

Name: _____

Date: _____

Coping Skills Crossword

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

Organize something
Gratitude List
Count to ten
Go Running
Stretch
Color

Cook something new
Deep Breathing
Call someone
Play cards
Journal
Movie

Listen to music
Healthy Snack
Stress Ball
Rip Paper
Workout
Clean

Write a Letter
Go for a walk
Cold Water
Imagery
Sleep
Draw