

Name: _____

Date: _____

Coping Skills

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

playing on computer
going to a game
play sports
breathing
writing
drawing
crying

Talking to someone
writing a story
Watching TV
mindyeti
yelling
Reading
Music

Watching netflix
working out
basketball
youtube
Running
poetry