

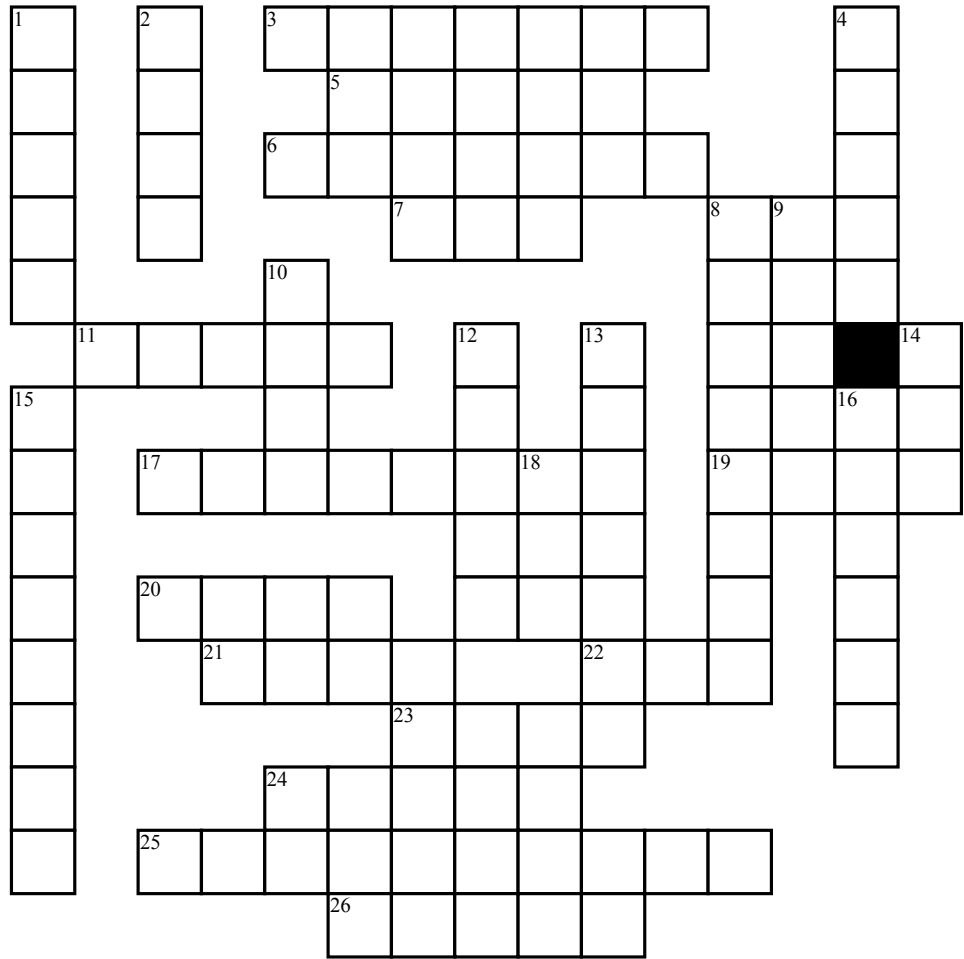
Name: \_\_\_\_\_

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 your 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. Your learn how to do this inside the lines on your paper when your 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

