

Coping Skills Word Scramble

1. AEKT EDEP SRBEHTA _____
2. ELISNT OT ISMCU _____
3. TKAE A IMET TOU _____
4. URN IN AECLP _____
5. LKTA OT A FINERD _____
6. RHTECST _____
7. GUH A SEDFTFU ANAIML _____
8. WTIRE A MEPO _____
9. OIGCLORN _____
10. ENDAC _____
11. THKNI TUAOB HPPAY EEMSRMOI _____
12. PALY A GMEA _____
13. NGSJ _____
14. KOLO AT RSUETPCI UYO EIKL _____
15. RWEIT A SORYT _____
16. AKLT TO AN UATLD _____
17. IRWAGND _____
18. IREWT NI A ROUANLJ _____
19. OTNCU TO 01 _____
20. CATHW VT _____
21. NTPA LIKE A PYPUP _____
22. KHINT UTOBA MSOONEE UYO LOVE _____
23. GTE A IRDKN _____
24. SEEEUZQ MNLSEO _____

Word Bank

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|-------------------|----------------------------|------------------------------|----------------------|
| Take deep breaths | Play a game | Listen to music | Take a time out |
| Run in place | Think about happy memories | Squeeze lemons | Coloring |
| Talk to a friend | Sing | Talk to an adult | Stretch |
| Pant like a puppy | Count to 10 | Think about someone you love | Hug a stuffed animal |
| Write a poem | Drawing | Watch tv | Get a drink |

Dance

Write in a journal

Write a story

Look at pictures you like