Coping Skills

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| **Across**  **2.** speaking positive, thinking positive  **4.** writing to a specific person  **5.** preparing food  **6.** comes in 25, 100, 300, 500 or more pieces  **8.** in through your nose, to diaphragm, out mouth  **11.** schedule activities each day  **13.** Preferred place or special place  **17.** Comedy, Horror, Drama, Sci-Fi, Documentary  **20.** involves cats and/or dogs  **21.** plants, vegetables, trees, mowing, weeding  **22.** "I" feel, think, believe  **23.** Moving along to a song  **25.** Classical, Country, Rock, Rap  **26.** involves relaxing all muscles throughout the body  **27.** writing down thoughts and feelings  **28.** closing your eyes, listen to instructor guide through calming/relaxing place | **Down**  **1.** soccer, football, tennis, running, baseball  **3.** relax jaw, shoulders and stomach  **7.** In nature/outdoors  **9.** in through your nose, out through your mouth  **10.** piano, guitar, trumpet, drums  **12.** Short period of alone time  **14.** uno, man bites dog, monopoly, life  **15.** focusing on five senses  **16.** trusting in someone else with thoughts and feelings  **18.** using markers, colored pencils, gel pens, paint  **19.** to-do, ideas, positive thoughts  **24.** funny stories, jokes, comedy movies, comedians |