

Name \_\_\_\_\_



## The Coping Café

**Instructions:** Imagine you are visiting the **Coping Café**, where different coping skills are listed like items on a restaurant menu. When strong emotions show up, you can pause and choose a skill that helps you handle the situation in a healthy way. Read each situation below and answer the questions to help guide your thinking.

### Coping Café Menu

**Calming Skills** - help your body slow down

- Take 5 slow breaths
- Count slowly to 10
- Stretch your shoulders and arms
- Close your eyes and relax your body

**Distraction Skills** - help your mind take a short break

- Draw or doodle
- Read a few pages of a book
- Do a puzzle or brain game
- Organize or clean something small

**Self-Soothing Skills** - comfort your senses

- Listen to calming music
- Wrap up in a cozy blanket
- Hold a stuffed animal or comfort object
- Drink something warm or cool slowly

**Reach-Out Skills** - get support from others

- Talk to a parent or caregiver
- Ask a teacher for help
- Call or text a friend
- Spend time with a pet

### Practice Situations

**1. A Frustrating Homework Moment** - You have been working on your homework for a long time, and one problem keeps confusing you. You start to feel frustrated and notice the urge to quit or crumple up the paper. What emotion might you be feeling?

What urge do you notice?

Which skill from the Coping Café might help you handle this moment?

Why do you think this skill could help?

**2. Hurt Feelings with a Friend** - During recess or lunch, a friend says something that hurts your feelings. You feel upset and start thinking about arguing or walking away angrily. What emotion might you be feeling?

What urge do you notice?

Which skill from the Coping Café might help you respond in a healthy way?

Why might this skill help in this situation?