

Name: _____

Date: _____

Coping Skills

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

recreational activities
 listen to music
 volunteer
 camping
 puzzle
 dance
 cook
 read
 run

play on computer
 deep breathing
 walk away
 hunting
 canoe
 drive
 draw
 sing

chicken fingers
 pampering self
 exercise
 journal
 clean
 paint
 fish
 walk

count backwards
 designing
 sleeping
 running
 color
 write
 hike
 jog