

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Coping Skills

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

TALK TO COUNSELOR

Write a letter

TALK about it

TAKE A WALK

WATCH TV

Color

TALK TO A FRIEND

DEEP BREATHE

Ask for help

PLAY SPORTS

EXERCISE

READ

Control Emotions

WATCH A MOVIE

Count to Ten

GO OUTSIDE

Breathe

draw

TALK TO TEACHER

Be Respectful

PLAY A GAME

MEDITATE

PAINT