

## Cope-cake

**Materials:** Cope-cake worksheet (see next page), markers, crayons, colored pencils, and any other drawing materials you may own.

**Instructions:** Design your own cope-cake with things and people that help you feel better when you are feeling anxious, sad, or frustrated/mad. Color in the rest of your cope-cake with designs or colors that you like. Fill in the questions on the worksheet.

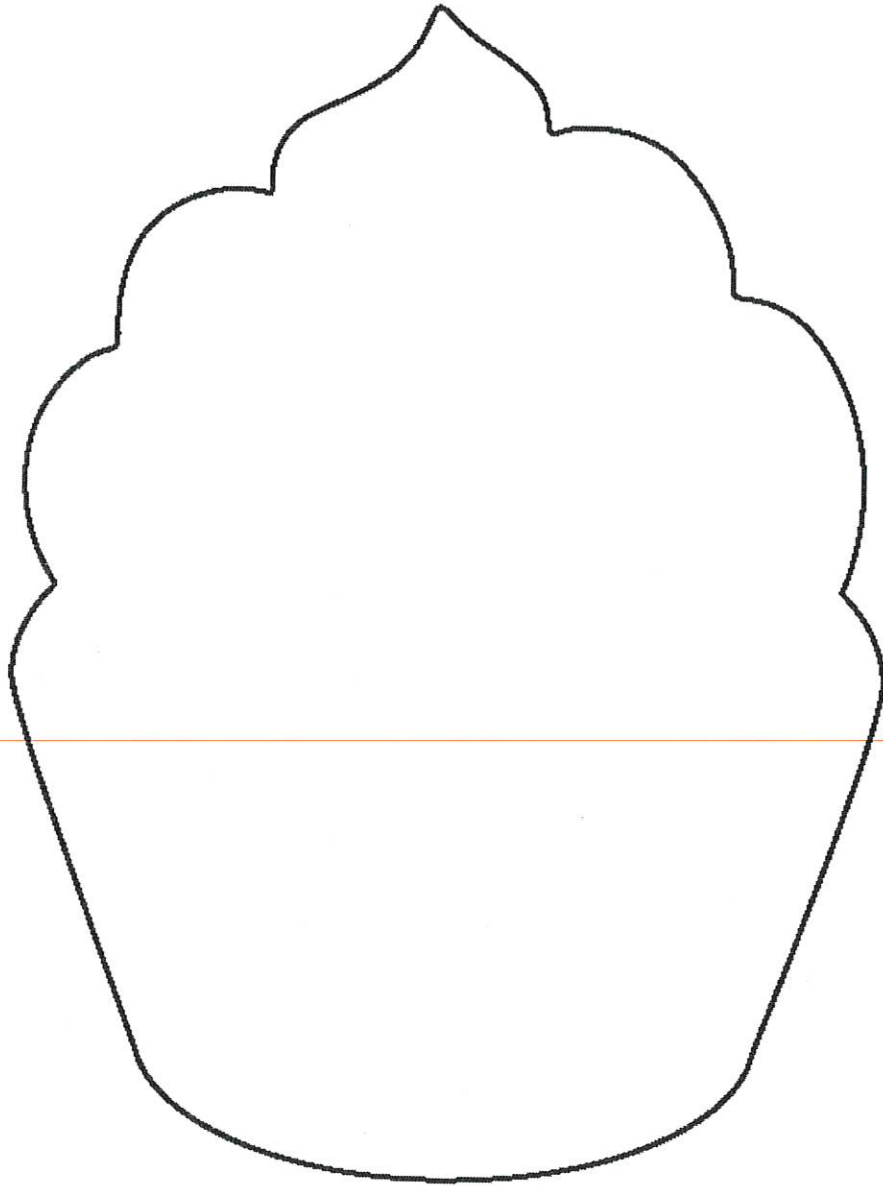
**Discussion:** Talk with a parent, sibling, or therapist about the things you choose to include into your cope-cake. Here some questions to talk about:

How did it feel to think about your cope-cake and design it?

How was it to think about the people and things that help you cope?

What flavor is your cope-cake? Are there sprinkles on your cope-cake or special frosting? If you were to take a big bite of your delicious cope-cake, how would it make you feel?

# MY COPE-CAKE



Things that help me feel calm:

I am:

Places where I feel calm and safe:

Positive thoughts: