

Name: _____

Date: _____

Coping Skills Word Search

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

positive imagery
counseling
laughing
friends
drawing
walks

thoughtstopping
journaling
crafting
fishing
family

deepbreathing
gardening
exercise
reading
music

healthyfoods
coloring
shopping
singing
games