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.
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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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

Relaxing Music
Go for a walk
Talk to a friend
Stretch
Blow Bubbles
Take a bath
Deep Breaths
Ask for a hug
Read a book
Eat a snack
Take a nap
Color a picture

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A Dozen Cope-Cake Flavors

Relaxing Music
Go for a walk
Talk to a friend
Stretch
Blow Bubbles
Take a bath

Deep Breaths
Ask for a hug
Read a book
Eat a snack
Take a nap
Color a picture

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Cope-cake Recipe

Ingredients:

Directions:
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.

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My Cope-Cakes
My Cope-Cakes

- Deep Breaths
- Drawing Pictures
- Cook Cupcakes
- Take a Bath
- Listen To Music

Closet Counselor ©2015
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.
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
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.
- Write a person who helps you on hard days.
- Write down a positive thought.
- Write down a coping skill.
- Fill in this blank:
  I am ____________
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.

- Practice smelling your cupcake by taking a deep breath through your nose. Roll again!
- Fill in this blank: I am __________
- Write a positive thought.
- Write a coping skill.
- Name a place that makes you feel calm or safe.
My Cope-Cake

People who help me on hard days:

My Coping Skills:

I feel safe and calm

I am

My positive thoughts
My Cope-Cake

People who help me on hard days:

My Coping Skills:

I feel safe and calm

I am

My positive thoughts
My Cope-Cake

People who help me on hard days:

My Coping Skills:

I feel safe and calm

I am

My positive thoughts
Thank you for downloading a Closet Counselor Product!

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