

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.

Life Is Aloha

- Use before people visit the house or child visits anyone else's house.
- Use with going to and from school if initiating the day is difficult.
- Use with entire class when student has moved.
- Useful for coping with death...dependent on family's religious beliefs...say hello again in heaven.