

Name: _____

Coping Skills

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

Think of Something Happy
Do Something Kind
Play with a Pet
Deep Breathing
Drink Water
Walk Away
Dance

Think of Something Funny
Talk to an Adult
Listen to Music
Count to Ten
Read a Book
Exercise
Color

Play an Instrument
Talk to a Friend
Write a Letter
Ask for Help
Stress Ball
Stretch
Draw