

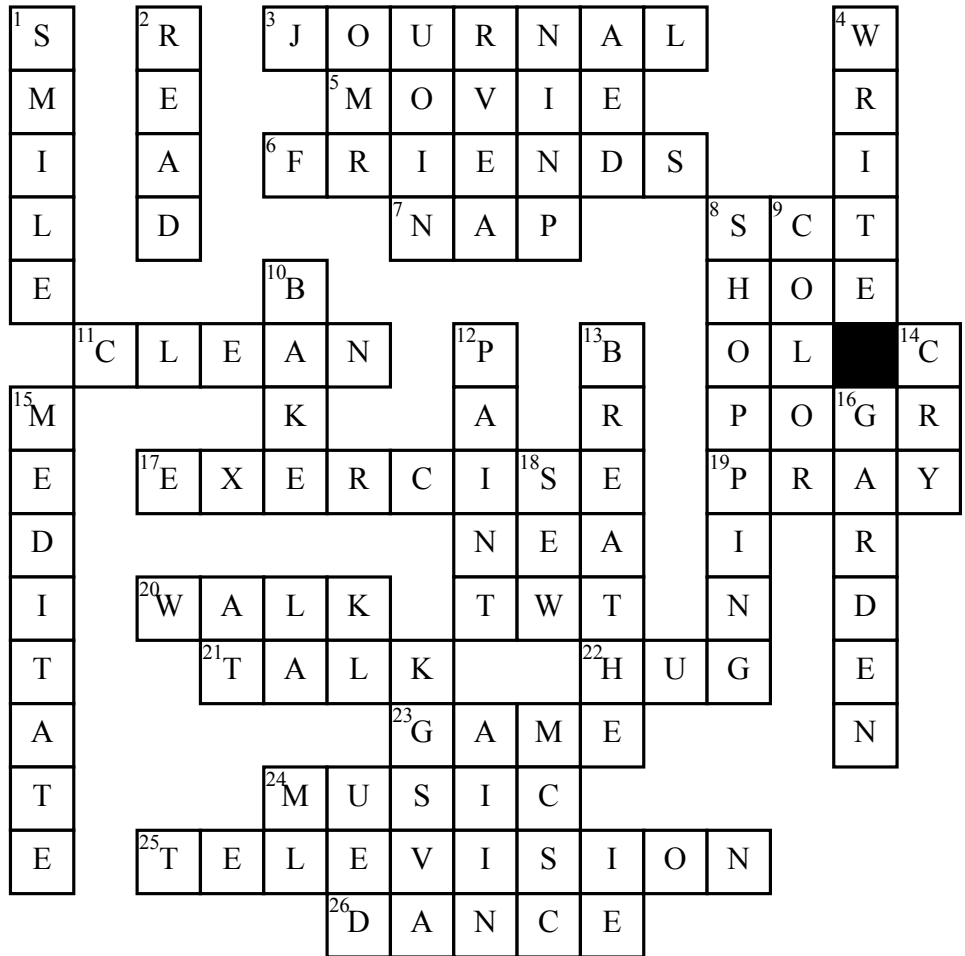
Name: _____

Date: _____

Coping Skills

Across

3. You can write your thoughts in this place
5. You go to the theater to watch this
6. Not your family
7. When you are sleepy in the middle of the day during the summer you take a
11. When your room is messy you need it _____ it
17. Something you do to get your mind and body active; to stay healthy
19. you do this at church, when you are in trouble and just before you eat
20. You use your legs to do this
21. When words come out of your mouth
22. When someone is crying that you care about you may want to give them a
23. Sometimes you just need to play a fun board



24. You use your ear buds to listen to
25. You watch this after you finish your homework and before bed time
26. Beyonce can sing and

Down

1. It takes less muscles in your face to do this; opposite of frown
2. You need a book to do this activity
4. Please _____ your name at the top of the paper.
8. You need money to go to the mall and do this activity
9. You learn how to do this inside the lines on your paper when you are little

10. You _____ a cake in the oven
12. an artist likes to
13. inhale then exhale
14. Some times you do this when you are mad, sad or even happy
15. when you sit in a quiet place by yourself to focus on calming down
16. you go outside and plant a
18. You can do this with your hands or a machine to make clothes

