

Name: _____

Date: _____

SELF HARM ALTERNATIVES

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

TALK TO TRUSTED ADULT
SQUEEZE ICE CUBES
PUNCH A PILLOW
RIP UP PAPER
TAKE A NAP
MEDITATE
GET HELP
PUZZLES
RUNNING

SQUEEZE STRESS BALL
PLAY VIDEO GAMES
BREATHE DEEPLY
DRAW ON BODY
CLEAN ROOM
PAINTING
EXERCISE
WALKING
SINGING

WATCH FUNNY VIDEOS
LISTEN TO MUSIC
CALL HOTLINE
TAKE A BATH
JOURNALING
COLORING
PRAYING
DANCING
BAKING