

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

## **coping skills**

drawing  
singing  
dancing  
reading  
talking  
walking  
cooking  
gaming  
therapy  
pets  
exercise

journaling  
meditating  
deep breathing  
warm baths  
enjoy nature  
play sports  
baking  
gardening  
friend hangouts  
napping  
puzzle solving

