

Name: _____

Date: _____

Coping Skills

S S B Q Y S K O O B D O O G A D A E R A M I K M
X 3 A X 1 G I V E Y O U R S E L F A B R E A K N
Y F L U T T P K X X A S K Q U E S T I O N S P I
P O P E A A M Q S K A Y Q Y C Y M U S M W B F L
P E N C H L L R P O M Y N K W A L G O S S W B I
A W T A L K T O S T A F F O U A K W L F X S T S
H T U E K I R U Q L L E L S C W L L 3 P I A N T
G W O P D T W S I Q P K T D 3 S I K Q R K X F E
N A 1 E K O B P U C L A 1 W R K O I A E E N U N
I S O S W U N S N N Y V W N S A O D T W T R U T
H K T O G T R 3 G C B P B R Q Q W I R 3 A X R O
T F T O C D S V A U I D U L R P M O Y C L Y A M
E O N H 3 O N L R L H O M S T E T K R Q K G A U
M R U C X N M C K P Y R Y E A U Y X 1 C T E O S
O H O Q E T S O L F C F O N K 1 V A W K O 3 V I
S E C X T A O L O T L Q D F Y K X L T X A L L C
F L D 3 O C 1 K I T O S P L K W E E O T F L O O
O P N Y B T N Q C 1 P 3 N U Q S O R Y K R F K R
K H A D P I 3 C O A B 3 E D M T A S 3 H I Y A S
N S P F H T D N C H 3 V C W L R D B N K E P U I
I G O T G O U E X E R C I S E Q H R Y Q N I N N
H G T A P U V V X G C F L H D D G P O M D F 3 G
T 1 S S H T A E R B P E E D D N A W O L S 3 D C
F L E S T U O B A S G N I H T E V I T I S O P K

Talk it out dont act it out
Listen to Music or Sing
Think of your skills
Talk to a friend
Draw or Color
Choose Peace
Walk Away

Positive things about Self
3 Slow and Deep Breaths
Stop and Count to 10
Read a good book
Talk to Staff
Ask for Hugs
Exercise

Think of Something Happy
Give yourself a break
Take time and space
Ask Questions
Ask for Help
Stay Calm
Relax