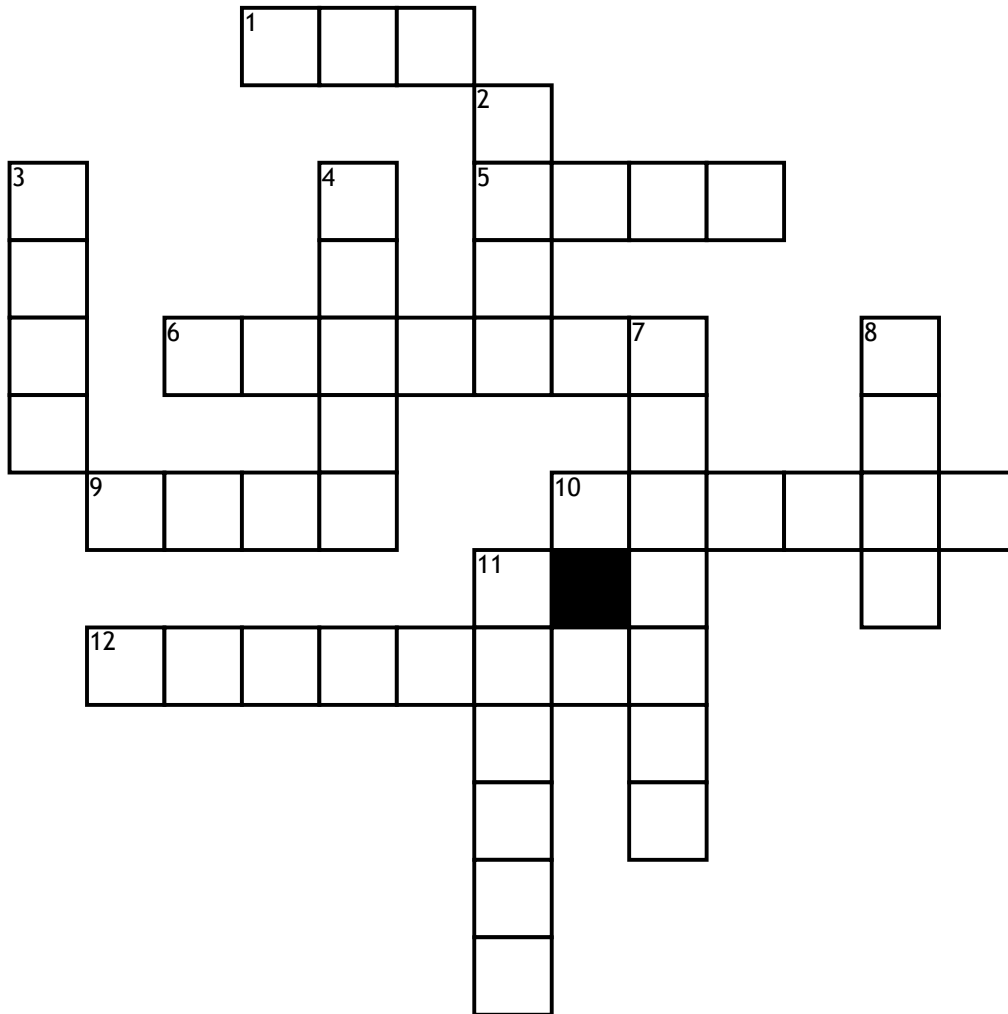


Name: _____

Date: _____

Coping Skills



Across

1. Get some fresh _____
5. Close your _____
6. Take deep _____
9. Read a _____

10. Work on a jigsaw _____

12. Do stretches or _____

Down

2. Take a _____
3. Put your _____ down

4. Ask to take a _____

7. _____ a stress ball

8. Go for a _____

11. _____ to music