

Name: _____

Date: _____

Coping Skills

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

write in journal
talk to friend
make snack
help mom
cook

listen to music
deep breathes
stressball
exercise
read

play with pets
drink water
play game
clean

draw a picture
take a walk
watch tv
dance