

## 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.

### **SELF-ESTEEM CATEGORY:**

#### **I Can Be The Best I Can Be (Animation & Sing-Along)**

- Before school or in the car on the way...
- What can you do to be the best you?
- What is your main goal for the day?

#### **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?

#### **The Excellent Song**

- What is your favorite food/toy?
- How do you feel when you are doing something you love?
- Tell me about something that is hard for you to do?
- How do you feel when you know you've done your very best?

#### **Inside (Animation)**

- Is it more fun to look at your birthday present all wrapped up, or to open it up to see what's inside?
- Do you have a good friend? What do you like most about her/him?
- What do you like most about yourself?

#### **I Am So Enough**

- We are each and all good just like we are! What do you like about you? What do your friends or family members like about you?

### **I Think I Can**

- When we believe in ourselves we can do lots of great things! What do you want to do? What are your dreams?

### **It Wouldn't Be a Zoo Without You**

- Every single human being is special and good – and that means you too! The world wouldn't be complete without you. What makes you special?

### **Just With Me**

- Sometimes it feels good just to be by yourself. What do you like to do when you're alone?

### **Poor Planet Pluto**

- Did you hear that scientists have decided that Pluto is not really a planet? How do you feel about that? Is it fair? How would you feel if you were Pluto?