

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

# COPING SKILLS SCRAMBLE

1. CEANL CLEAN
2. RATS AND CSFRAT ARTS AND CRAFTS
3. ISENLT OT MICSU LISTEN TO MUSIC
4. YPAL ASDRC PLAY CARDS
5. PINTA RYUO LNISA PAINT YOUR NAILS
6. ETRIW A RELETT WRITE A LETTER
7. USEZEQE A RESSTS LALB SQUEEZE A STRESS BALL
8. CSIXEREE OR GILAWNK EXERCISE OR WALKING
9. IGSWEN SEWING
10. TIAPNGNI PAINTING
11. ERWIT IN A AROLUJN WRITE IN A JOURNAL
12. TKAL OT A IFREND TALK TO A FRIEND
13. TCNUO TO NYWTTE EFVI COUNT TO TWENTY FIVE
14. OD A PLZEUZ DO A PUZZLE
15. ONOCGKI COOKING
16. EDPE TEABGINRH DEEP BREATHING
17. LAPY HTIW ETP PLAY WITH PET
18. LKTA TO UYOSELF TALK TO YOURSELF
19. TAKE A MRWA ATHB TAKE A WARM BATH
20. WRDA A DGINES DRAW A DESIGN