

Name: _____

Date: _____

Coping Skills Word Search

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

picture your peaceful place
change the channel
play with dog
take a break
read a book
watch TV

think helpful thoughts
talk to a friend
quick calming
mindfulness
take a walk
stretch

look for silver lining
play basketball
relax muscles
stress ball
checkers