|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Coping Skills Activities

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

   go to a park       create something       clean       cook       deep breathes       friends       garden       hike       journal       laughter       massages       meditate       movies       music       pray       read       relax       retreats       volunteer       sunbathe       sports       walk       watch television       yoga       aerobics       bake       bike ride