

A detailed illustration of an ice cream sundae on a light blue pedestal. The sundae consists of three scoops of ice cream: two pink and one white. The scoops are topped with chocolate sauce, colorful sprinkles, and three red cherries with green stems. The sundae is served on a light blue plate with a matching pedestal. The text "Coping with Change and Challenges" is overlaid in large, bold, orange letters across the top of the sundae.

# Coping with Change and Challenges

With a Ice Cream Sundae



# Directions:

This activity is used as an analogy to identify feelings and coping skills related to experiencing the any changes or challenges life may present.

Point out to client/student what each part of the Sundae represents. (See page 4)

Have students/client complete the analogies for themselves identifying their own feelings and coping skills. Have student/client label the picture.

**Optional Add On:** Enjoy a ice cream sundae together as you process and discuss the answers.

**Bendable Banana:** Things have changed, but now you know, ways to adjust and go with the flow.

**Rainbow Sprinkles:** Good things happen every day, look for them along the way

**Nutty Nuts:** Days are not perfect, bumpy roads you may find

**Cheerful Cherry:** There is hope for the future

**Cool Down Ice Cream:** Stay calm, keep cool. There are ways to relax you see. Finding ways that work for you will be your happy key.

**Ooey Goopy Feelings (chocolate sauce):** ooey goopy feelings are normal inside, so let them out, don't let them hide.

## Label the Picture With the Following:

**Banana:** Write down one thing that has changed and how you have dealt with it as a reminder to yourself to stay flexible.

**3 Scoops of Ice Cream-** one each scoop identify one way to relax

**Chocolate Sauce** - name feelings you are experiencing or have experienced

**Nuts:** Write down ways you can cope when the road of life gets “bumpy”

**Rainbow Sprinkles:** Write down 3 great things that have happened to you recently as a reminder to focus on the positive

**Cherry:** Write a hopeful message to yourself



## Key:

**Bendable Banana:** Things have changed, but now you know, ways to adjust and go with the flow.

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**Cheerful Cherry:** There is hope for the future

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