

Name: _____

Date: _____

Coping Skills

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

mindfulness
walking
garden
clean
cry

video games
writing
biking
paint

relaxation
reading
dance
shop

exercise
netflix
laugh
sing