

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

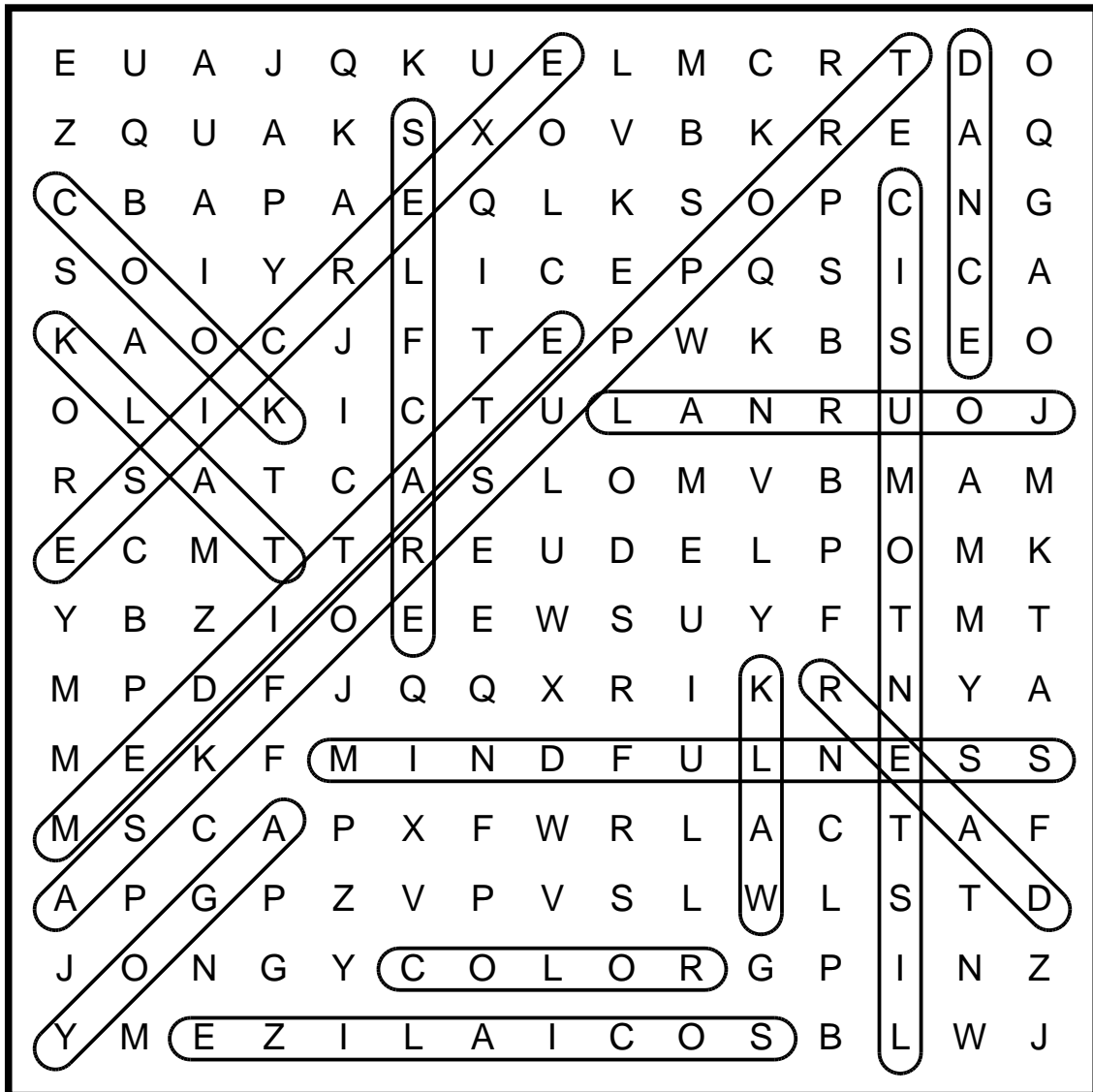
Socialize

Talk

Walk

Yoga

Answer Key for Coping Skills Word Search



Ask for Support

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