

Family Communication



March 18

National Awkward Moments Day

Dear Eagle (Insert School Name or Mascot Here) Family,

We all have awkward moments from time to time! Good morning Eagles Family (insert school name or mascot here)! So today, we recognize National Awkward Moments Day. This is an annual day that everyone can relate to!

Have you ever called someone by the wrong name, tripped over nothing, walked into a door, had the completely wrong words come out of your mouth or just forgot what you were doing? Sometimes, things do not go right, and something happens that makes you feel like running and hiding. We all have them! How you handle them may help build resiliency and improve your overall mental health!

We challenge you to find the ability to laugh at yourself, see the humor in awkward moments and have with them! You and your children will have the opportunity to learn more _____ (insert text from checked boxes below).

- ☐ From our counselor, teacher, or nurse
- ☐ During a homeroom or advisory class activity
- ☐ At the information table in the library, lunchroom, or (other public area)
- ☐ In this week's health classes
- ☐ In the KnowYourNeuro.org website
- ☐ Other _____

At the family dinner table, take turns sharing your awkward moment story. Watch a funny video and learn more about healthy coping at www.KnowYourNeuro.org and use the handouts to generate discussions.

For questions or more information, please contact me.

School Official's Signature and Contact Information

