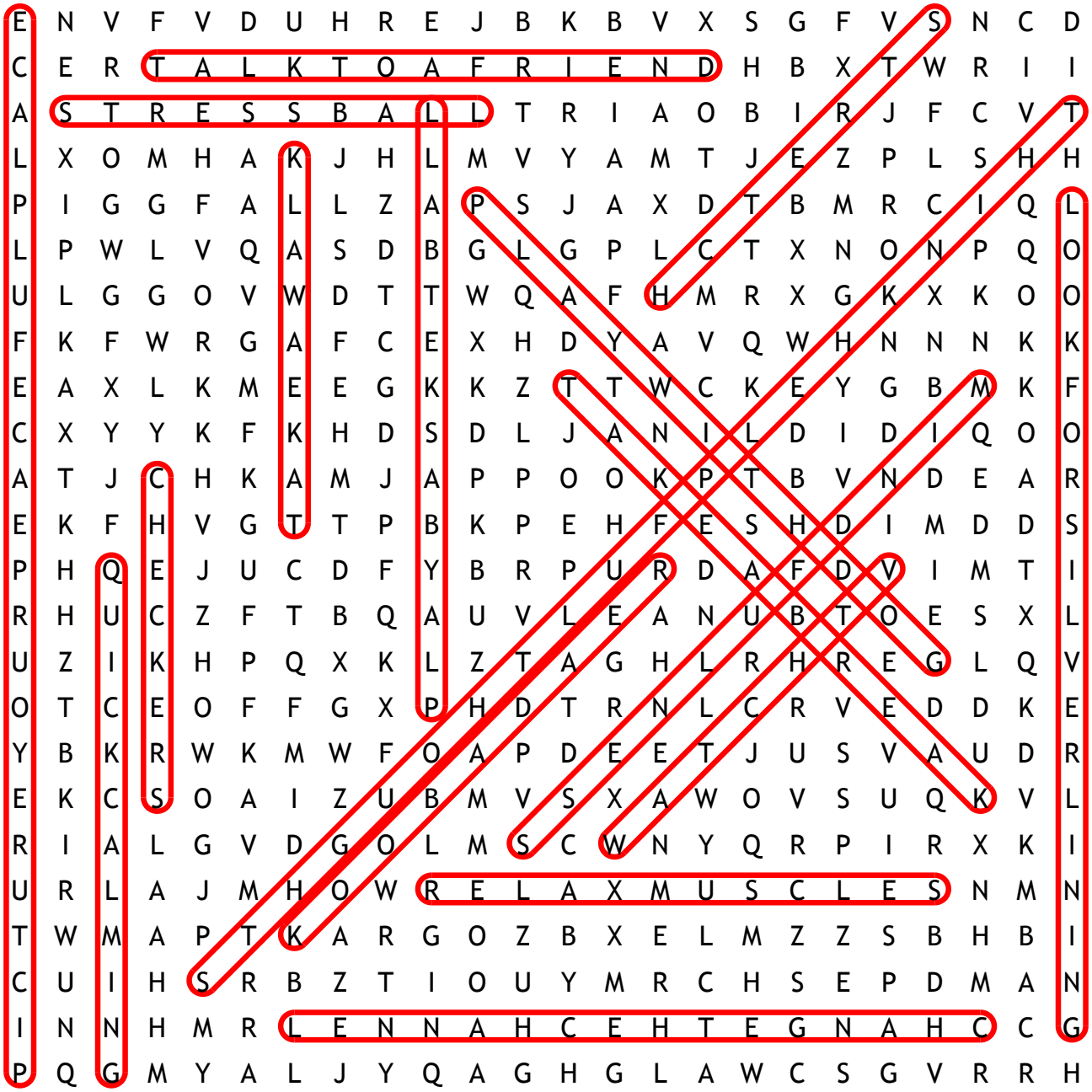
Name: _____ Date: _____

Coping Skills Word Search



picture your peaceful place
change the channel
play with dog
take a break
read a book
watch TV
think helpful thoughts
talk to a friend
quick calming
mindfulness
take a walk
stretch
look for silver lining
play basketball
relax muscles
stress ball
checkers