

Name: _____

Date: _____

Positive Coping Skills

WATCH FUNNY VIDEOS

WRITE IN A JOURNAL

PLAY VIDEO GAMES

READ A GOOD BOOK

TALK TO SOMEONE

WRITE A LETTER

HUG A PILLOW

DO A PUZZLE

PLAY A GAME

PLAY SPORTS

RIDE A BIKE

SEE A MOVIE

TAKE A WALK

EXERCISE

WATCH TV

COLOR

COOK

DANCE

DRAW

SING

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

