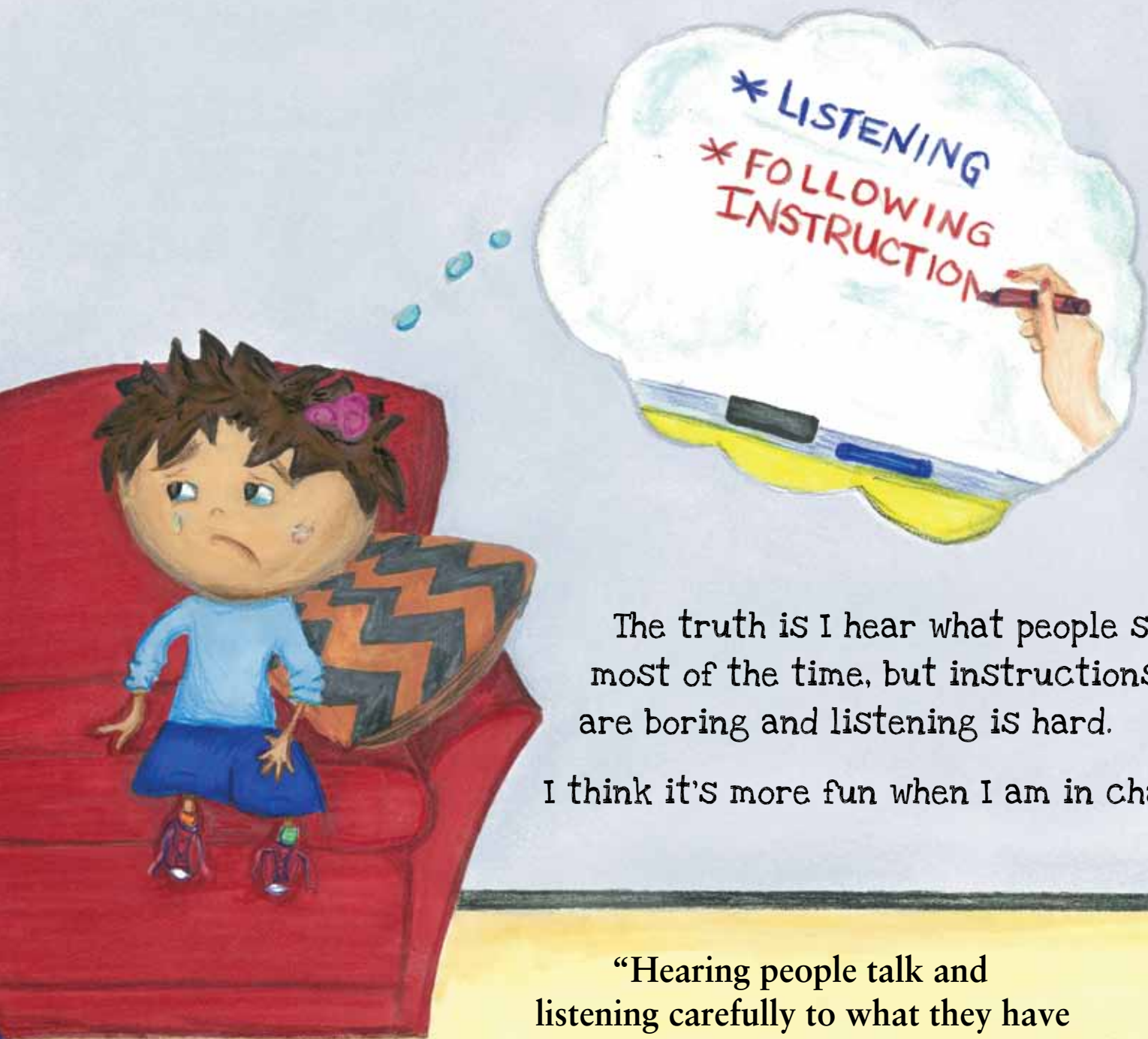
My friends got mad at me when I kicked a goal for **the other team.**

“RJ, we told you...kick **THIS** way!”

“RJ, you just need to work on doing two things:
LISTENING more carefully and **FOLLOWING INSTRUCTIONS!**
If you will do that, your life will be so much easier!”

That’s funny.
My teacher said that exact same thing to me today at school.






The truth is I hear what people say most of the time, but instructions are boring and listening is hard.


I think it's more fun when I am in charge.


“Hearing people talk and listening carefully to what they have to say are two different things, and **EVERYONE** in this world has to learn how to follow instructions ... **EVEN YOU!**”


Tips for Parents and Educators


 **Be genuine!** If you want people to really listen to you when you are talking, you must model good listening skills. Look at the person who is talking and use your eyes, your ears, and your body language to show that you understand what they are saying as opposed to just hearing their voice.

 **Play the game Simon Says** (or RJ Says) with children to practice both listening and following instruction skills.

 **Pump up the positives. Catch kids doing something right and notice it!** Parents, the more often you sincerely praise a child for listening and following instructions, the harder he or she will work in the future to earn additional approval from you. Teachers can use both class reward games and individual rewards whenever students demonstrate the skills.

 **Keep direct teaching/instruction explanation times short.** It is very difficult for a child to listen intently for longer than five minutes. Don't use sixty words to explain something if you can do it in six.

 **Don't give too many instructions at once.** Use a step-by-step approach filled with pauses and praise as children do what you ask.

 **Let children know when it's time to "actively listen."** You can use catch phrases like "1, 2, 3...Look at me!" or "Give me 5...minutes of your time!" to alert kids that it's time to pay attention and listen. Have your child or your class make up an original jingle.



Activity Guide for Teachers
and Poster Set
are also available!



Includes classroom ideas for teaching skills and CD with reproducible worksheets.

\$19.95

ISBN 978-1-934490-23-5



18" by 22" poster set reminds students of the steps to listening and following instructions.

\$9.95

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The Boys Town Education ModelSM and Common Sense Parenting[®]

The Boys Town Education Model is a school-based intervention model that emphasizes social skill instruction, classroom behavior management practices, and relationship building among students, teachers, administrators and other school staff. The Model was developed more than three decades ago to carry the teaching techniques that worked so well in Boys Town's residential program for at-risk children into schools. The Education Model has been trained and successfully implemented in hundreds of schools across the country. Many of the same techniques can also be found in the strategies that comprise Boys Town's Common Sense Parenting program.

A key component of the Education Model and Common Sense Parenting is a set of social skills for children that include listening, following instructions, accepting "no" for an answer, working with others, asking permission, and others. When a teacher or parent is trying to correct a child's misbehavior, it's not enough to just stop the problem behavior; the child also needs to learn an appropriate behavior to replace the negative one. Teaching children social skills gives them the positive behaviors that contribute to harmony at home and success in school.

Teaming Up for Kids, Parents, and Teachers

Boys Town is now partnering with popular author Julia Cook to produce picture and activity books that teach these important social skills to elementary school-age children in an entertaining but effective

manner. Her clever, humorous stories and rhyming skill steps, along with Kelsey De Weerd's witty illustrations make social skill teaching easy for parents and teachers as well as memorable and fun for kids.



CONTACT BOYS TOWN

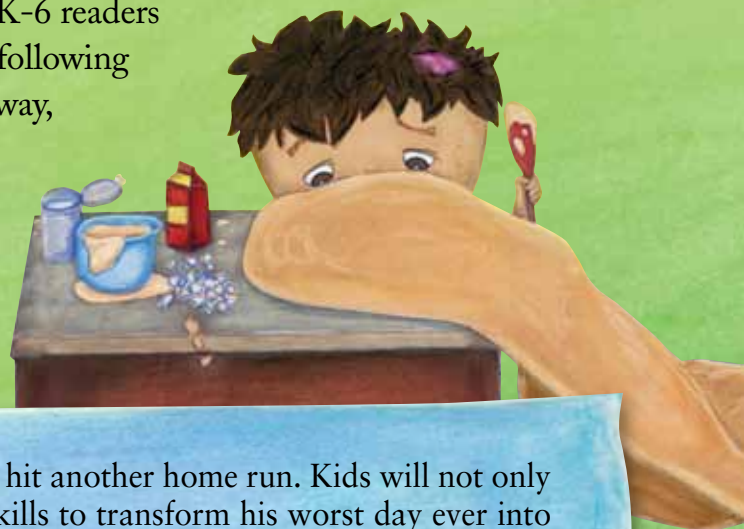
For more information on Boys Town, its Education Model, and Common Sense Parenting, visit BoysTown.org/educators, BoysTown.org/parents, or parenting.org, e-mail information@BoysTown.org, or call 1-800-545-5771.

For parenting and educational books and other resources, visit the Boys Town Press Web site at BoysTownPress.org, e-mail btpress@BoysTown.org, or call 1-800-282-6657.

RJ has had a rough day... he wakes up with gum stuck in his hair, misses recess because he's late to school, earns a zero on his math homework, kicks the ball into his own team's soccer goal, and messes up Mom's kitchen with his overflowing pancake batter! With his mother's help, RJ learns that his problems happen because he doesn't listen or pay attention to directions from her, his school principal, teachers, or even his friends.

Author Julia Cook's new book shows RJ as well as all K-6 readers the steps to the fundamental social skills of listening and following instructions. When RJ learns to use these skills the right way, he has the best day of his life!

This book is the first in the *BEST ME I Can Be!* series to teach children social skills that can make home life happier and school more successful. Tips for parents and educators on how to reinforce the skills are included.



“With *The WORST Day of My Life EVER!* Julia Cook has hit another home run. Kids will not only relate but learn from the character RJ as he uses listening skills to transform his worst day ever into his best day ever! Parents, teachers, and school counselors will delight in having such an invaluable resource on their bookshelf.”

– Roxanne Davidson, Elementary School Counselor, Portland, OR
Founder of Books That Heal Kids Blog, booksthathealkids.blogspot.com



JULIA COOK is a former teacher and school counselor who has written more than a dozen books for children. Her light, humorous approach keeps kids laughing while they're learning good behavior skills. She has received the *Association for Educational Publishers Distinguished Achievement Award*.

KELSEY DE WEERD is a graphic artist and illustrator in Los Angeles.

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