

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

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

# Positive Coping Skills

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

Talking To Friend  
Talk to Friend  
Count to Ten  
Meditate  
Music

Playing Outside  
Deep Breathing  
Video Games  
FortNite  
Yoga

Watching Movie  
Going to PRP  
Exercise  
Reading  
Art