

Name: _____

Date: _____

Coping Skills

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

Positive Affirmations

Play a Game

Exercise

Paint

Laugh

Dance

Read

Talk to Someone

Mindfulness

Journal

Smile

Color

Yoga

Draw

Take a Timeout

Meditate

Breathe

Count

Clean

Walk