



The Worst Day of My Life Ever! (Best Me I Can Be)

Julia Cook

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RJ has 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 and messes up Mom's kitchen. With his mother's help, RJ learns that his problems happen because he doesn't listen or pay attention to directions.

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 series *Best ME I Can Be!* to teach children social skills that can make home life happier and school more successful. The skills are part of the Boys Town Education Model that has improved student behavior and classroom climates in hundreds of schools across the country. The book includes tips for parents and educators on how to effectively teach listening and following instructions skills to kids. Winner of the 2011 MOM's Choice Award Honoring Excellence and the National Parenting Center's 'Seal of Approval.'

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