

Name: _____

Date: _____

Coping Skills

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

Word Searches
Stress Ball
Coloring
Drawing
Yoga

Play Outside
Homework
Talking
Music

Deep Breaths
Counting
Walking
Hobby

Board Games
Exercise
Writing
Slime