

## Cope Cakes

At the moment things are really different and sometimes different is hard to cope with. That is really normal and lots of people are finding it hard at the moment. So lets find out what our coping skills are. Not everyone's will be the same.

- Coping skills are the things that make you feel good and calm you down when we are feeling angry, worried, or sad.
- Some coping skills are healthy.
- Some coping skills are unhealthy.

We are going to look at what skills are healthy, and which are unhealthy.

Then we will look at which coping skills work for you



## Matching the Skills

There are coping skills that are healthy and some that are not healthy. Match the healthy and unhealthy cope-cakes to the matching box with a line and then colour in the cakes.



Talk to someone  
about how you are



Kick and hit out



Take some deep breaths



Do some exercise



Listen to some music



Yell at someone

Healthy Coping Skills

Unhealthy Coping Skills

## Your Cope Cakes

A Cope Cake is a way of showing what your coping skills are. As we said before, everyone's will be different.

Below are a range of coping skills, colour in the cake with coping skills that work for you, (there are some blank ones for you to add your own) then on the next page we will make a recipe for it!



Read a book



Exercise



Eat a healthy snack



Talk about how you are feeling



Listen to music



Colour a picture



Take a bath or shower



Take some deep breaths





# My Cope Cake Recipe



This is my example, you can have a go at your own recipe on the next page.

## Ingredients:

Do 10 star jumps

Listen to my favourite music

Take a bath and relax

## Directions:

When I am feeling worried, I will do 10-star jumps.

If I still feel worried, I will listen to my favourite music and maybe have a dance around the room.

Then I will have a nice warm bath and relax.

# My Cope Cake Recipe



Whenever you get worried, sad or angry, use your Cope Cake Recipe to remind yourself of how you can cope with your difficult emotion. Colour in it and make it colourful!



**Ingredients:**

**Directions:**