

Name: _____

Date: _____

Coping Skills

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

going for a walk
listen to music
quiet place
take a nap
counting

blow out candles
deep breathing
Breath star
stressball
coloring

talk to someone
blow bubbles
play games
exercise
cooking