Name: _____ Date: _____

Positive Coping Skills #1

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

Play instrument
Watch Movie
Volunteer
Laugh
Read
Go shopping
Take Break
Exercise
Paint
Sing
Photography
Declutter
Garden
Write
Walk
Take shower
Play Game
Dance
Draw
Act

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