

COPING SKILLS WORD SCRAMBLE

WORK AS A TEAM TO UNSCRAMBLE THESE HEALTHY COPING SKILLS.

1. XCREESIE _____
2. JNORUAL _____
3. DARW _____
4. UISM _____
5. RTDASCIT _____
6. ISPTOEOP TOINCA _____
7. UGRDTITEA _____
8. HTERANBIG _____
9. SDSNLMUFENI _____
10. FAREERM _____
11. PSELE IHEGENY _____
12. BUROIDNESA _____
13. RAEPGS _____
14. SWIE NDMI _____
15. LIDACRA TCAEACNCE _____
16. SECIZIOLA _____
17. GENTEL HTWI EFSL _____
18. RAELX _____
19. LPARUEES _____

ANSWER KEY

1. Exercise
2. Journal
3. Draw
4. Music
5. Distract
6. Opposite Action
7. Gratitude
8. Breathing
9. Mindfulness
10. Reframe
11. Sleep Hygiene
12. Boundaries
13. Grapes
14. Wise Mind
15. Radical Acceptance
16. Socialize
17. Gentle with Self
18. Relax
19. Pleasure

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