

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.

Who We Are

- It's always okay to be "who we are" – how do you feel about that?
- What are five traits that best describe who you are?
- Draw a picture of yourself as you are now and what you would like to be when you're older.
- Discuss what makes a person 'who they are.'