

# My Coping Cupcake



A coping cupcake is the perfect recipe to help you cope, or deal with tough feelings. We all have times when we have tough feelings.

Everyone's recipe is different!  
on the next page, write down some things that are in your coping cupcake!

# My Coping Cupcake

People that help me on hard days:



My coping tools:



I feel safe a calm  
when:

I am:  
(write positive character traits  
about yourself)

My positive thoughts:

