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

Positive Coping Skills

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

   selfcare       draw       pray       journal       talk to someone       play a game       do a puzzle       write a letter       walk       cry       read       dance       play video games       sing       exercise       cook       watch a movie       watch funny videos       color