

Name: _____

Coping Skills

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

talking to trusted adult

writing down feelings

deep breathing

Taking Space

chewing gum

laying down

exercise

coloring

venting

reading

drawing

slime

music

hugs

yoga