

Name: _____

Date: _____

POSITIVE COPING SKILLS

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

COLOR

DO A PUZZLE

HUG A PILLOW

PLAY VIDEO GAMES

SEE A MOVIE

TALK TO SOMEONE

WRITE A LETTER

COOK

DRAW

PLAY A GAME

READ A GOOD BOOK

SING

WATCH FUNNY VIDEOS

WRITE IN A JOURNAL

DANCE

EXCERCISE

PLAY SPORTS

RIDE A BIKE

TAKE A WALK

WATCH TV