



S-ES 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.