

Kooth Activity Sheet



ENERGY LEVEL:
Energetic



NO. OF PEOPLE:
10+



ESTIMATED TIME:
30mins

Recipe for coping

ACTIVITY OBJECTIVE:

To be able to create a recipe made up of coping strategies to help manage stress and anxiety.

MATERIALS REQUIRED:

1. Copies of the ingredient cards (1 set per 10 people)
2. Card or paper
3. Pens/pencils
4. Additional materials for decoration (eg. stamps or stickers)
5. Timer (optional)

INSTRUCTIONS:

1. Before starting the activity, hide the ingredient cards around the room.
2. Put young people into groups of 10.
3. Have each group hunt for and collect ingredients they'll use to create a recipe to help them cope with stress and anxiety. Set a timer if it would be helpful.
4. Have students design and decorate a recipe card to help soothe stress and anxiety. They can use the ingredients they've gathered, as well as adding in their own ideas!
5. To conclude, have each group share their recipe and explain how they feel the ingredients could help. Young people could even create their own recipe cards to take home.



Get free, confidential mental health support at go.kooth.com/6w7x

At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.

**Take the breaks
that you need,
when you need
them**

**List what's
positive in your
life**

**Teach yourself to
relax**

Be active

**Be optimistic, but
accept what isn't
in our control**

**Have a good sleep
routine**

Phone a friend

**Create a good
support network**

Write a to-do list

**Eat a healthy
breakfast**

**Listen to a
motivational
podcast**

**Do something
creative**

**Increase your
sense
of control by
planning ahead**

**Dance like
nobody's
watching**

Stay hydrated

**Wear your
favourite clothes**

Try a new hobby

**Make sure you
have screen
breaks planned in**

**Learn to cook a
new recipe**

**Practice being
kind**

**Try a guided
meditation**

Get outside

**Think of things
you're grateful for**

**Do something
to help someone
out**