

Name: _____

Positive Coping Skills

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

television
movies
cards
sleep
pray

exercise
shower
clean
staff
read

meditate
visits
color
walks
talk

friends
alone
dance
write
eat

family
calls
music
draw