

## METROCARE SERVICES GUIDEBOOK SELF-ESTEEM SKILLS

The following strategies and suggestions have been specifically created to assist you in utilizing the songs and videos while working with your child.

### **Everybody's A Star (Animation & Sing Along)**

- What is something you enjoy that your friends don't?
- What is something your friends enjoy that you don't?
- Is it ok to not like the same things?
- How do you handle it when someone doesn't like what you like?
- How do you handle it when you don't like their thing?
- What would it be like on the playground if everyone liked the exact same thing and only wanted to do that one thing?