

Name: _____

Date: _____

Coping Strategies

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

COPING STRATEGIES
WALK OUTSIDE
PLAY A GAME
PET A DOG
FIDGETS

TALK TO AN ADULT
DEEP BREATHS
GET A DRINK
STRETCH
MUSIC

CALL A FRIEND
READ A BOOK
SELF TALK
JOURNAL
DRAW