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

Positive Coping Skills #1

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

   Act       Dance       Declutter       Draw       Exercise       Garden       Go shopping       Laugh       Paint       Photography       Play Game       Play instrument       Read       Sing       Take Break       Take shower       Volunteer       Walk       Watch Movie       Write