

Coping Skills Word Search

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

Arts and crafts

Cook

Get a new
hobby

Play a game

Sing

Breathe

Dance

Meditate

Play with
pets

Smile

Call a friend

Exercise

Music

Read

Write

Clean

Garden

Organize

Relaxing bath

Yoga