

Coping skills

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

WRITE
GET HELP
COLOR
DRAW ON PAPER
CRY
TALK TO SOMEONE
WATCH NETFLIX
EAT
WATCH YOUTUBE
RIP PAPER

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