

# My Coping Cupcake



**A coping cupcake is the perfect recipe to help you cope, or deal with 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:**

**My positive thoughts:**