

Feelings and Coping

WORD SEARCH PACK



Practice recognizing feelings and helpful coping words.

How to use this pack

- Find each word in the letter grid. Words may go across, down, or diagonally.
- Circle or highlight words as you find them, then cross them off the list.
- Complete one word at a time. Take a break or ask for help whenever needed.
- Answer pages show the location of every hidden word.

Five activities plus answer pages • US Letter • Print at Actual Size or Fit to Page

Happy and Calm

Feelings and Coping Word Search 1 of 5



Find the words listed below. Words may be across, down, or diagonal.

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

☐ **HAPPY**

☐ **CALM**

☐ **SAD**

☐ **ANGRY**

☐ **WORRIED**

☐ **PROUD**

Breathe and Break

Feelings and Coping Word Search 2 of 5



Find the words listed below. Words may be across, down, or diagonal.

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

☐ BREATHE

☐ BREAK

☐ QUIET

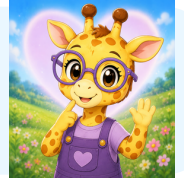
☐ MUSIC

☐ STRETCH

☐ REST

Help and Talk

Feelings and Coping Word Search 3 of 5



Find the words listed below. Words may be across, down, or diagonal.

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

☐ **HELP**

☐ **TALK**

☐ **LISTEN**

☐ **SHARE**

☐ **ASK**

☐ **WAIT**

Kind and Gentle

Feelings and Coping Word Search 4 of 5



Find the words listed below. Words may be across, down, or diagonal.

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

☐ KIND

☐ GENTLE

☐ SAFE

☐ READY

☐ BRAVE

☐ PATIENT

Choice and Feeling

Feelings and Coping Word Search 5 of 5



Find the words listed below. Words may be across, down, or diagonal.

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

☐ CHOICE

☐ FEELING

☐ SUPPORT

☐ COMFORT

☐ SPACE

☐ FRIEND

Word Search Answer Key

Feelings and Coping - highlighted solutions



Happy and Calm

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

Breathe and Break

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

Word Search Answer Key

Feelings and Coping - highlighted solutions



Help and Talk

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

Kind and Gentle

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

Word Search Answer Key

Feelings and Coping - highlighted solutions



Choice and Feeling

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