




feelings catcher directions

1. Cut out the square and turn it face down.
2. fold each corner to the center so that the numbers and feelings are facing you.
3. Turn it over and again fold each corner into the center so that the feelings are visible.
4. Fold it in half so that the feelings are touching and the numbers are on the outside. Now open it and fold it in half the other way.
5. Insert your thumb and first finger of each hand (pinching motion) under the number flaps.
6. Close the feelings catcher so that only the numbers show.

TO USE: Pick a number and open and close the catcher that number of times. Next, pick a feeling word, opening and closing the catcher for each letter. Then pick a feeling that is visible and open that flap. Read what it says and practice that coping skill. Play alone or with a partner.

	<p>Worried</p> <p>Try saying 3 nice things about yourself</p>	<p>Scared</p> <p>Try doing a chime or bell meditation</p>	
<p>Mad</p> <p>Try doing 10 wall push-ups and 10 jumping jacks</p>	<p>Try using your mind jar</p>	<p>Try using your mind jar</p>	<p>Sad</p>
<p>Hurt</p> <p>Try doing some gentle yoga poses</p>	<p>Try finding a quiet place and taking three slow deep breathes</p>	<p>Try getting a drink of water and plashing cold water on your face.</p>	<p>Confused</p>
	<p>Furious</p> <p>Try talking about how you feel with a friend or family member</p>	<p>Unsure</p>	