

Name: _____

Date: _____

Coping Skills

R K T H R O W S T O N E S L X Z L W A Q Y U A T
Q P N X J O U R N A L M R N W C Y J U I Q W A Y
M S Y Z U A V B G B G C W H V H T R C O U M V A
C E P F V H Y L O W M M O B C F N M N D Y V T W
S M U L A D C L F P U O X M Q M E T Q R E Y T A
U A N R B M T G O J W N X F F W M J K A N R A K
I G C P Q S J X R S U I H U T C U M F W O W B L
X O H W P J K P A L L P W B K W R A N S E D H A
J E A V O M P U D E Q Y V R V J T E R F M X W W
N D P U G R G D R E Z K W C V K S O L X O O E N
G I I U N M Q L I P C I L R F U N Z A H S E T R
J V L J I X A P V K N O E M M G I Y U W L J F F
E V L P P U R Q E J B Q L H S O N C B J L T P E
T T O X P D Q P X E Q Q X G F R A W R E A S K W
I E W W O Z Z W A T C H T V G U Y R E X C Q T Q
R O W Y H M U Z X I A Z O H A N A R Z O Z M E Z
W M Q K S S F T O U E E V G R N L Z L M M V A U
Z M L P X Q K W I D C O Q X D I P S G Y D G T Y
N L L E Y R Y G F N R V H Q E N C N D A U D V X
T W M J H G D I Q D U B I S N G O D C R E J V E
T R S U H N T U O T I K L A T R E A D P I P O C
N D Z N T J Z T P C F T N I A P J A O F Q L W N
V E S I C R E X E G O C X E G P N C I S G I K U
G J W M W V E Q J B U S X F G J A E Q K N N G U

playaninstrument

punchapillow

callsomeone

goforadrive

Throwstones

videogames

goRunning

talkitout

shopping

exercise

WalkAway

journal

Watchtv

garden

sleep

paint

write

draw

read

yell