

# Cope-Cake

Coping Skills Worksheets

And

Game



# Cope-Cake

**Objective:** Teach children how to self-regulate and to identify coping skills that work for each individual child

**Coping Skills Social Story**

**Coping Skills Coloring Sheet/ Poster**

**Cope-cake recipe:** Fill in this card to help children create a plan to manage their anxiety or anger.

**List the child's coping skills**

**Cope-Cake Matching-** healthy and unhealthy cope-cakes matching

**What is the size?-** Can be used to identify how helpful a skill is (bigger the cupcake the more helpful of a skill or use it to help identify the size of the trigger.



## 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.



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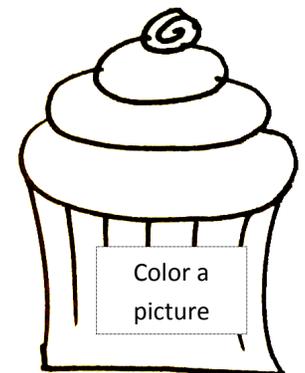
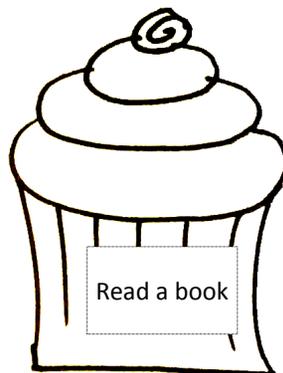
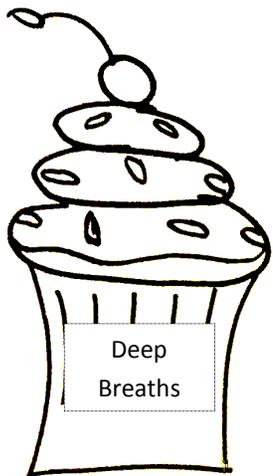
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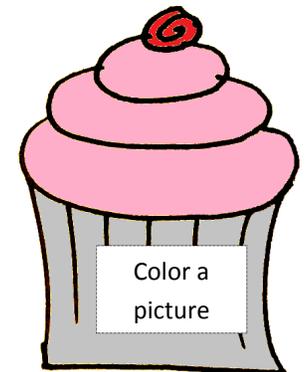
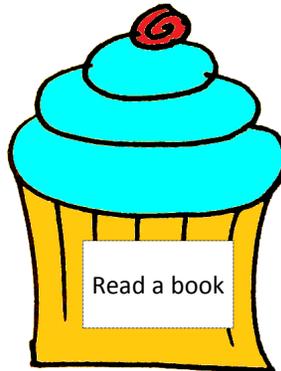
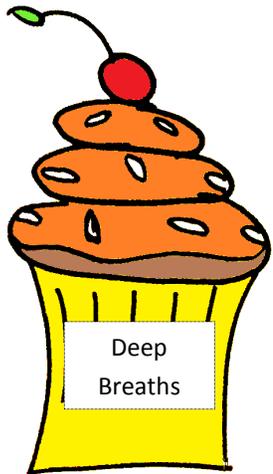
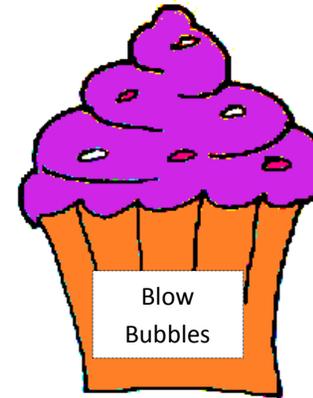
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# A Dozen Cope-Cake Flavors



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# Cope = Cake Recipe



## Ingredients:

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## Directions:

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# Cope = Calm Recipe



## Ingredients:

3 deep breaths

4 jumping jacks

1 positive thought- I am trying my hardest

1 hug from my mom

## Directions:

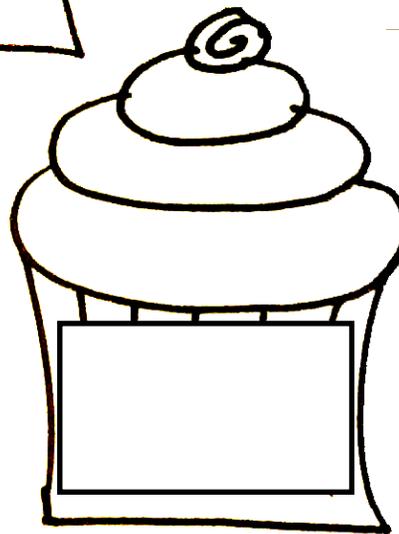
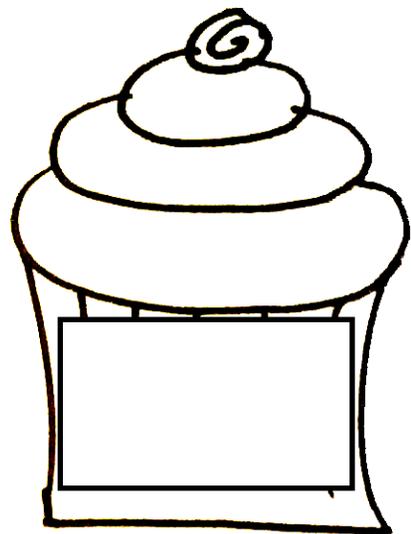
When I feel my fist starting I will take 3 deep breaths.

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 Cope-Cakes

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# My Cope-Cakes

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# 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

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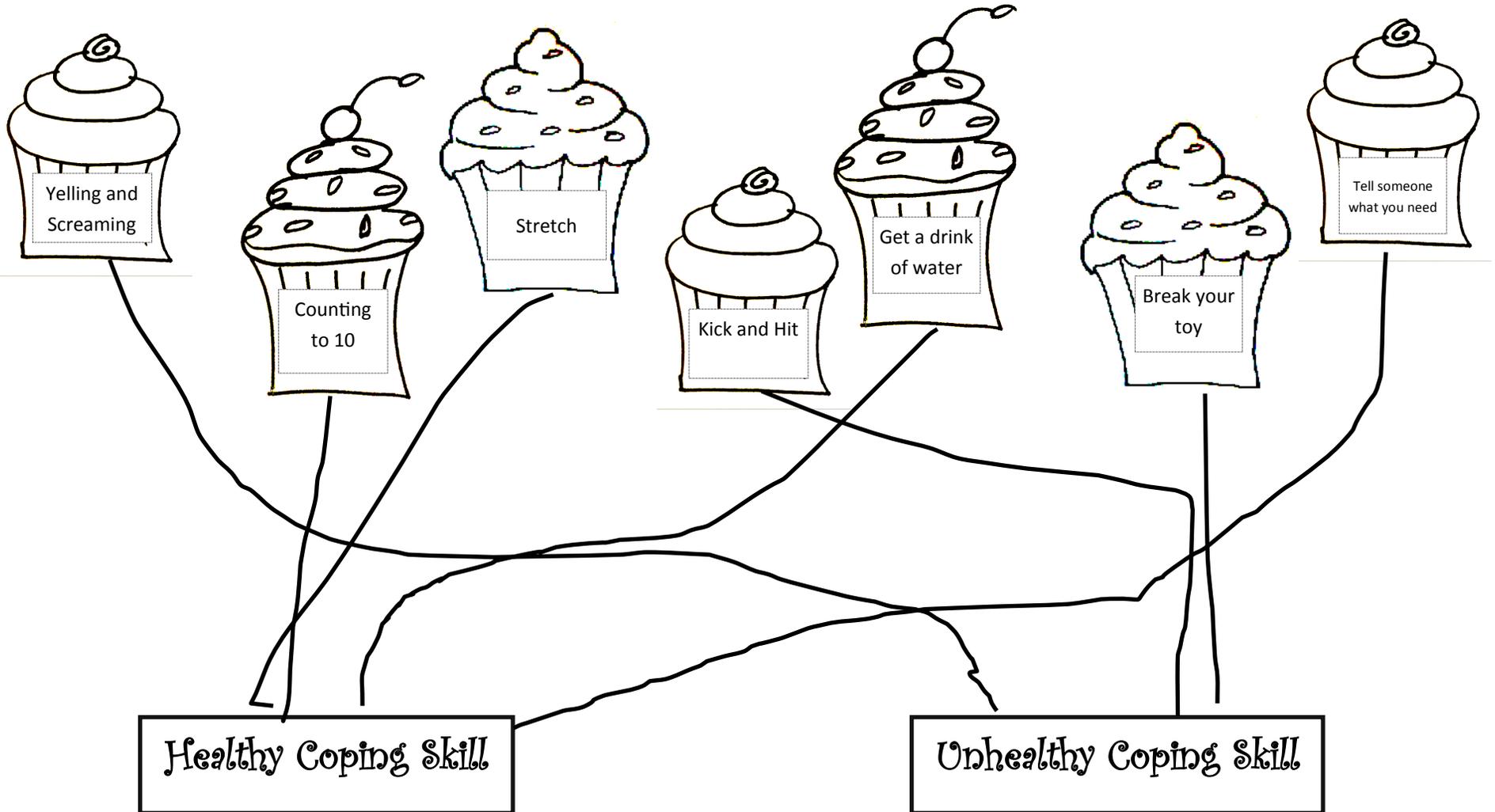


Healthy Coping Skill

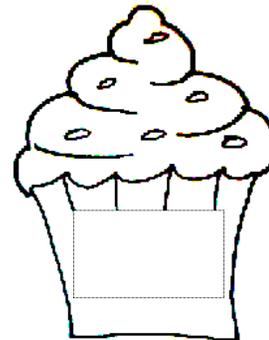
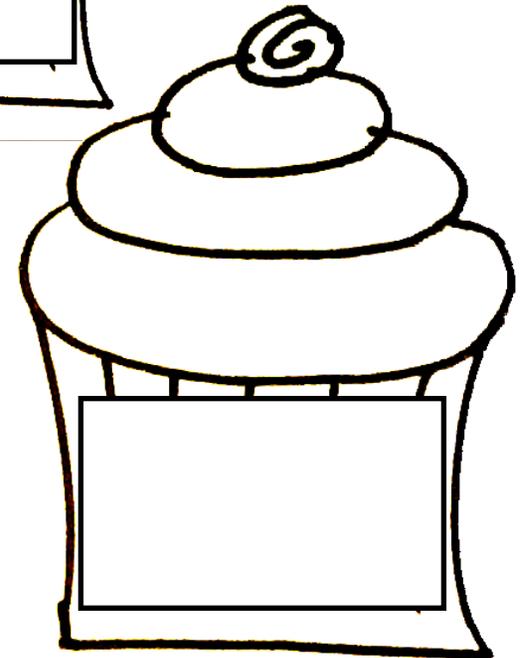
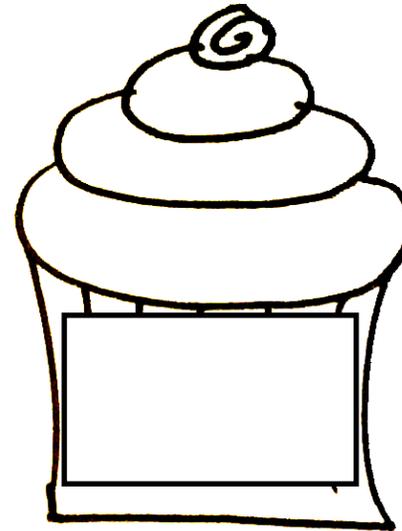
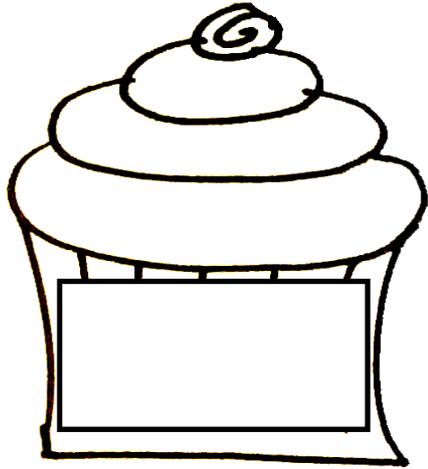
Unhealthy Coping Skill

# 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.



What is the size?



## How to play the cope-cake game:

1. Print out the different cupcake pieces (you will need to print enough for everyone to have at least 1 liner, cupcake top, flag, and many of the other pieces) You can have the child color them or print them on color.

There are giant cupcakes and small cupcakes  
paper

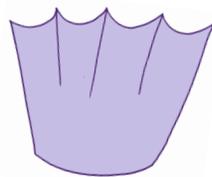
2. Roll the dice, when you roll a shape follow the directions and decorate your cupcake

3. the game ends when your cupcake has enough toppings

4. Student can take it home or use them for a super cute classroom decoration

### Fun Hint:

This dice game could be done with real cupcakes and sprinkles



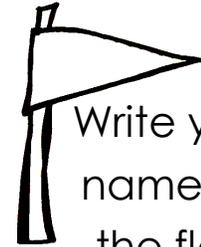
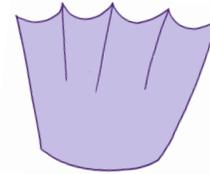
Name a place that makes you feel calm or safe



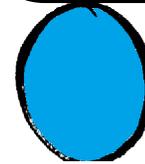
Practice smelling your cupcake by taking a deep breath through your nose.

## Piece Key

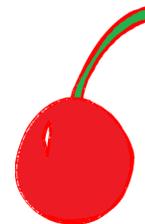
Start with



Write your name on the flag



Write a person who helps you on hard days

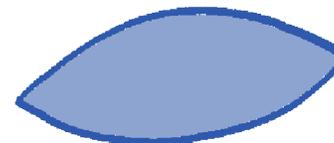


Write down a positive thought



Fill in this blank

I am \_\_\_\_\_



Write down a coping skill

## My Cope-Cake

People who help me on hard days:

Mom Paul  
Jenna

My Coping Skills:

drawing, +v, talk to  
a friend, nap

I feel safe and calm

in my room  
at school

I am

I am smart  
I am creative

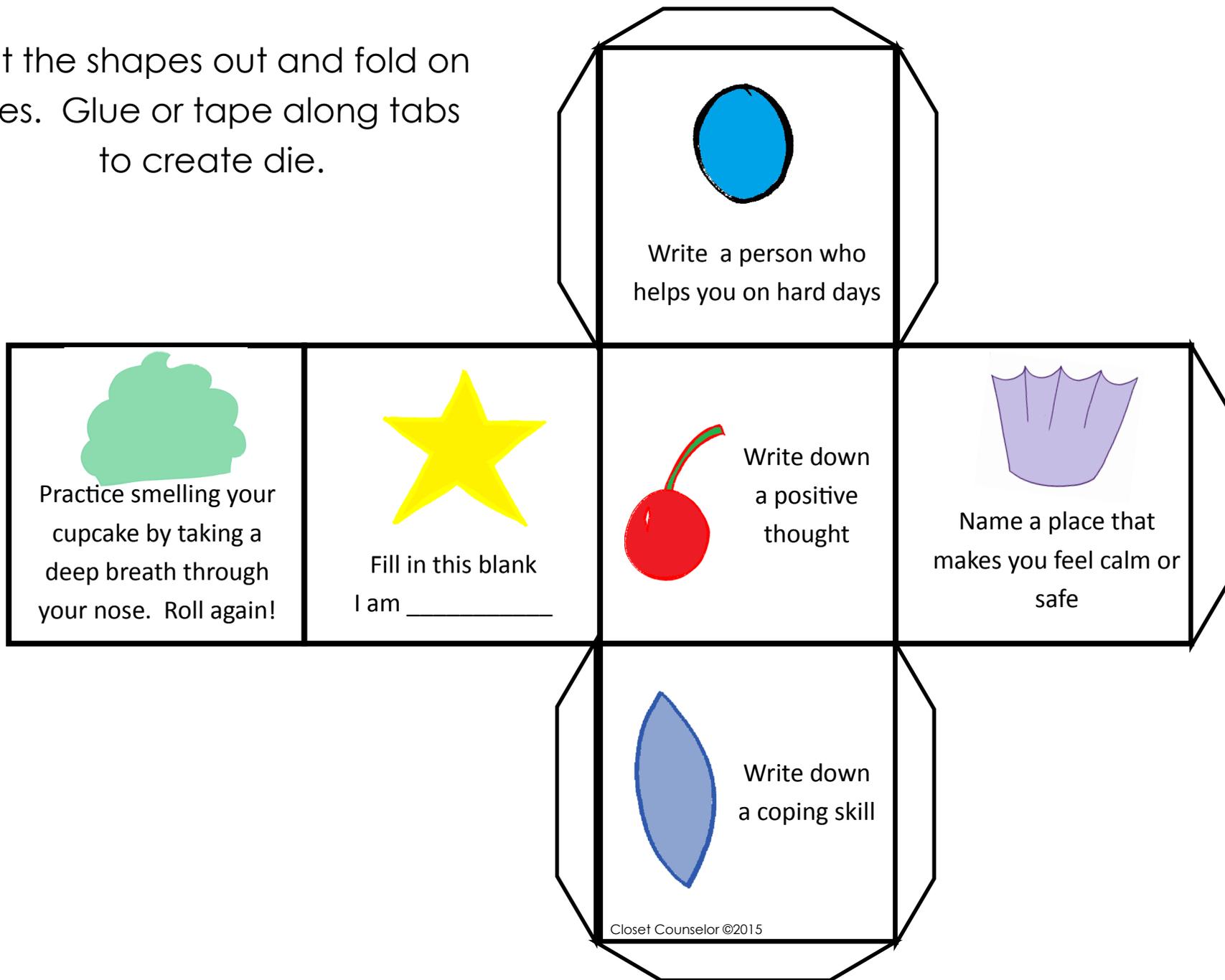
My positive thoughts

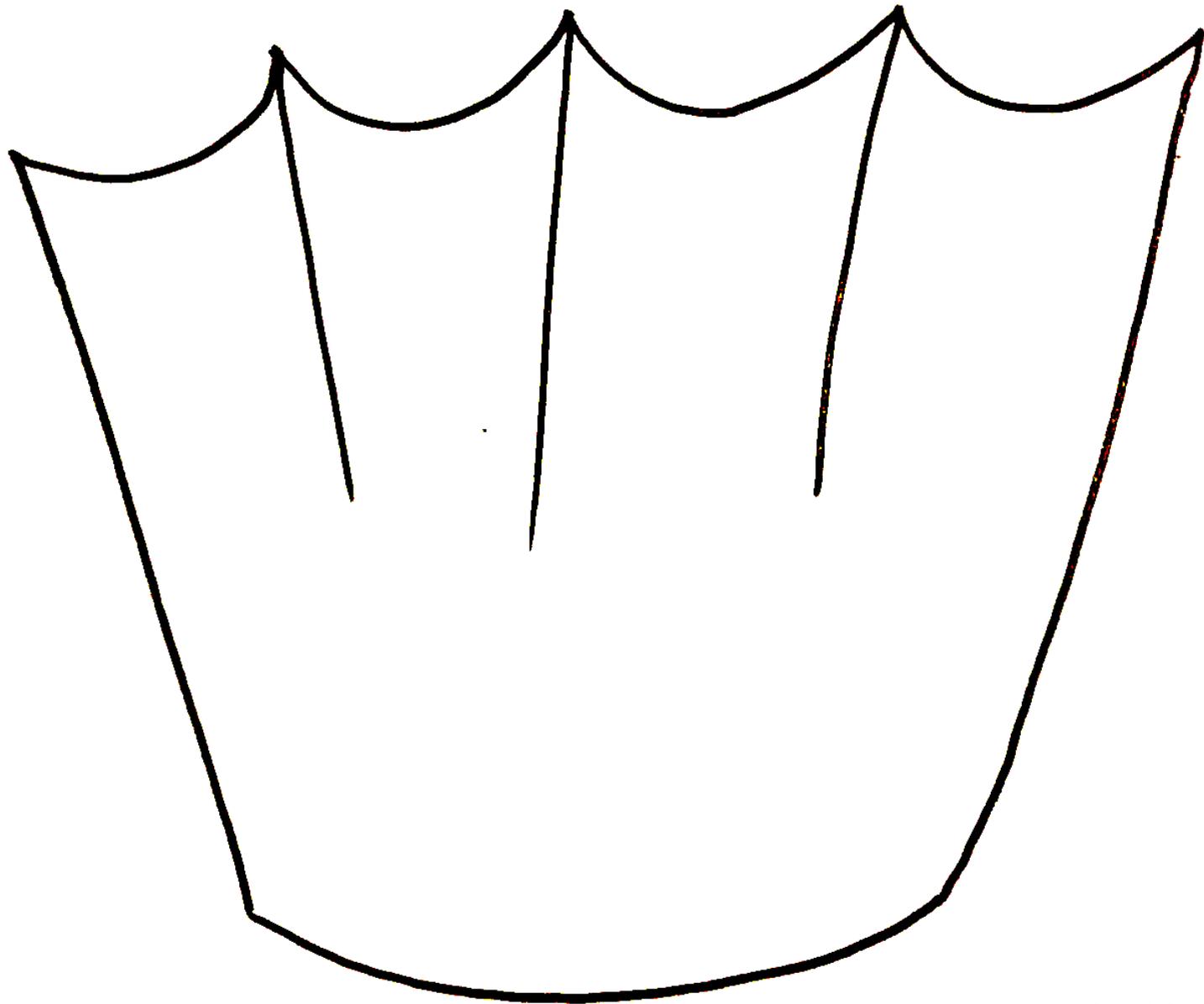
I can do anything!  
Even when it is hard-  
I am strong.

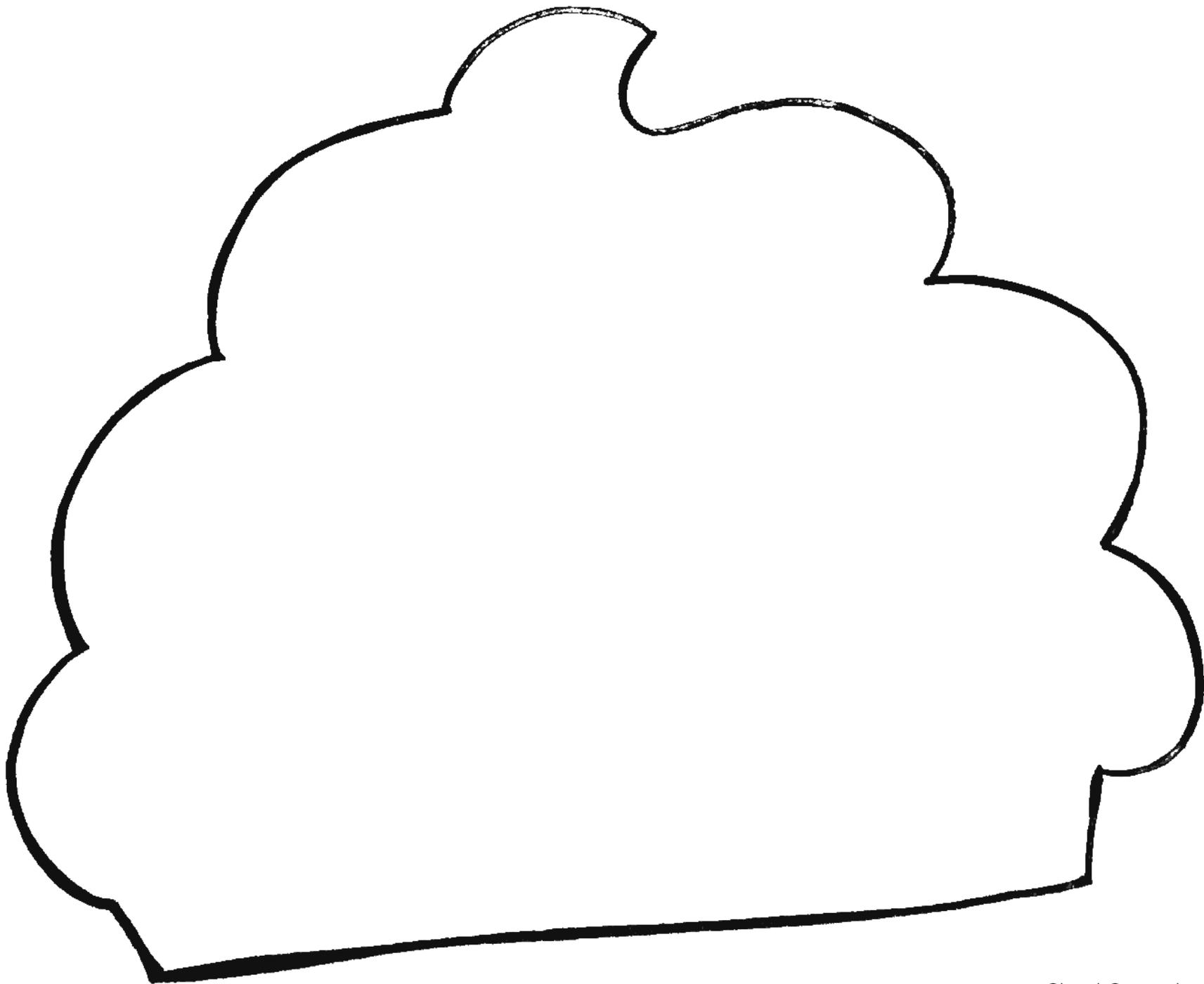


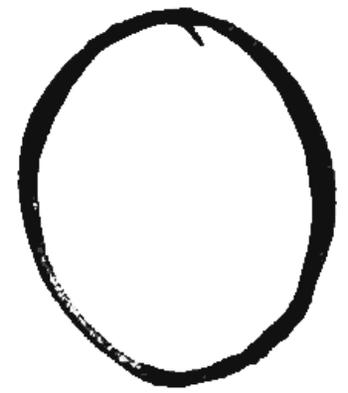
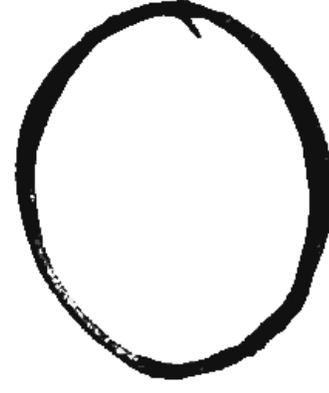
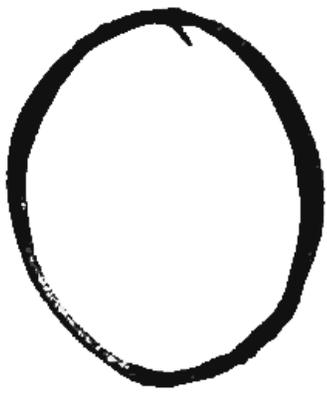
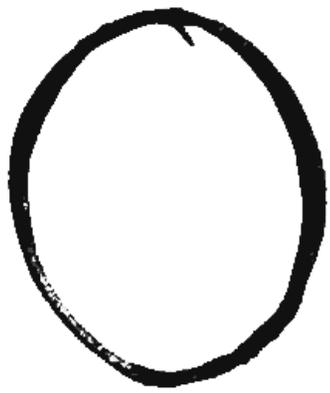
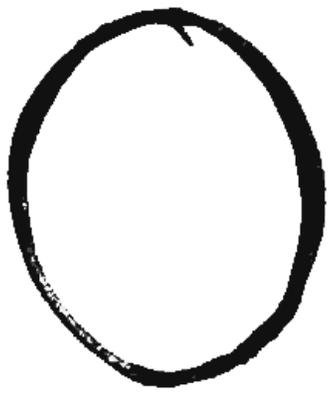
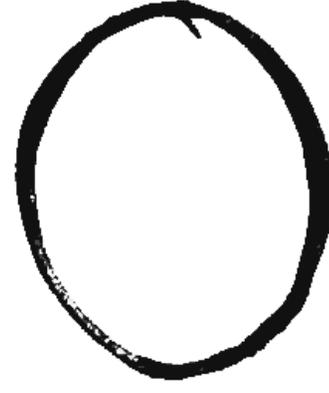
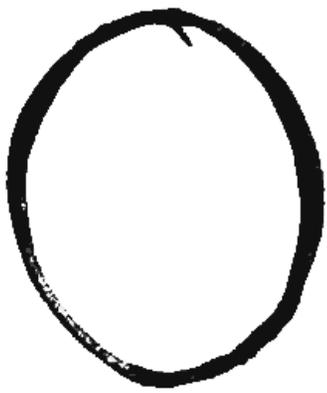
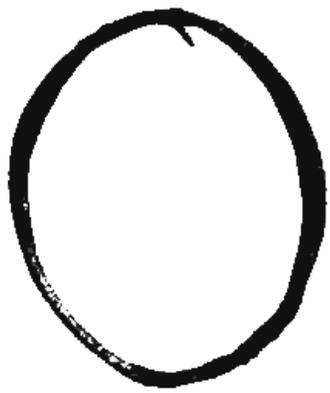
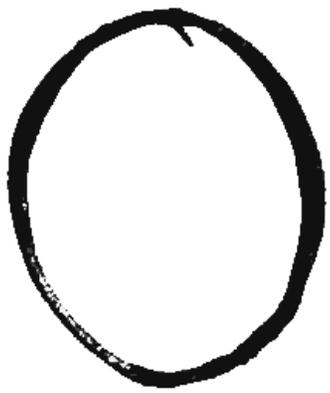
Use the last pages to either color in the skills and the game ends when all the parts are colored, otherwise use the small cupcake and glue the pieces on the paper to create a poster for the child. You could also use stickers instead of the provided sprinkles to reduce the amount you need to cut.

Cut the shapes out and fold on lines. Glue or tape along tabs to create die.

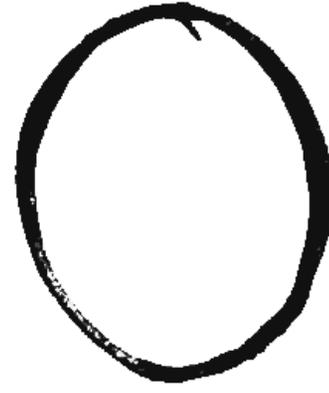
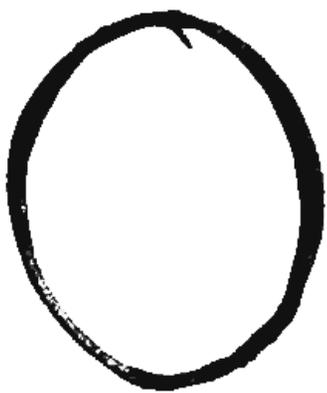
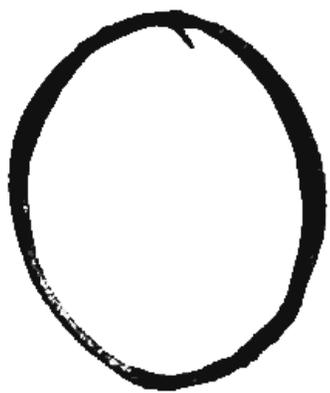
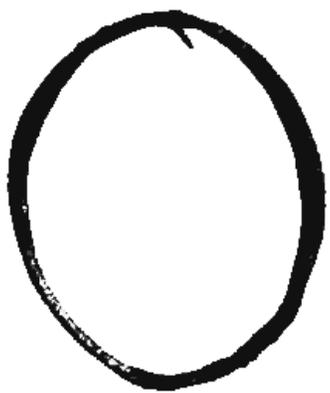


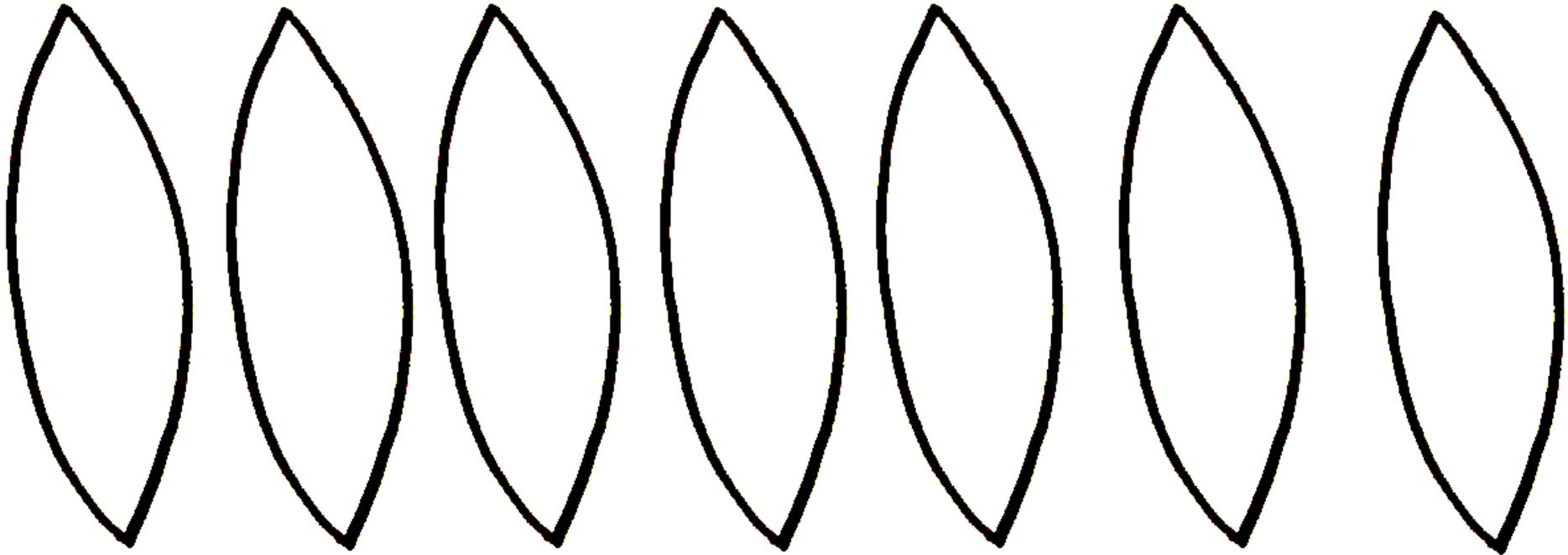




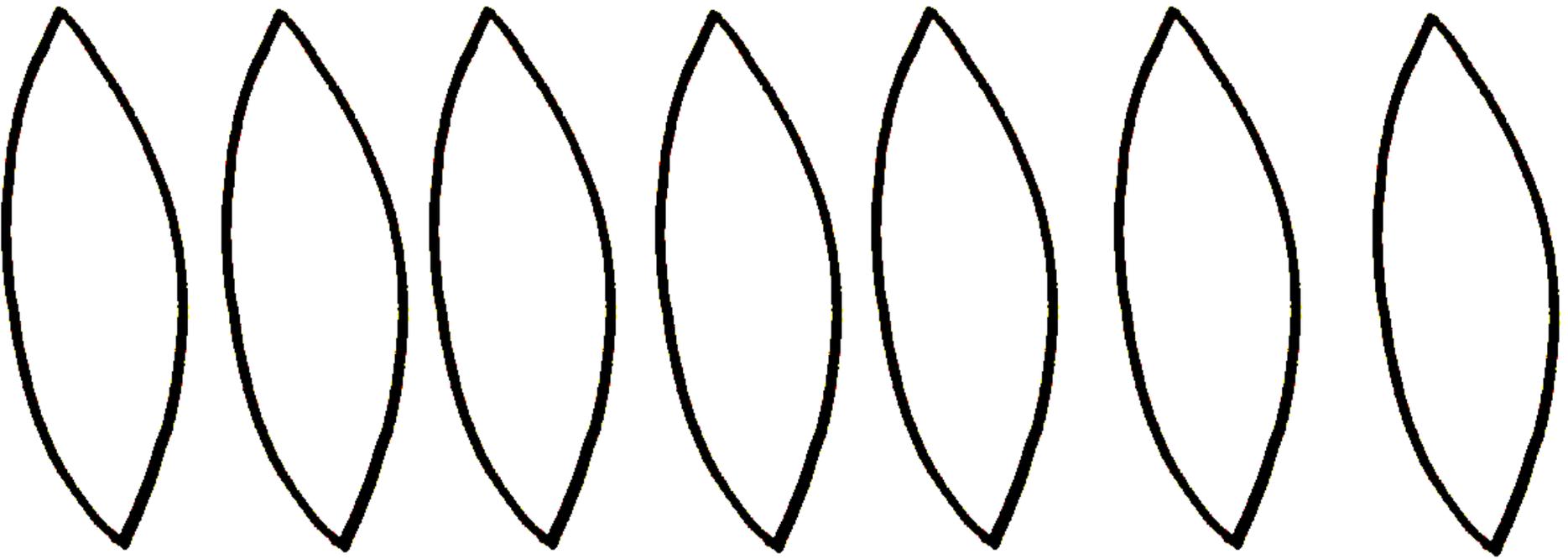


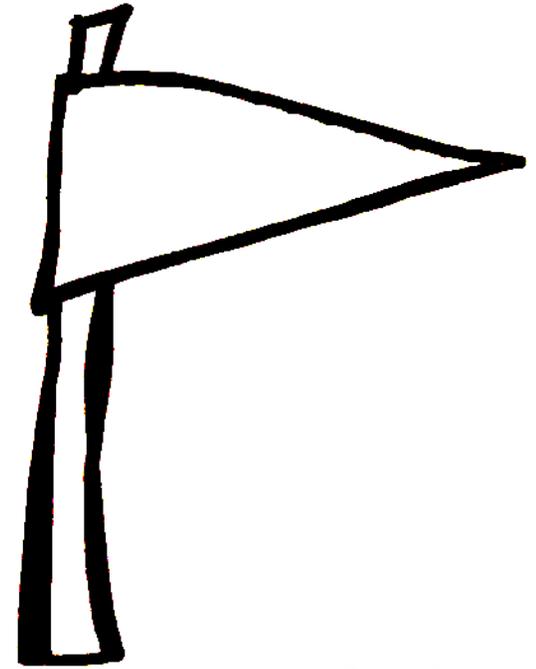
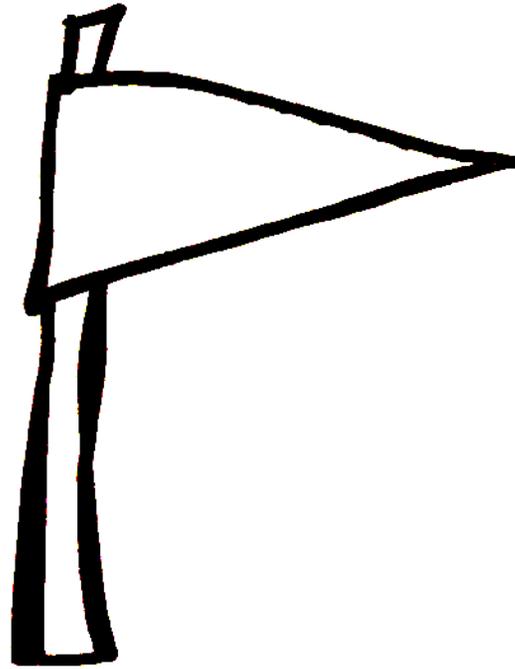
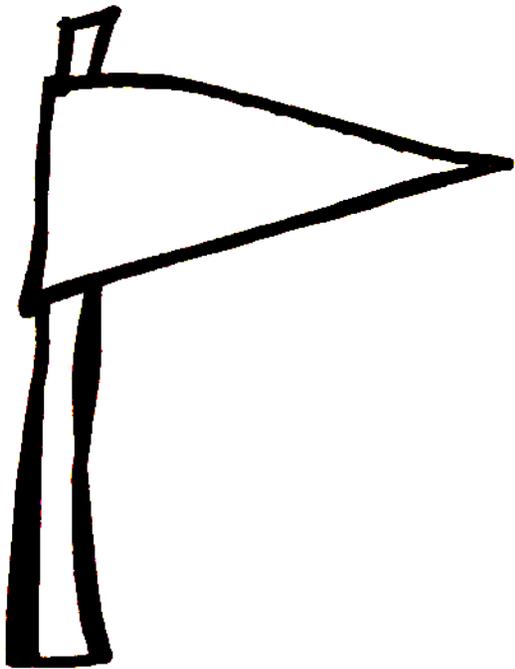
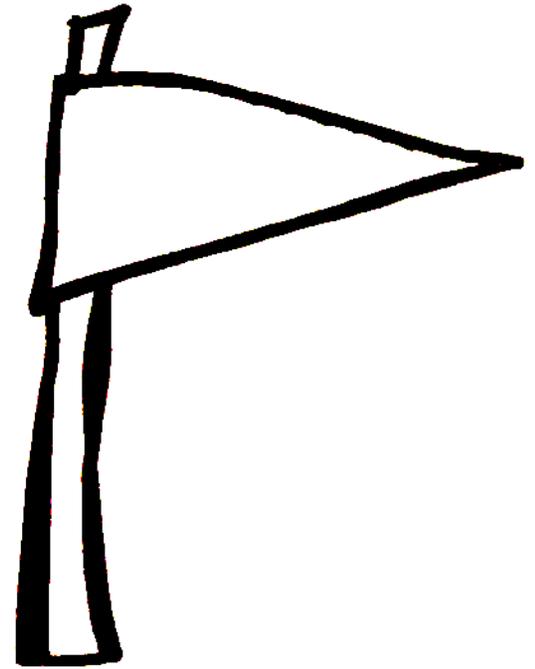
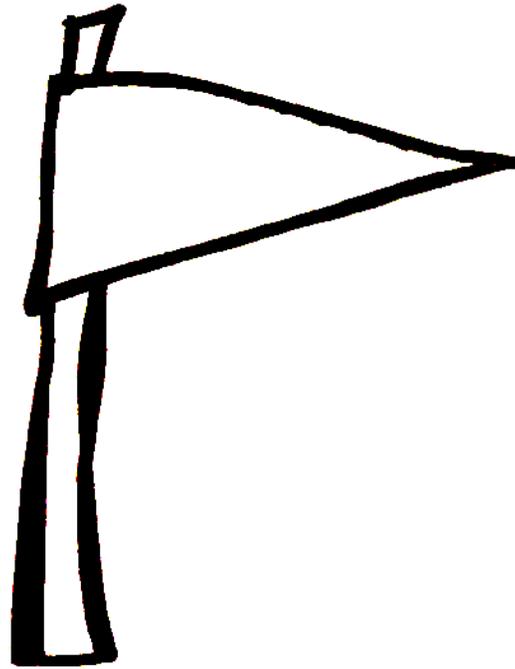
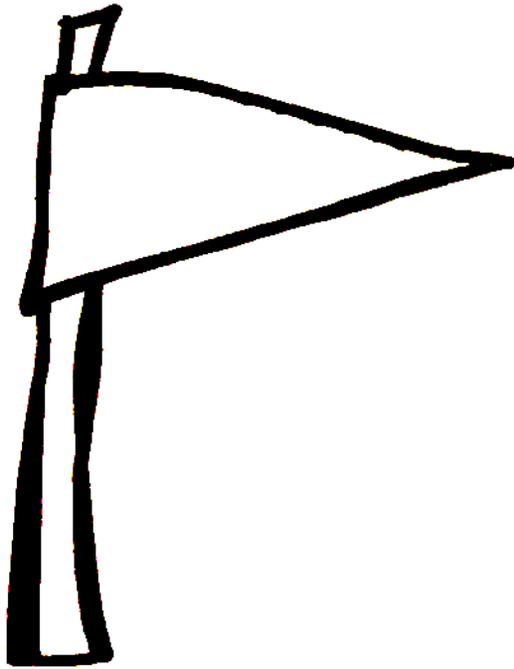
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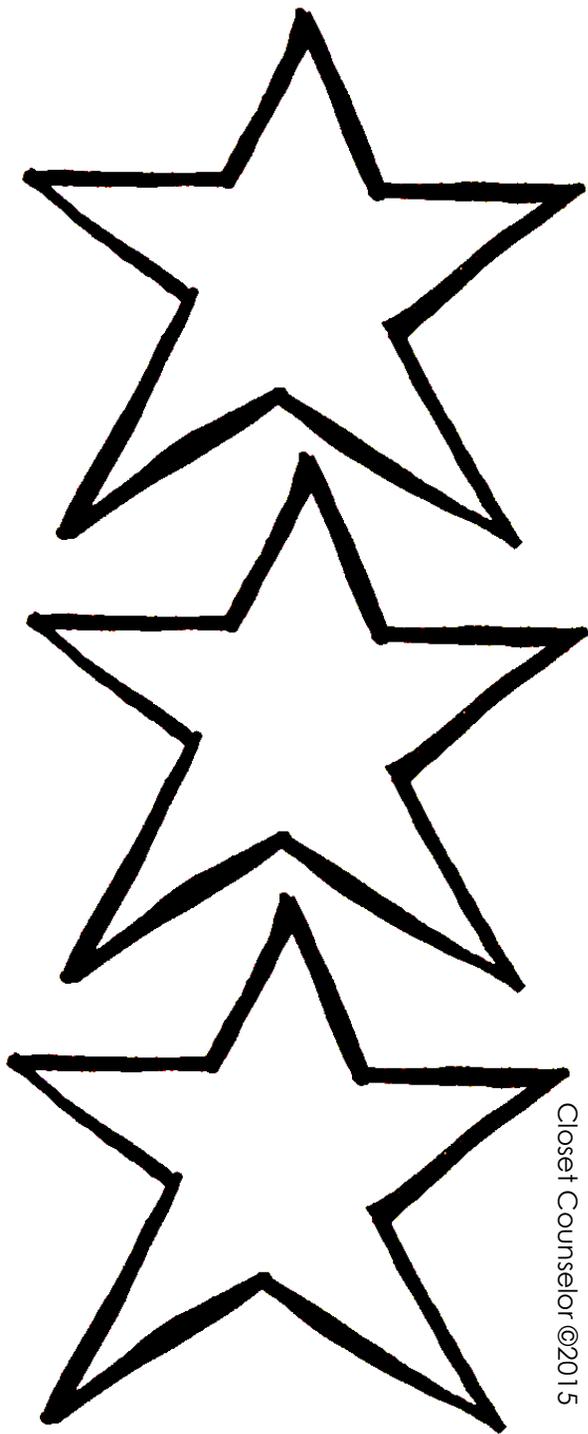
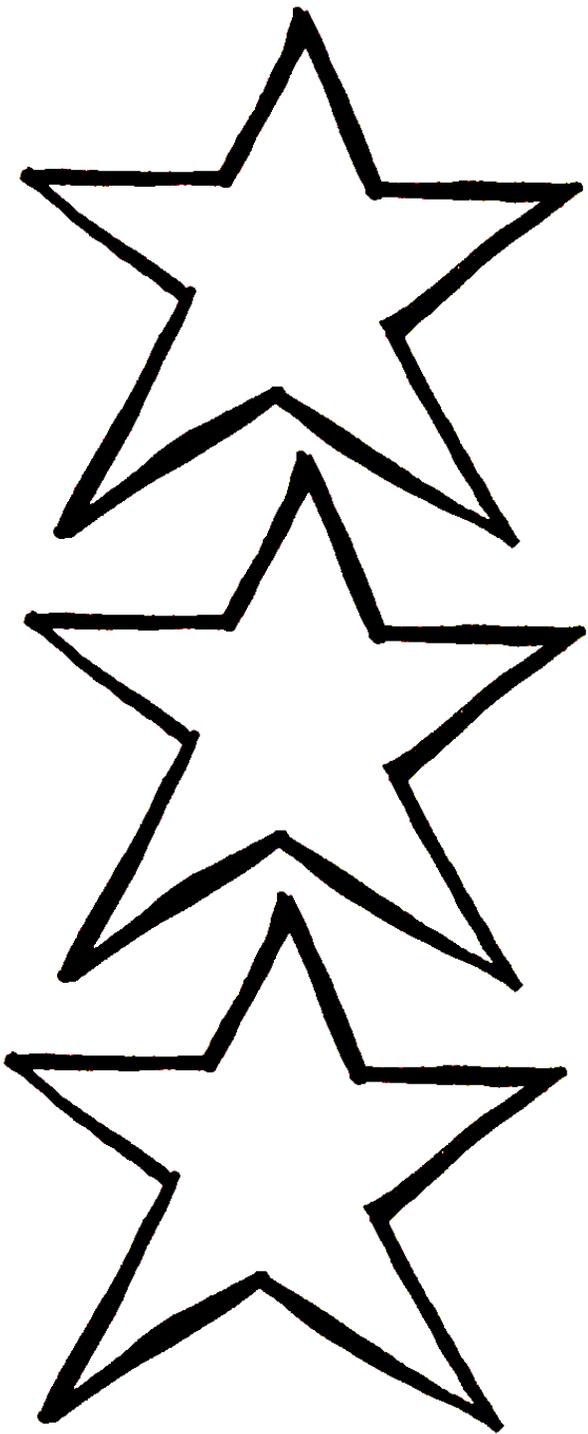
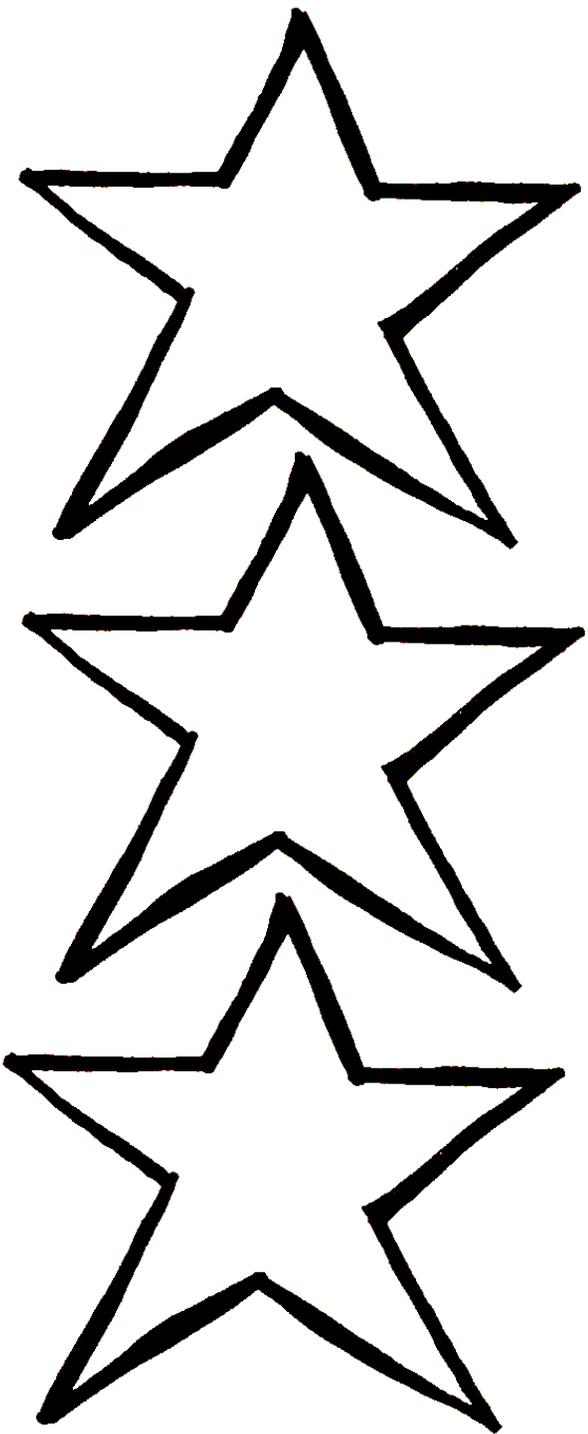


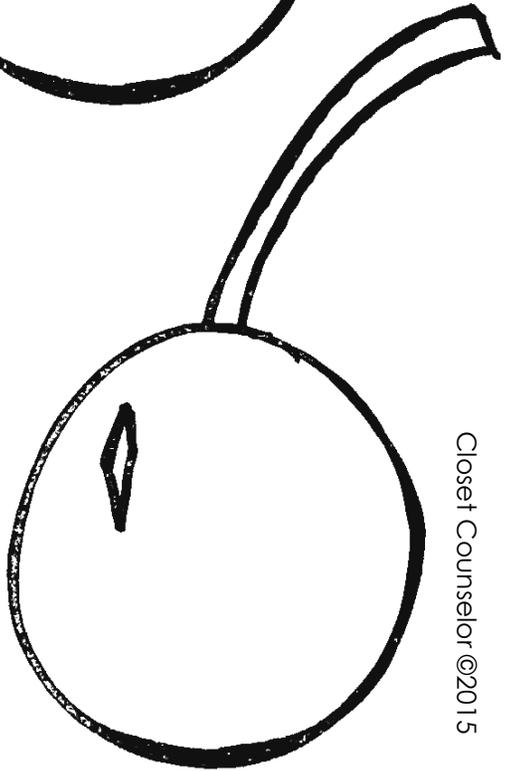
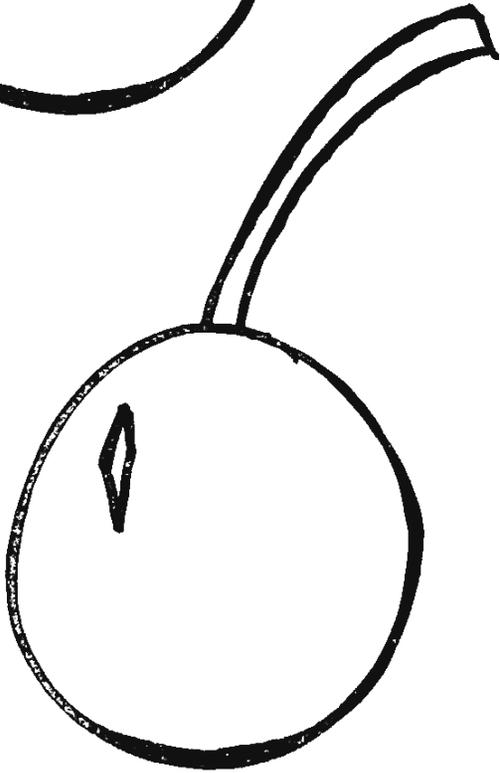
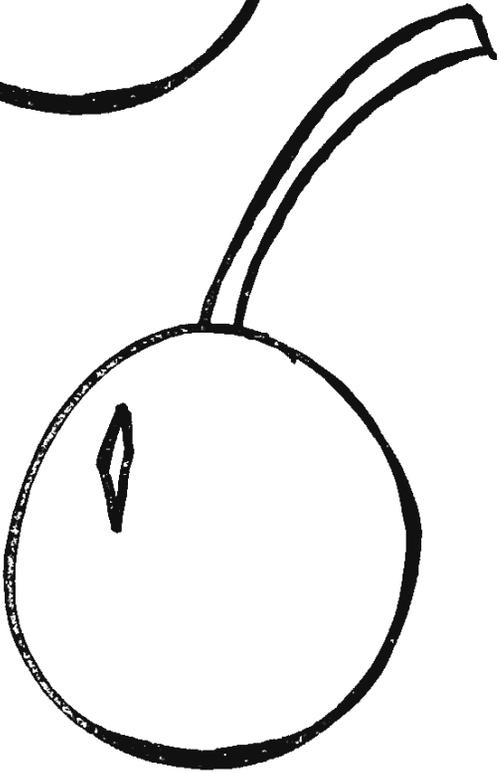
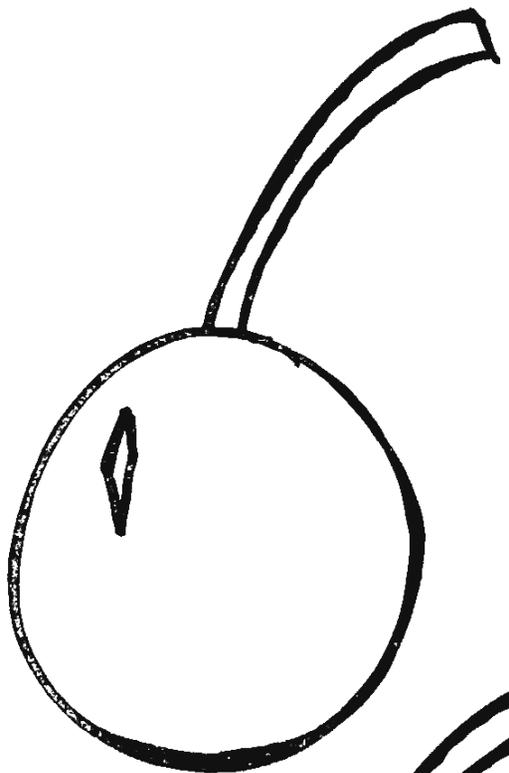
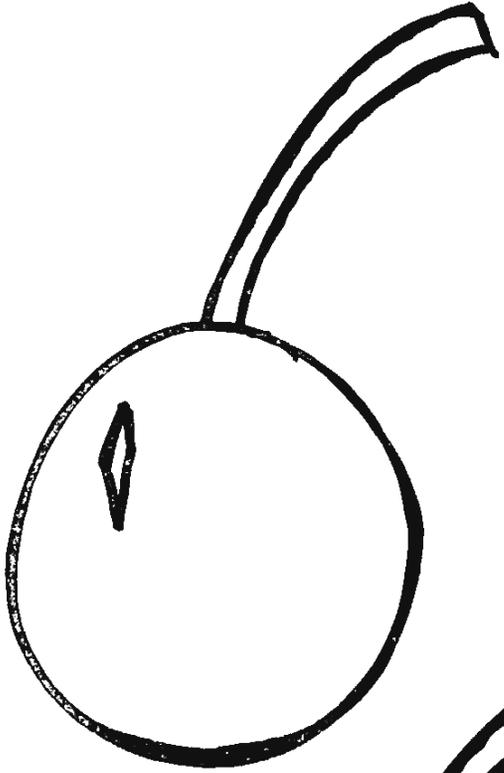
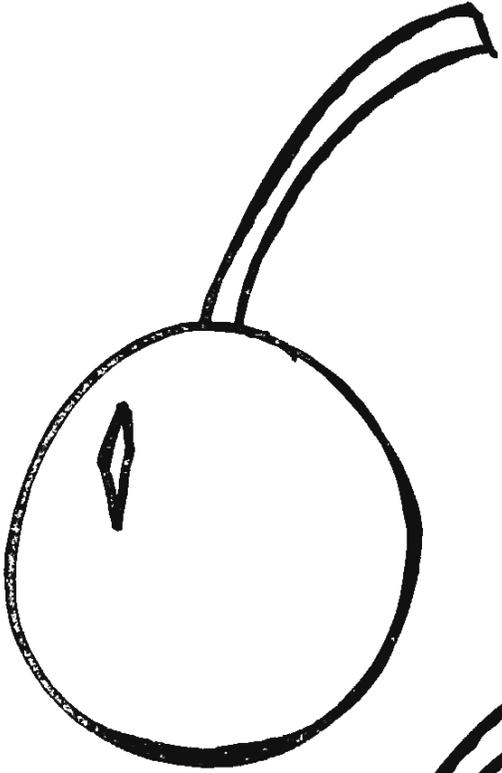


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# My Cope-Cake

People who help me on hard days:

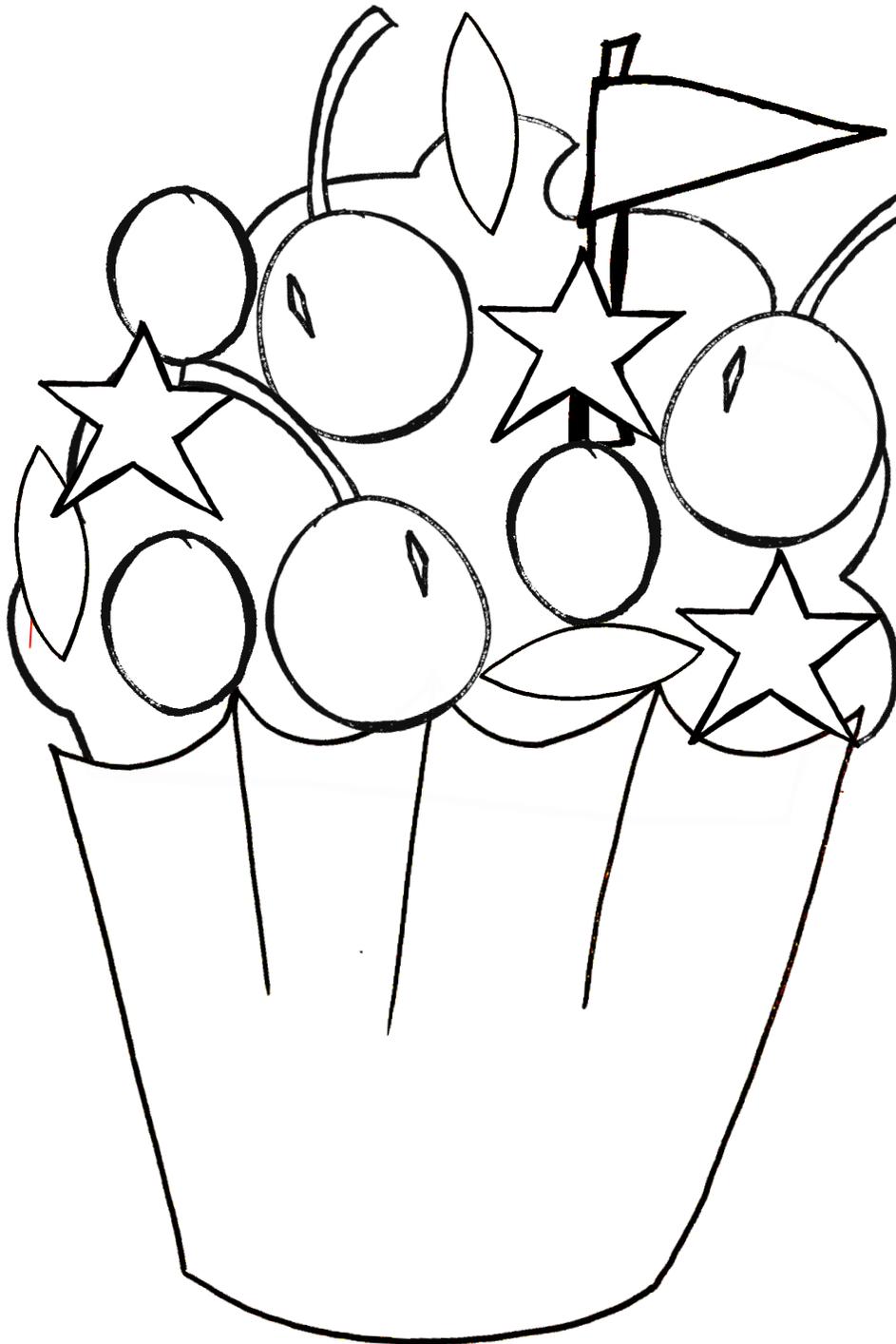
My Coping Skills:

I feel safe and calm

I am

My positive thoughts

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