

Name: _____

Date: _____

Coping Skills

hug a stuffed animal

Petting an animal

talk to an adult

listen to music

clean something

punch a pillow

playing a game

deep breathing

coping skills

watch a movie

aromatherapy

stress free

be positive

do a puzzle

take a bath

stress ball

give a hug

walk away

meditate

exercise

watch TV

journal

garden

cope

draw

pray

cook

eat

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

