



THE

I AM NOT BAD

SERIES

EASY COPING SKILLS WORD SCRAMBLE

Can you unscramble the coping skill words?

Write the correct answer on the line.

1 PLEH

Hint: Ask for _____

Answer: _____



2 KERAB

Hint: Take a _____

Answer: _____



3 CIMUS

Hint: Listen to _____

Answer: _____



4 DFIGET

Hint: Play with a _____

Answer: _____



5 HTAERB

Hint: Take a deep _____

Answer: _____



6 KLAT

Hint: _____ to someone

Answer: _____



7 KWLAA

Hint: Go for a _____

Answer: _____



8 WRDA

Hint: _____ a picture

Answer: _____



9 SRET

Hint: _____ your body

Answer: _____



10 NKITH

Hint: _____ happy thoughts

Answer: _____



MY FAVORITE COPING SKILL

Which coping skill would you like to try this week?



SCAN ME!



Scan the QR code to learn more about the books, coping skills, and resources.



FROM THE I AM NOT BAD SERIES

LEARN ABOUT:

- ✓ ADHD
- ✓ Anxiety
- ✓ Autism
- ✓ Depression
- ✓ DMDD
- ✓ Learning Differences



The I Am Not Bad Series helps children learn about mental health, build coping skills, and discover that they are **not alone**.



Children deserve understanding, encouragement, and practical tools that help them grow with **confidence**.

Because no child should believe they are **bad** because they are struggling.