

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Coping Skills

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

thing of the consequences  
learn something new  
do schoolwork  
hug someone  
watch tv  
count  
clean  
sing  
nap

think before reacting  
pain your nails  
write or draw  
do a puzzle  
meditate  
smile  
study  
talk

organize your things  
play with a pet  
play a sport  
ride a bike  
exercise  
color  
bake  
read

rearrange furniture  
listen to music  
deep breaths  
take time  
journal  
dance  
cook  
pray