

Name: _____

Date: _____

Coping Skills Crossword

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

Talk with trusted friend
Play with Joy
Eat a pickle
Journaling
Meditate
Paint

Talk with staff
Talk with mom
Video Games
Walk Away
Walking
Bake

Deep breathing
Watch Youtube
Watching TV
Exercise
Crying
Yoga