

WHAT IS A COPE-CAKE?

Cope-Cakes help when you're feeling mad,
Cope-Cakes help when you're feeling sad!
You put in what you need to calm right down,
This recipe will turn your frown upside down!!
When you find that you are feeling angry or frustrated,
These cope-cakes will need to be created!
The ingredients are special just for you,
Just add what you need to calm down or not feel blue.
Once you add what you need,
These COPING STRATEGIES will help you succeed!!