

Name: _____

Coping Skills Word Search

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

Thinking for a Change
Identify Feelings
Relaxing Muscles
Change Thoughts
Safe Place

Change the Channel
Look for the Good
Turtle Technique
Talk to Someone

Balloon Breathing
Lizard Breathing
Bunny breathing
Mindfulness