

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Coping Skills

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

### Distraction Techniques

Irritated  
Excited  
Friends  
Journal  
Movies  
Paint  
Dance  
Cats  
Draw  
Eat

### Relaxation Techniques

Skittles  
Worried  
Hygiene  
Crochet  
Tired  
Clean  
Music  
Ride  
Mad  
TV

### Grounding Techniques

Organize  
Nervous  
Outside  
Puzzles  
Happy  
Count  
Color  
Walk  
Sad

### Frustrated

Exercise  
Anxiety  
YouTube  
School  
Upset  
Build  
Sleep  
Work  
Cry

### Depression

Playdoh  
Markers  
Breathe  
Family  
Anger  
Games  
Help  
Talk  
Sew

### Positivity

Content  
Crayons  
Animals  
Shower  
Think  
Write  
Play  
Read  
Art