

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.

The Frog Song

- Feelings help us know what's happening inside us. It's always good to share our feelings with people who care. Do you share your feelings with others?
- Draw a picture of how you're feeling today.
- Name different scenarios and ask the child how they would feel if they were in that situation.