

NAME: _____

DATE: _____

Coping Skills Word Search Worksheet

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

Play Basketball

Read a Book

Stretch

Stress Ball

Checkers

Draw

Laugh

Music

Watch TV

Yoga

Read

Sing

Paint

Puzzle

Cook

Take a Break

Smile

Organize