

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.

Perfectly Imperfect

- All of us make mistakes. How do you feel about not being perfect?
- Do you expect others to be perfect?
- List 5 things that you appreciate about yourself.
- Discuss different ways you can process your emotions...whether it's anger, happiness, sadness, etc.