

My Day Is Ruined!

*A Story for Teaching
Flexible Thinking*

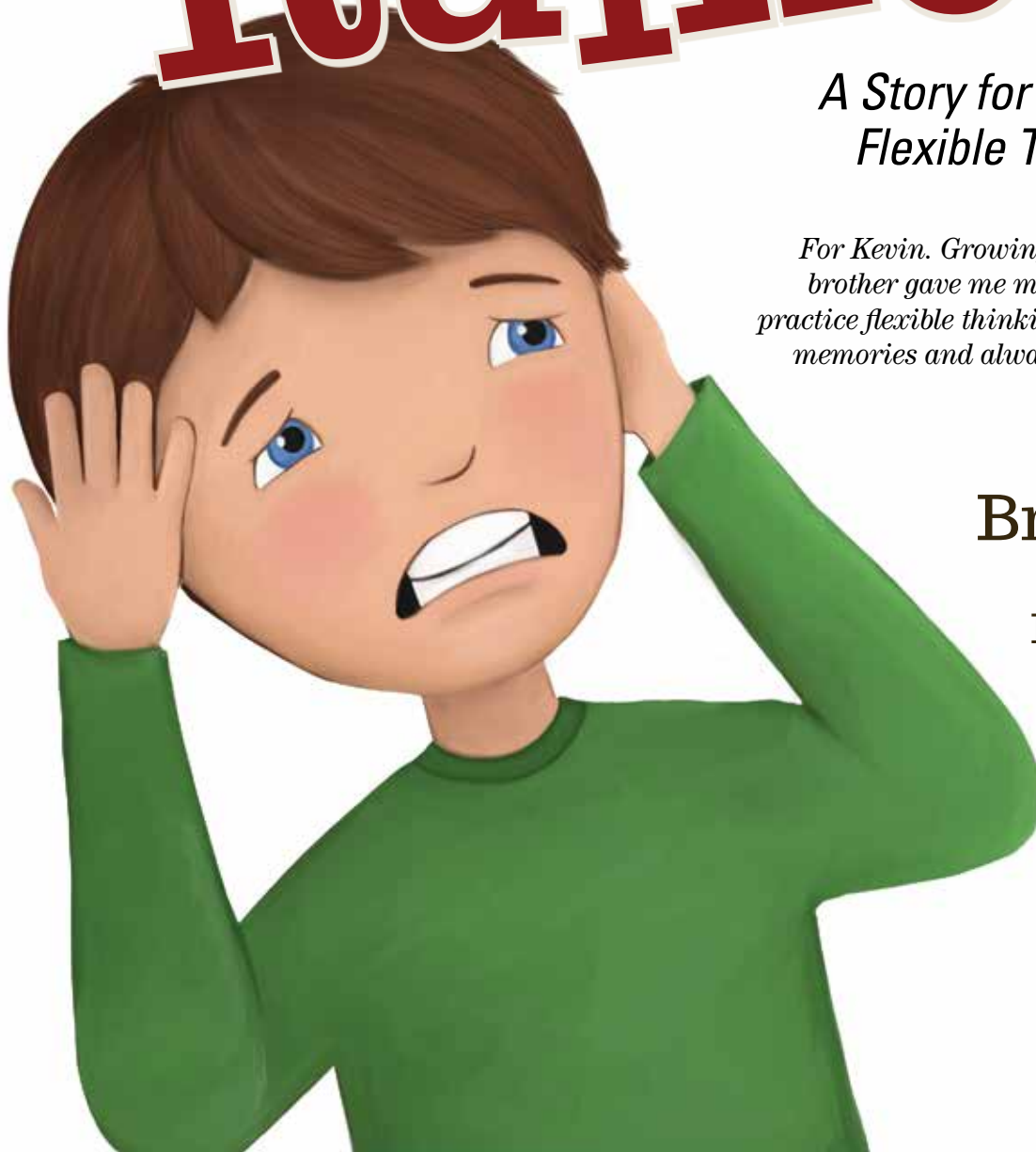
For Kevin. Growing up as your younger brother gave me many opportunities to practice flexible thinking. Thanks for the many memories and always being there for me.

Written by
Bryan Smith

Illustrated by
Lisa M. Griffin

BOYS TOWN
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My Day Is Ruined!

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Boys Town Press is the publishing division of Boys Town,
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Hey everyone.

My name is Braden and I'm in the third grade.

How many of you out there just hate it when someone

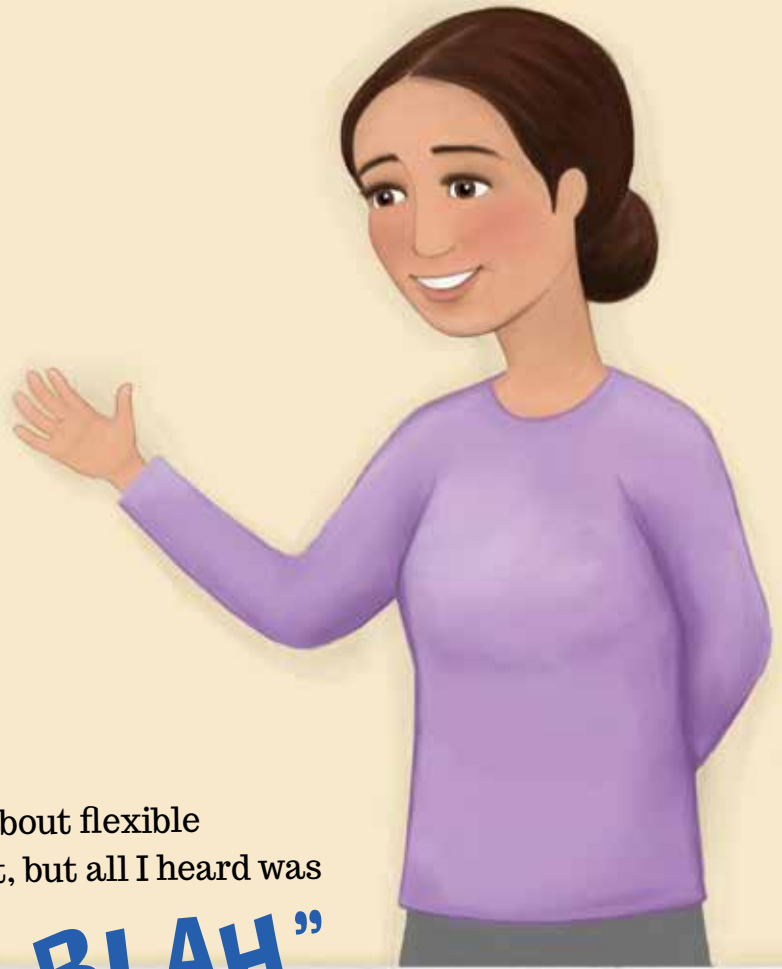
ruins your day

and then acts like **YOU'RE**
the one who's wrong?

It happened to me again,
just the other day.



My teacher, Mrs. Vickerman, acted like it was my problem for getting upset because the principal ruined my day AGAIN – by having a fire drill in the middle of free reading time. (And I was ALMOST finished with my book!) She said she was going to call my mom and discuss some ways to help me use more **“flexible thinking.”**



Mrs. Vickerman kept going on and on about flexible thinking this and flexible thinking that, but all I heard was

“BLAH BLAH BLAH.”

The good news is that two whole days went by and I didn't hear anything about flexible thinking from my teacher or my mom. **Cha ching!** They finally must have decided to **LEAVE ME ALONE!** Now I could focus on the championship baseball game I'm playing in tomorrow.

I had waited all eight years of my life for this day! And I just knew we were going to win because we had already beaten the team we were going to play earlier in the season! So when I woke up the morning of game day, I looked around my room to figure out where I was going to put my championship trophy. Then I quickly threw on my uniform and went downstairs to eat breakfast.

As I walked around the corner to the kitchen,
I immediately froze.

NOOOOOOOOOOOO!

I could feel tears welling in my eyes as I saw the rain pouring down outside.
“Why do things like this always happen to me?”

**My day is
ruined!”**

I plopped down on the couch and covered myself with a blanket.

It just isn't fair! A canceled Championship ball game is just the beginning of third-grader Braden's trail of troubles! Add in some tough work in math and an unexpected lunch menu change, and Braden goes into a tailspin of overreaction!

His day is ruined!

But with Mom's help and the support of a good teacher, Braden learns four steps for flexible thinking, a sure-fire way to meet tough challenges!

Enjoy the second book in Bryan Smith's *Executive FUNction* series with K-5 students and watch their eyes light up as they giggle and make connections to learning how to avoid overreacting by practicing the four steps of flexible thinking.



"Once again, Bryan Smith knocks it out of the park with a book geared toward helping children not only cope, but also thrive amidst life's ups and downs. My Day Is Ruined! is a wonderful tool to reinforce flexible thinking and problem solving while staying in control, something everyone could use every once in a while. I can't wait to use this with my students."

– Julie Thrift, School Counselor



BRYAN SMITH comes from a family of educators and has worked in the education field for more than 15 years. Bryan began his career as an elementary school teacher before realizing he had a talent for helping children deal with difficult issues. He has since become a school counselor, where he excels at teaching students life skills that will take them far and help them succeed. He is married and has two children.

LISA M. GRIFFIN holds a BFA in Illustration and is an active member of the Society of Children's Book Writers and Illustrators. Lisa is married and has three children.

