

Name: _____

Date: _____

Coping skills 1

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

Think about happy memories

Draw a random design

Paint your nails

Take a time out

Take a shower

Watch a fish

exercise

Stretch

Think about loved ones

Pet your dog or cat

Talk to a friend

Deep Breathing

Count to Ten

Do a puzzle

Painting

Sewing

Slowly sip a beverage

Write in a Journal

Find safe place

Write a letter

Just breathe

Play cards

Cooking

Clean

Squeeze a stress ball

Play a board game

Listen to Music

Arts & Crafts

Talk to self

Coloring

Drawing

Sing