

Coping Skills Word Search

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

music, walk, friend, draw, calm,
kindness, relax, breathe