

## METROCARE SERVICES 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.

### Imagination

- What would it feel like to live in your imagination? Who is there? What are they doing? What are you doing?
- Can we live in our imagination? (No, but sure is nice to take a break there...)
- How is real life different for you from the song? How do people make it work when they are not in their imagination and have to be in real life?
- What things in your imagination do you think might come true? What can you do to make that happen?