

## 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.

### On My Island

- Guidance Lesson – what would your personal island look like? Feel like? Who's there? What are you doing?
- Draw a picture of your island. Keep a small copy at student's desk as a reminder.
- Use in a calm down place in the classroom. Refer to it as the "Island" and make paper and markers available to draw his/her island while calming down.
- Let student look at pictures of various types of island for context...warm beach, cold Alaska, volcanos, mountains, sand, trees, etc...