

Name: _____

Date: _____

Coping Skills

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

Breathing
Crafts
Paint
Bath

Exercise
Garden
Write
Walk

Puzzles
Music
Color
Read