

Name: _____

Date: _____

Coping Skills

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

deep breathing
bubble bath
coloring
reading
gaming

grandchildren
hot drinks
candles
walking

being alone
gardening
fishing
family