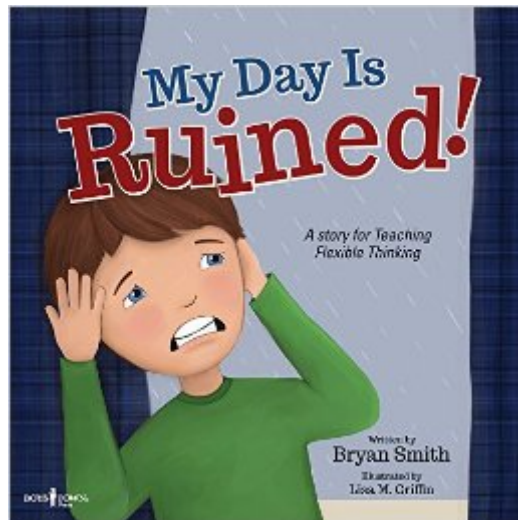


The book was found

# My Day Is Ruined!: A Story Teaching Flexible Thinking (Executive Function)



## Synopsis

Braden was so excited for his upcoming Championship baseball game! The night before he dreamt of that moment]] THE moment]]the ooohs and ahhs of the crowd as he scored the game-winning run! But imagine his surprise when he woke up to pouring rain]]and NO GAME! This, coupled with some events at school that don't go his way, send Braden on an overreaction tailspin! Will Braden be able to recover from his overreacting tendencies and practice the tips of flexible thinking that his teacher and mom teach him? Find out in another comical story by Bryan Smith

## Book Information

Series: Executive Function (Book 2)

Paperback: 31 pages

Publisher: Boys Town Press (September 1, 2016)

Language: English

ISBN-10: 1944882049

ISBN-13: 978-1944882044

Product Dimensions: 8.8 x 0.1 x 8.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #1,592 in Books (See Top 100 in Books) #13 inÂ Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Manners #24 inÂ Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Self-Esteem & Self-Respect #34 inÂ Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > School

Age Range: 4 - 7 years

Grade Level: Preschool - 2

## Customer Reviews

This is a great book for all kids, especially when they get upset often when things don't go their way. I'll give this book to my nephews and niece to see if it will make a difference when they get upset and pout about things that don't go their way. It's easy for them to understand, and they can put these new skills to use everyday.

I loved Bryan Smith's What Were You Thinking?, so when Boys Press contacted me about reviewing My Day Is Ruined!, I immediately said yes. My son (age 6) struggles with behavior and

emotional outbursts when things don't know his way, so I was anxious to get my hands on this next book about flexible thinking. In this book, Braden (a 3rd grader) learns how to adjust his thinking when unexpected circumstances "ruin" his day. The examples were very applicable to other children: rain cancels his big baseball game, the school cafeteria changes the menu for lunch, and his little brother cannot wear his school t-shirt on spirit day because it is dirty. Similar to *What Were You Thinking?*, this book offers a 4 step process for kids to follow to adjust their thinking and come up with a new plan - instead of throwing a temper tantrum. I thought the steps were fairly easy to follow and doable for young children. The final page in the book offers some extra tips for parents and teachers on activities to try with their children. This book was pretty wordy, so it's definitely aimed at older children - ages 6-10. I am excited to read it with my son, and I will be sharing information about it with his school principal as their theme for the school year is flexible thinking.[...]

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