

Name: _____

Date: _____

Things that you can do to cope

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

talk to someone

FUNNY VIDEOS

VIDEO GAME,

TAKE A WALK

RIDE A BIKE

PLAY SPORTS

basketball

READ BOOK

WATCH TV

EXERCISE

smoking

PUZZLE

color

paint

music

DANCE

MOVIE

golf

SING

COOK