Name: _____ Date: _____

Coping Skills Word Search

Find all of the words hidden in the grid.
They may go in any direction.

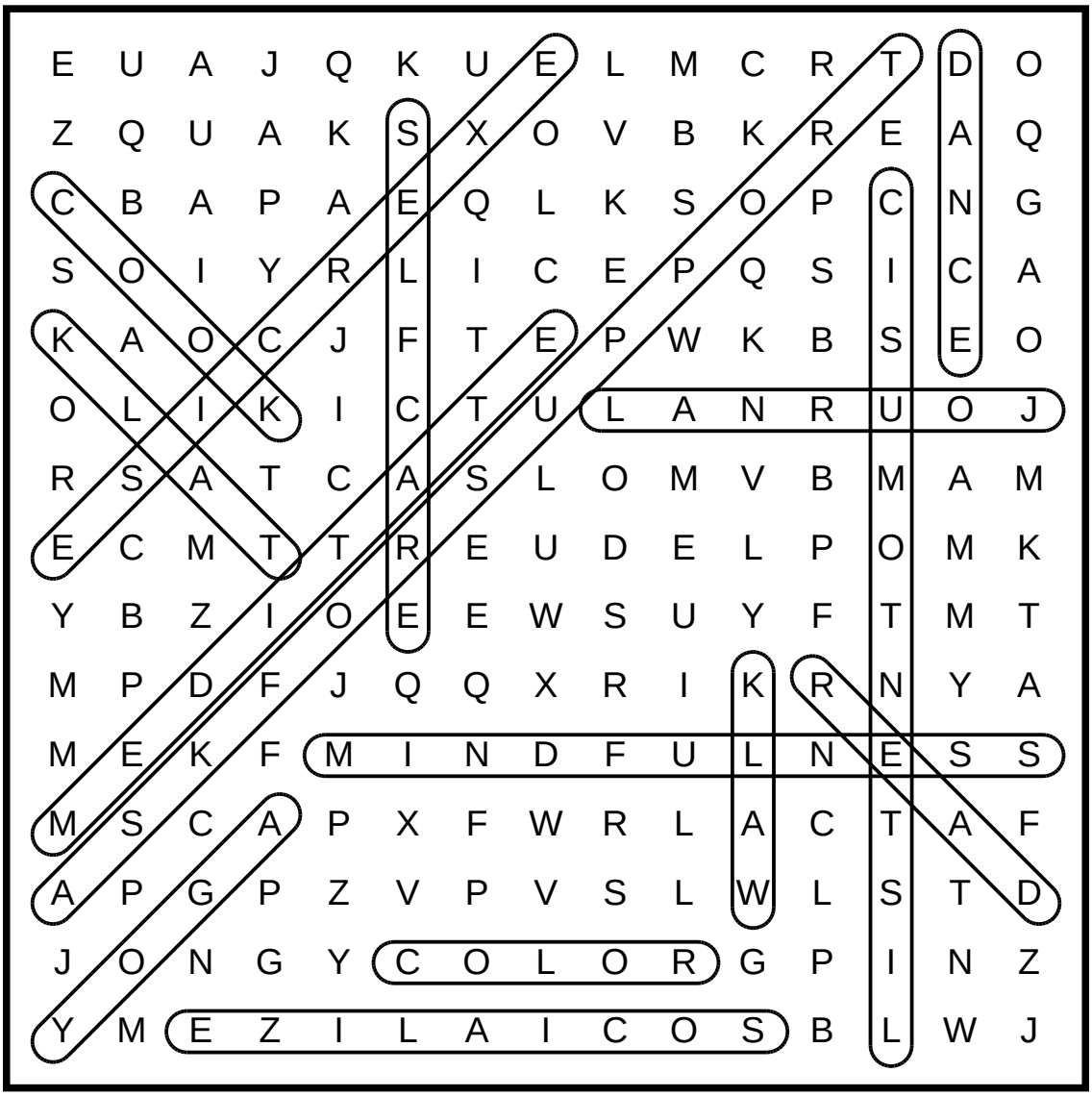


E U A J Q K U E L M C R T D O
Z Q U A K S X O V B K R E A Q
C B A P A E Q L K S O P C N G
S O I Y R L I C E P Q S I C A
K A O C J F T E P W K B S E O
O L I K I C T U L A N R U O J
R S A T C A S L O M V B M A M
E C M T T R E U D E L P O M K
Y B Z I O E E W S U Y F T M T
M P D F J Q Q X R I K R N Y A
M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

ASK FOR SUPPORT
COLOR
COOK
DANCE
EXERCISE
JOURNAL
LISTEN TO MUSIC
MEDITATE
MINDFULNESS
READ
SELF CARE
SOCIALIZE
TALK
WALK
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Answer Key for
Coping Skills Word Search



ASK FOR SUPPORT
COLOR
COOK
DANCE
EXERCISE
JOURNAL
LISTEN TO MUSIC
MEDITATE
MINDFULNESS
READ
SELF CARE
SOCIALIZE
TALK
WALK
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