



Color Your Own Cope-Cakes

Cope-Cakes are a fun way to remember your favorite coping skills. Sometimes it's hard to be sick or in pain. Sometimes life doesn't seem fair. Sometimes we feel sad. Sometimes we cry. Sometimes we're angry. Sometimes everything just feels gray. Coping skills can help us manage our difficult emotions in healthy ways. We've included three and made space for you to write three of your own.



Pray to Jesus.



Color a picture.



Hug someone you love.



AN ALPHABET OF FUN FROM A-Z!

CJ Star and the Sunshine Squad love to play and explore God's world, and they've created a fun A-Z list so you can play and explore too!

- A** Look for an  acorn,  ant, or  armadillo, or eat an  apple or  avocado.
- B** Blow bubbles, bounce a ball, or build with blocks.
- C** Color, cuddle a pet, or count all the cups you can find.
- D** Drink water, doodle on paper, or dance.
- E** Exercise (run, skip, hop, or walk), draw an elephant,  or eat a healthy snack.
- F** Get some fresh air, find a feather or  a flower, or play with a football,  frisbee,  or friend.
- G** Go for a walk, eat a grape or green pepper, look at a globe, or draw a giraffe.
- H** Hug someone you love, look for  heart-shaped objects, wear a hat,  or draw a hippo. 
- I** Look for an insect, play I Spy, or eat an  ice cream cone.
- J** Jump rope, tell a joke, or eat a piece of toast with jam. 
- K** Hop like a kangaroo,  fly a kite, tie a knot, or be especially kind. 
- L** Listen to music, write a letter, or look for the littlest and largest things you can find.
- M** Make silly faces in the mirror, march around the room, or eat macaroni, macarons, or mushrooms.
- N** Wrinkle your nose, look for a  nest, or name  of your favorite things.
- O** Hoot like an owl,  find something orange, eat oatmeal or an olive, or draw an octopus. 
- P** Pray to Jesus, paint on paper, play outside, or practice taking pictures. 
- Q** Quack like a  duck, be really quiet for five minutes, ask a question, or eat quiche or a quesadilla.
- R** Run, ride a bike,  read a book,  or find all the red things in your room.
- S** Sing, stretch, skip, eat spaghetti, squash, or a  strawberry. 
- T** Talk to a friend, take a nap, or think of something funny.
- U** Look up at the sky, crawl under a table, or play a  ukulele. 
- V** Find a vase, a vest, a van, or something with Velcro; eat your favorite vegetable, or visit a friend. 
- W** Look out the window, find a wheel, whistle, or wastebasket, find things made of wood, wire, or wax, or things that are white.
- X** Play a xylophone or learn about the X-Ray fish. 
- Y** Yell into your pillow, find something yellow, play with yarn or a yo-yo. 
- Z** Draw a zebra, zip a zipper, run in a zigzag pattern, or count all the zeros you can find.

HAVE A TON OF FUN FROM A-Z!

