

Name: _____

Date: _____

coping skills

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

deep breathing
exercise
cooking
reading
games

volunteering
drawing
walking
crafts
music

stargazing
writing
puzzles
dance
movie