

Name: _____ Date: _____

Coping skills

1. LOINROGC _____
2. PEELS _____
3. EEXIRCSE _____
4. LAKW _____
5. NUR _____
6. TIAMDETE _____
7. NTGKAIL _____
8. SEPAC _____
9. PRNS _____
10. ELPES _____
11. EARD _____
12. IRTTIOCADNSS _____

Word Bank

Talking
Sleep
Run

space
Distractions
meditate

PRNS
Coloring
Sleep

Exercise
Walk
Read