



S-ES GUIDEBOOK COPING SKILLS

The following strategies and suggestions have been specifically created to assist you in utilizing the songs and videos while working with your child.

Who We Are

- It's always okay to be "who we are" – how do you feel about that?
- What are five traits that best describe who you are?
- Draw a picture of yourself as you are now and what you would like to be when you're older.
- Discuss what makes a person 'who they are.'