

Name: _____

Positive Coping Skills

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

watch funny videos
write a letter
do a puzzle
journal
draw
read
cry

play video games
watch a movie
selfcare
dance
pray
sing

talk to someone
play a game
exercise
color
walk
cook