

Name: _____

Date: _____

Coping Skills

A 20x20 grid of letters with several words circled in red. The circled words are:

- Exercise (row 1, columns 4-13)
- Listen to music (row 2, columns 2-11)
- Give a hug (row 3, columns 1-8)
- Watch TV (row 4, columns 4-13)
- Hug a stuffed animal (row 5, columns 2-11)
- Listen to music (row 6, columns 2-11)
- Exercise (row 7, columns 1-10)
- Watch TV (row 8, columns 4-13)
- Exercise (row 9, columns 1-10)
- Watch TV (row 10, columns 4-13)
- Exercise (row 11, columns 1-10)
- Watch TV (row 12, columns 4-13)
- Exercise (row 13, columns 1-10)
- Watch TV (row 14, columns 4-13)
- Exercise (row 15, columns 1-10)
- Watch TV (row 16, columns 4-13)
- Exercise (row 17, columns 1-10)
- Watch TV (row 18, columns 4-13)
- Exercise (row 19, columns 1-10)
- Watch TV (row 20, columns 4-13)

stress free

aromatherapy

watch a movie

garden

cook

exercise

stress ball

cope

journal

listen to music

pray

meditate

Petting an animal

walk away

coping skills

give a hug

do a puzzle

hug a stuffed animal

clean something

take a bath

playing a game

be positive

draw

eat

punch a pillow

talk to an adult

watch TV

deep breathing