

Name: _____

Date: _____

Coping Skills

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

yell in a pillow
call a friend
count to ten
play a game
stretches
draw

write a letter
jumping jacks
deep breaths
happy place
puzzles

drink of water
talk about it
push a wall
take a walk
color

lemon squeezes
riding bikes
read a book
play sports
music