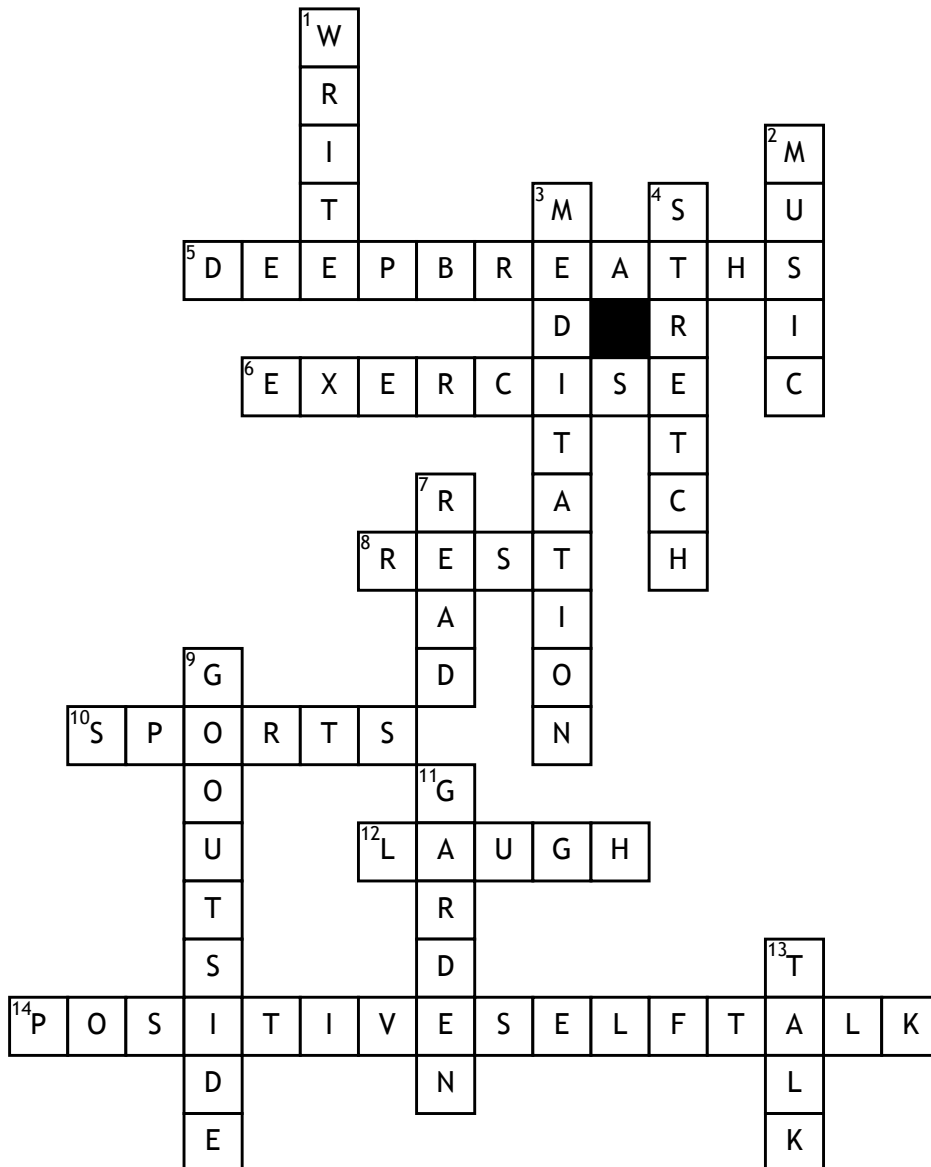


Name: _____

Date: _____

Coping Skills



Across

5. Breath in through your nose, and out through your mouth.

6. Jumping jacks, jogging, jumping rope, sit-ups, push-ups

8. Getting sleep and quiet time.

10. Team events to play or watch.

12. Reading a comic or joke book will help you do this.

14. Telling yourself how amazing you are.

Down

1. To journal or create a story.

2. Listening to tunes or

3. A practice of mindful awareness.

4. A Yoga activity

7. Spend time in your favorite book or magazine.

9. Spending time in nature and getting fresh air.

11. Take care of a plant, or plants.

13. Have a conversation with a trusted adult.