

Name: _____

Date: _____

Coping Skills

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

Television
Sports
Paint
Dance
Draw

Meditate
Movie
Music
Cook
Sing

Exercise
Clean
Sleep
Bake

Doodle
Study
Color
Read