

Coping Skills (Before Activity)

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

create something
bike ride
meditate
friends
relax
bake
yoga

watch television
laughter
sunbathe
movies
music
cook

deep breaths
retreats
journal
sports
clean
hike

volunteer
massages
workout
garden
walk
read