

Coping Skills Wordsearch

Our Practitioners' have made a Coping Skills word search for you to have a go at. There are 15 words hidden in the grid that you need to find. All of the words are positive coping strategies that we can use when we aren't feeling too good as these things may help us to feel better .

- Coping
- Art
- Drawing
- Exercise
- Talking
- Sports
- Hobbies
- Crafts
- Sleeping
- Support
- Mind
- Music
- Friends
- Family
- Cooking

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