

# TODAY IS GOING TO BE A GREAT DAY!

A social story for SMILE Families



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TODAY IS A GREAT DAY!



IN THE MORNING, I START SCHOOL.

NOW, WE HAVE TO STAY HOME AND LEARN FROM THE COMPUTER. I MISS SEEING MY FRIENDS, BUT I KNOW ONE DAY WE WILL BE ABLE TO SEE EACH OTHER AGAIN SOON!





WHEN I WANT TO TAKE A BREAK, MAMA  
AND I STRETCH AND DO SOMETHING CALLED  
YOGA.

I TOUCH MY TOES, REACH FOR THE SKY AND  
STRETCH TO THE SIDE!



AFTER SCHOOL, MY SISTER AISHA AND I  
LIKE TO STAY IN OUR PAJAMAS AND COLOR.

NOW EVERYTHING OUTSIDE IS CLOSED, BUT  
WE CAN HAVE FUN INSIDE.



EVERYDAY, WE PUT TOGETHER A PUZZLE.

I GET FRUSTRATED WHEN I HAVE TO PUT TOGETHER THE  
PIECES SOMETIMES. WHEN I GET FRUSTRATED, MAMA  
HELPS US MATCH THEM TOGETHER.



WE ALL LIKE TO GO FOR WALKS SOMETIMES BEFORE IT GETS DARK.

EVEN THOUGH IT IS COLD, WE WRAP IN LAYERS TO STAY WARM.



MY FAVOURITE DAYS ARE WHEN IT SNOWS SO WE  
CAN MAKE SNOW ANGELS AND SNOW PEOPLE!



AT NIGHT WHEN BABA COMES HOME, HE TAKES OFF HIS MASK AND CLEANS HIS HANDS.

WHENEVER WE GO OUTSIDE TO THE GROCERY STORE OR TO THE DOCTOR'S OFFICE, WE HAVE TO WEAR MASKS TOO.



SOMETIMES I DON'T LIKE WHEN MY FACE GETS ITCHY.  
BUT BABA BOUGHT SPECIAL MASKS FOR AISHA AND I.  
HE TELLS US THAT SINCE THE WORLD CAUGHT A COLD,  
WE HAVE TO WEAR MASKS TOO.



TOGETHER, WE CAN BE OUR OWN HEROES.



HEROES HELP OTHERS BY BEING KIND AND KEEPING EVERYONE SAFE.



AFTER MAMA READS US A NIGHTTIME STORY, WE  
THINK OF THINGS WE ARE THANKFUL FOR.

AISHA IS THANKFUL FOR SNOW, AND I AM  
THANKFUL FOR BATMAN, MY NEW COLORING BOOK  
AND AISHA AS MY LITTLE SISTER.



THINGS ARE A LITTLE BIT DIFFERENT NOW, BUT I  
AM HAPPY WE CAN SPEND MORE TIME TOGETHER.

TOMORROW IS GOING TO BE ANOTHER GREAT DAY!



# WORKBOOK PAGES



Aisha and Bilal like to do puzzles while they stay inside. What are some things you can do when you are at home?

List three things and color the image below.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



Sometimes it is cold out, but Aisha and Bilal wear their winter clothes and make snowmen together. How do you feel when you go outside?

List three emotions and color the image below:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



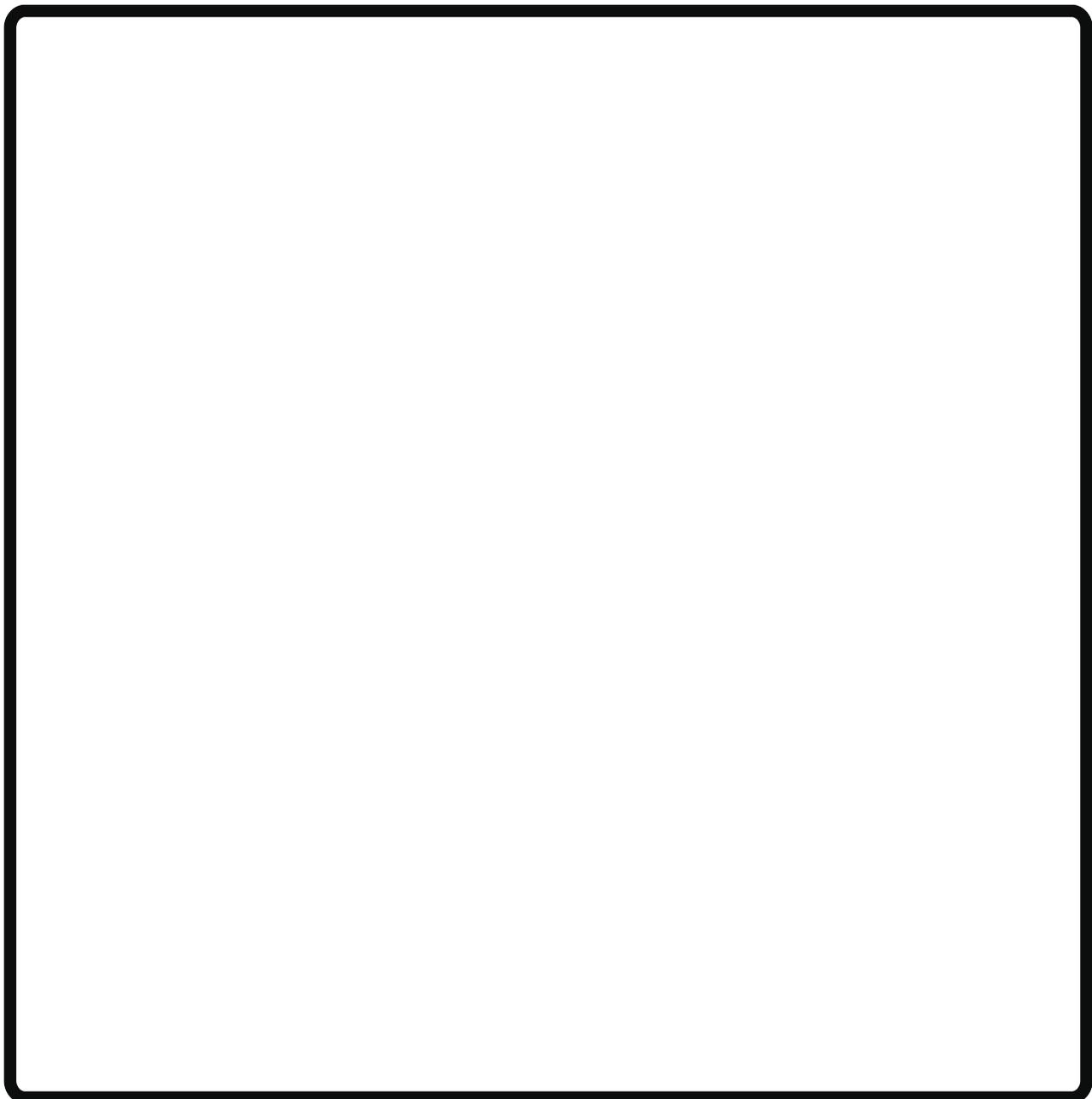
Aisha and Bilal can be heroes together by staying inside.  
Who are some of your heroes?

List three of your heroes and then draw one below:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



With the onset of a second lockdown and rise in COVID-19 cases in Ontario, we know this winter has been long and tough. This story is designed to help you provide some explanations to your children as well as some suggestions to keep busy. You can read this story to your children and take them through Bilal's adventure of 'having a great day'. This story also allows children to relate to their current 'normal', such as attending online school, wearing masks and staying inside. Toward the end of this book, you and your children can fill out some workbook activities and use the crayons attached to color the illustrations of Bilal and Aisha.

This book uses a modified social story structure. Created by Carol Gray, social stories are a tool and a way of telling stories that help children get through difficult moments, through descriptive and affirmative sentences. Social stories can be a great way to help children understand situations and process their emotions. To learn more about social stories, you can visit: <https://www.theschoolrun.com/social-stories-explained>.







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