

# Feelings Puzzles

Find the word and then match it to the same emoji

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

Angry	Annoyed	Bored	Cool	Embarrassed	Excited
Frustrated	Funny	Goofy	Happy	Nervous	Proud
Quiet	Sad	Scared	Sick	Surprised	Tired



# Coping Skills Puzzles



Find the words and then match to the scrambled version

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

- Blow Bubbles
- Call a Hotline
- Color
- Count to Ten
- Deep Breathing
- Draw
- Journal
- Jump Rope
- Music
- Play a Game
- Read
- Talk to a Friend
- Walk
- Watch TV
- Write a Letter

SCMIU      WTCHA VT      TWIER A TTELRE      LOROC      LAWK

NUOJLRA      MPJU EOPR      ERAD      ALLC A THEINOL

UNCTO TO TEN      AKLT OT A EFDRNI      ARWD

PEDE IRNBHGAET      PALY A GAEM      LBWO LBESBUB