Name: _____ Date: _____

Coping Skills Activities

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

create something
volunteer
meditate
friends
sports
cook
walk
watch television
bike ride
retreats
journal
clean
hike
yoga
deep breathes
laughter
sunbathe
garden
music
pray
bake
go to a park
massages
aerobics
movies
relax
read

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