

Name _____

The Coping Café Sample Answer Key

Note: These are **example responses**. Students may provide different answers as long as they show reasonable emotional awareness and a logical coping skill choice.

1. A Frustrating Homework Moment - What emotion might you be feeling?

Possible answers: Frustrated Confused Overwhelmed Annoyed

What urge do you notice? Possible answers:

Quit the homework Crumple up the paper
Give up Avoid the assignment

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

Possible answers:

- Take 5 slow breaths (Calming Skill)
- Ask a teacher or parent for help (Reach-Out Skill)
- Take a short break and draw (Distraction Skill)

Why do you think this skill could help?

Example responses:

- Taking deep breaths can help me calm down so I can think clearly.
- Asking for help might make the problem easier to understand.
- A short break can help my brain reset.

2. Hurt Feelings With a Friend - What emotion might you be feeling?

Possible answers: Hurt Sad Angry Embarrassed

What urge do you notice?

Possible answers:

Argue with the friend Walk away angrily
Say something mean back Ignore them

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

Possible answers:

- Count slowly to 10 (Calming Skill)
- Talk to the friend calmly (Reach-Out Skill)
- Take a break and draw or do something else (Distraction Skill)

Why might this skill help in this situation?

Example responses:

- Counting to ten helps me calm down before I say something I regret.
- Talking calmly could help solve the problem.
- Taking a break gives me time to cool off.