

Name: _____

Date: _____

Coping Strategies

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

AFFECTION
THROWING
HUGGING
WALKING
PETS

COLOURING
COOKING
READING
WRITING
TIDY

SLEEPING
CYCLING
SINGING
BOXING

SWIMMING
DRAWING
TALKING
GAMING