$\qquad$

## COPING SKILLS

L Y N W M K U U P P F M G X A H K $Z \quad X \quad I \quad G \quad I \quad N \quad H \quad A \quad N \quad S \quad H \quad O \quad P \quad P \quad I \quad N \quad G \quad W \quad V \quad R \quad E \quad W \quad U \quad G$
 H F A M C T L H M L J W I E V I J E J U W I E J



 C $\quad E \quad U \quad R \quad V \quad R \quad G \quad G \quad B \quad D \quad I \quad C \quad D \quad Y \quad D \quad A \quad R \quad E \quad J \quad C \quad G \quad O \quad M \quad R$




 L U D I N O W H A I I C L L A B $\quad$ Y A $\quad$ L P A A B I

 $P \quad M \quad W \quad A \quad C \quad T \quad Q \quad C \quad H \quad R \quad Z \quad I \quad L \quad D \quad G \quad Y \quad S \quad Q \quad R \quad C \quad Z \quad J \quad I \quad T$
 $P \quad J \quad N \quad A \quad U \quad I \quad X \quad L \quad W \quad U \quad R \quad J \quad X \quad O \quad H \quad H \quad Q \quad S \quad E \quad F \quad H \quad D \quad W \quad W$


 D T Y K E Q U I W O J S E M M A G O E D I

| LEARN A NEW LANGUAGE | TALKING WITH FRIEND |
| :--- | :--- |
| DEEP BREATHING | WATCH A MOVIE |
| VIDEO GAMES | WATCHING TV |
| READ ABOOK | NEW HOBBY |
| EXERCISE | MEDITATE |
| DANCING | WALKING |
| PAINT | BAKE |
| YOGA | CRY |

## CREATE SOMETHING

PUNCHING BAG JOURNALING
PLAY BALL
SHOPPING
COLOR
KNIT

