



## FEELINGS CATCHER DIRECTIONS

1. Cut out the feelings catcher and turn it face down.
2. Fold each corner towards the center so that the numbers and colors are facing you.
3. Turn it over and again fold each corner into the center so that the color names are visible.
4. Fold it in half so that the color names 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 only the numbers show.

### TO USE:

Pick a number and open and close the feelings catcher that number of times, alternating directions. Next, pick a color and spell out the color name, opening and closing the feelings catcher for each letter. Then pick a color that is visible and open that flap. Read what it says and give it a try! Play this game any time you aren't sure how to deal with how you feel.