

Name: _____

Date: _____

Coping Skills

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

Positive Self-talk
Listen to Music
Mindful Walk
Take Break
Exercise
Draw

Talk to an adult
Lemon Squeezes
Deep Breaths
Grounding
Counting
Read

Talk to friends
Play outside
Drink Water
Walk Away
Color
Nap