

Coping Cake

Coping Skills Worksheets

And

Game



What is a Cope-Cake?

A cope-cake is another way of saying **coping skill**.

A **coping skill** is something that makes me feel better when I am mad, worried or sad.

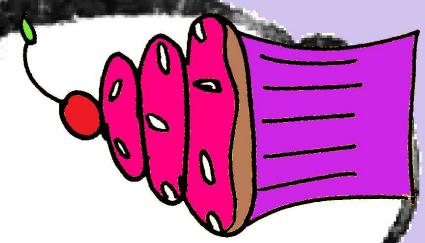
Some **coping skills** are healthy. I can take deep breaths, go for a walk or take a nap.

Some **coping skills** are unhealthy. Unhealthy coping skills are yelling, hitting and hurting myself.

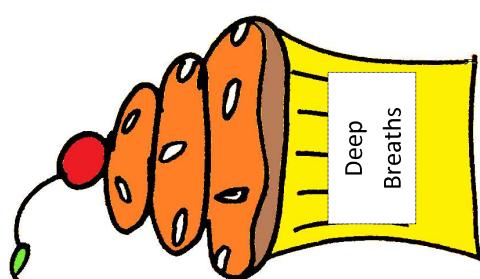
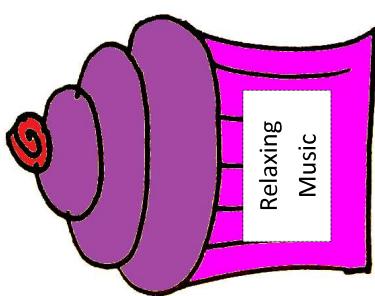
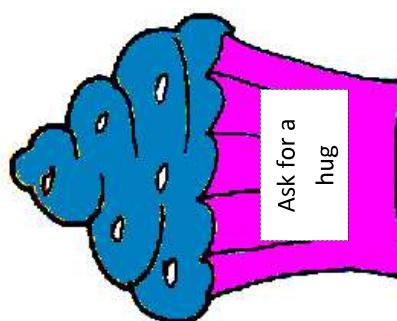
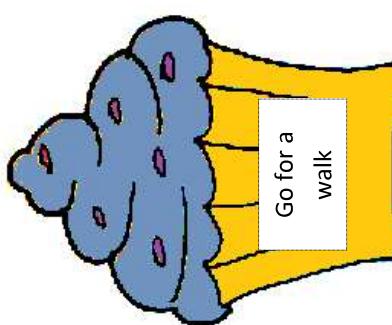
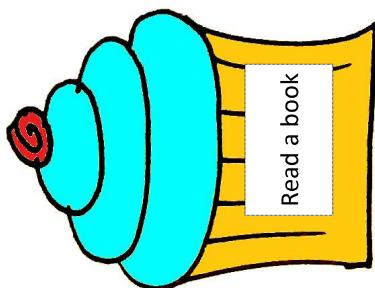
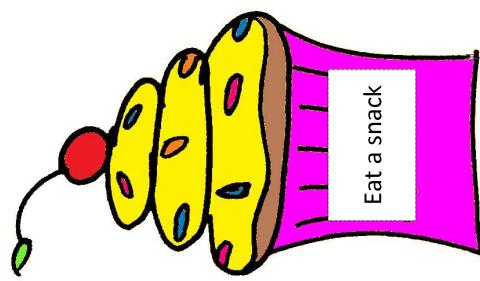
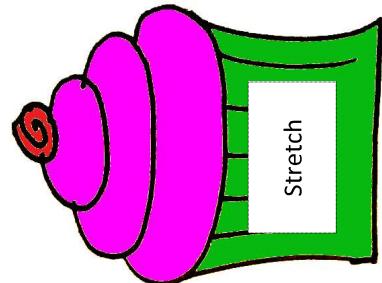
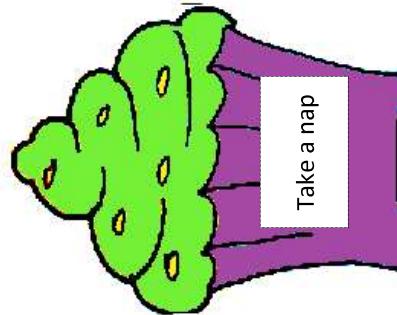
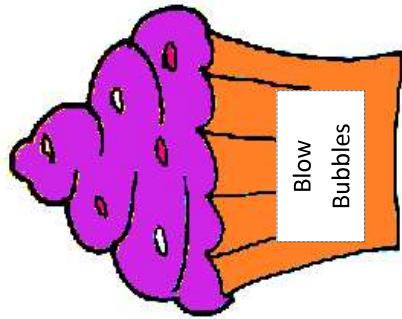
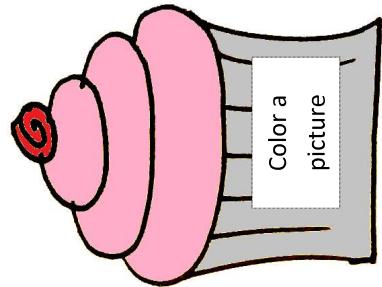
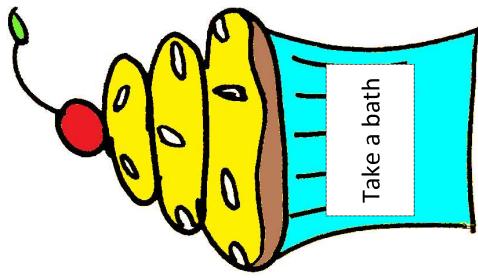
When I choose to do a healthy **coping skill** I am making a good choice.

When I am feeling calm I can return to what I was doing before I was upset.

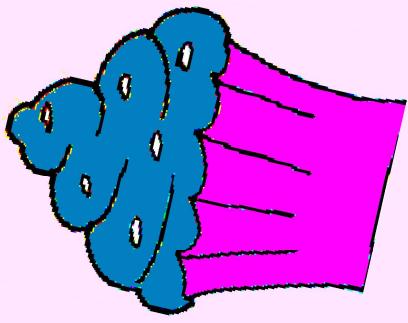
When I used **healthy coping skills** I am proud of myself and those around me are proud of me too.



A Dozen Cope-Cake Flavors



Cope-Cake Recipe



Ingredients:

3 deep breaths

4 jumping jacks

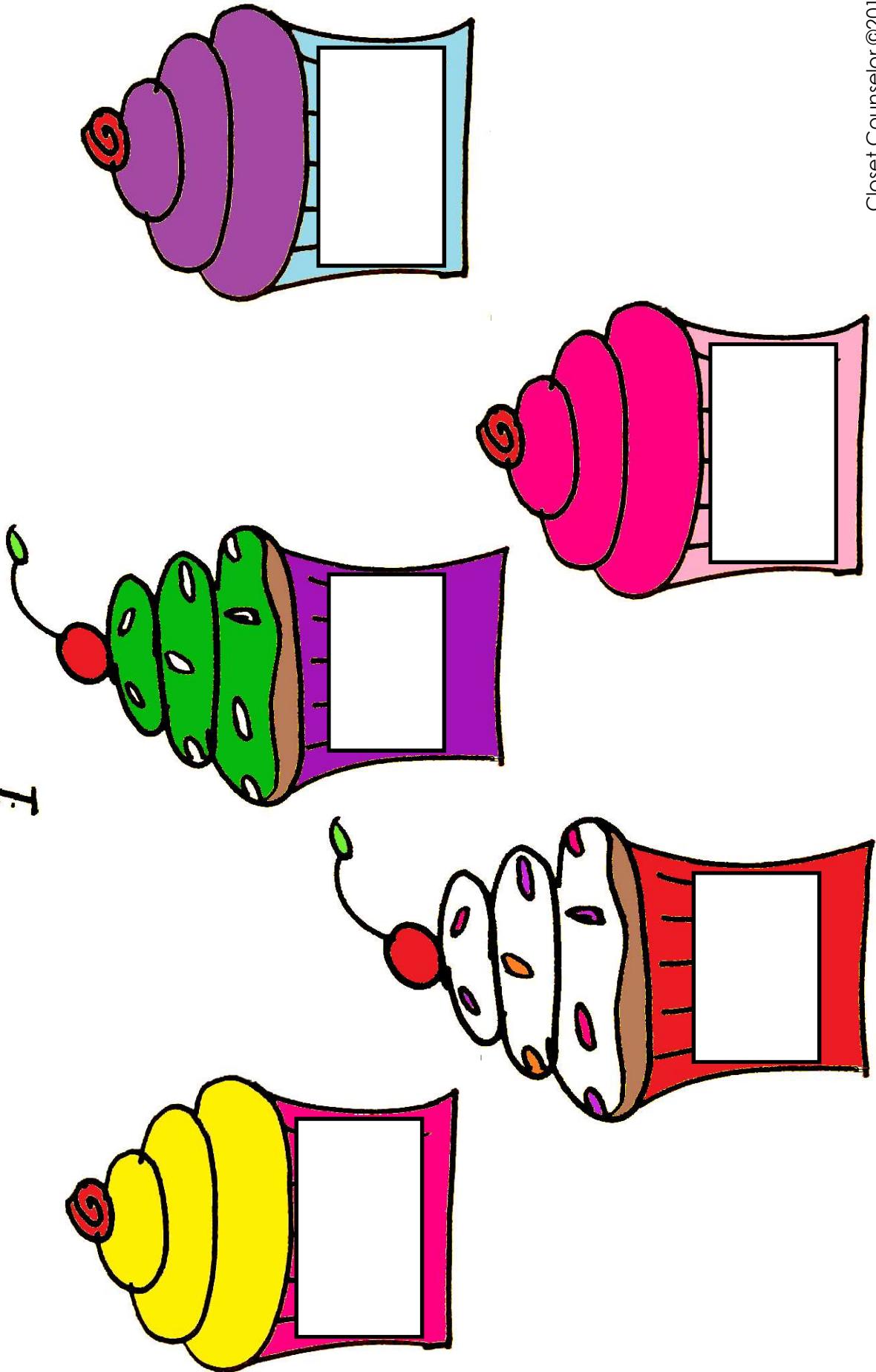
1 positive thought - I am trying my hardest
1 hug from my mom

Directions:

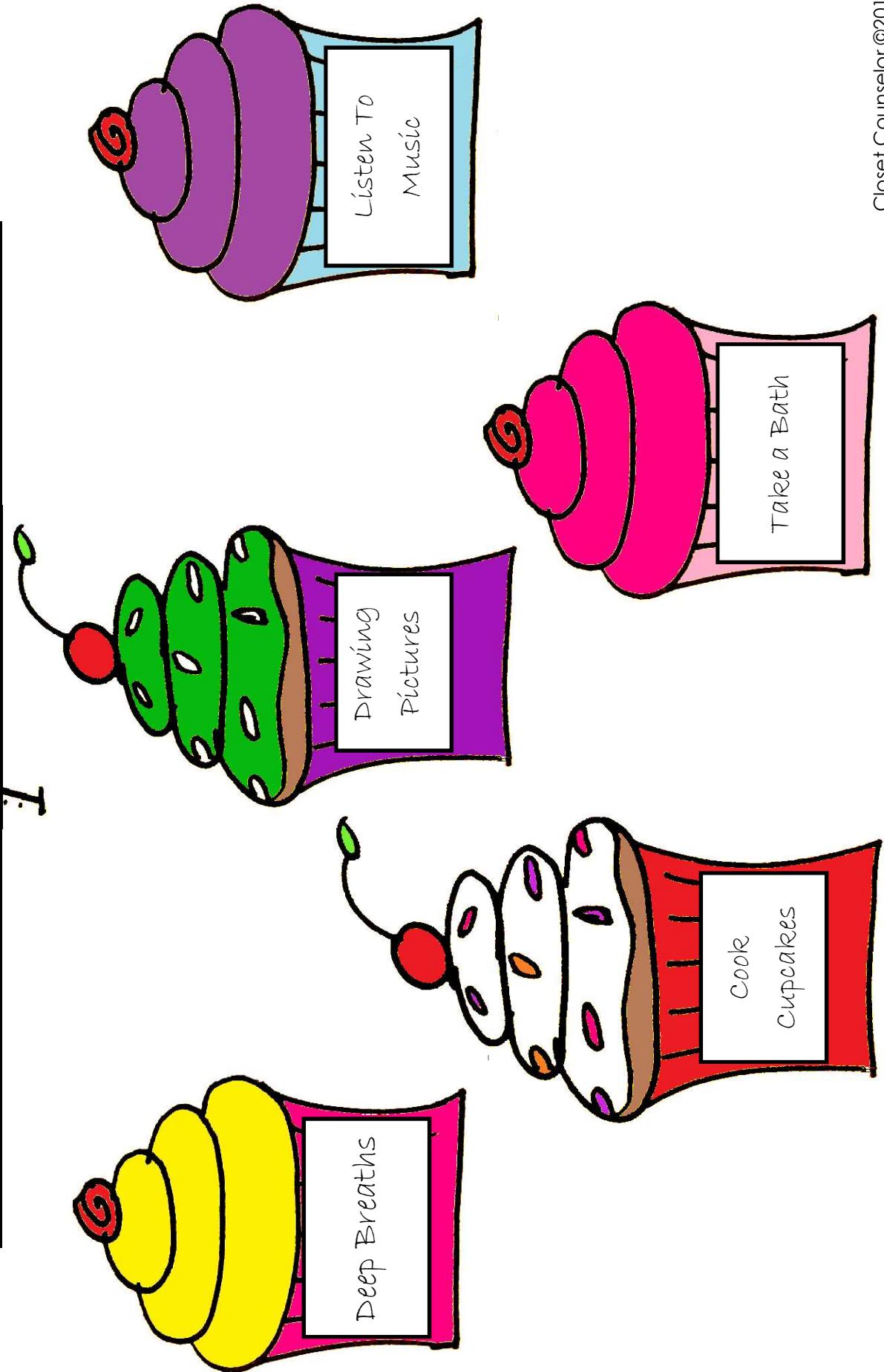
When I feel my fist starting I will take 3 deep breaths.
If this does not calm me I will do 4 jumping jacks while thinking about positive thoughts.

After this I will ask my mom for a hug. When I feel calm I will go back to my school work.

My Cupcakes

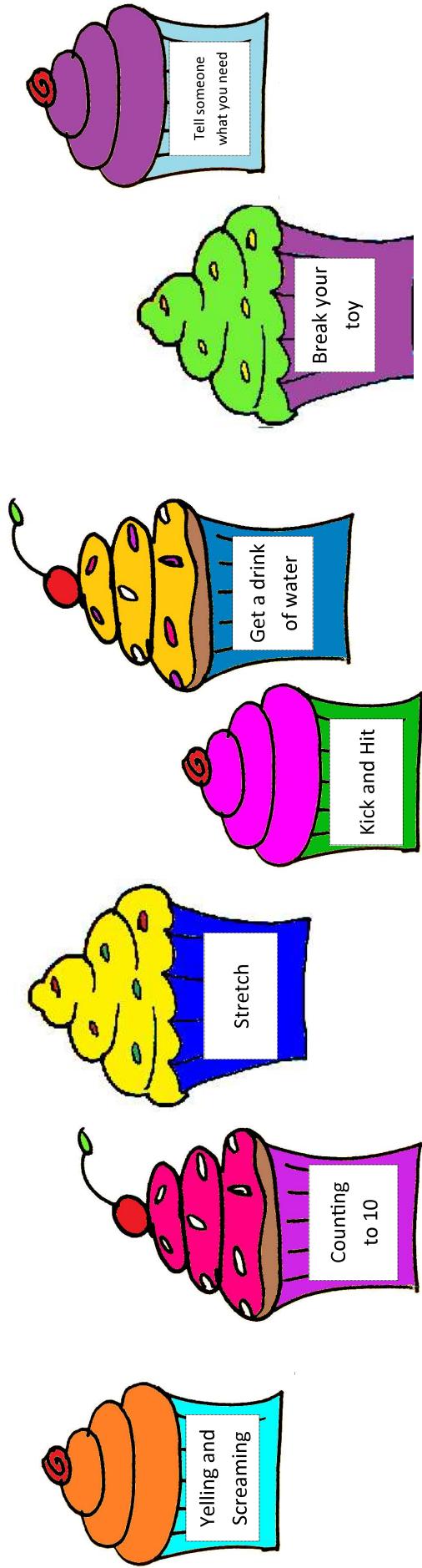


My Coping Cookies



Cope-Cake Matching

There are coping skills that are healthy and skills that are not healthy for children to use.
Match the healthy and unhealthy cope-cakes to the matching box.



Healthy Coping Skill

Unhealthy Coping Skill