

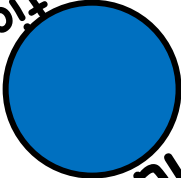
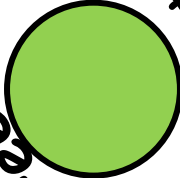
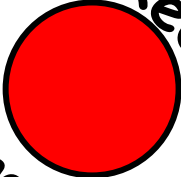
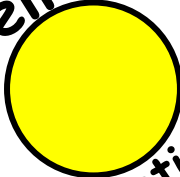
Name \_\_\_\_\_

Date \_\_\_\_\_

**Directions:**

- 1) Cut along the outer edge of the square and fold according to your teacher's directions.
- 2) With a partner, take turns reviewing the different emotions. When it is your turn, choose an emotion color and your partner will flip the catcher spelling out that color. Choose a phrase and your partner will flip the catcher that many times. Finally, choose another phrase and your partner will ask you to give examples of either a feeling or a coping tool.

# Self Regulation - Review Catcher

 <b>Blue</b> Emotion	<b>1</b> I need to Rest <b>Coping Tools</b> Take a break, Talk to an adult, Listen to Music	<b>2</b> Good to Go <b>Feelings</b> Happy, Calm, Ready, Okay	 <b>Green</b> Emotion
<b>8</b> I am running slow <b>Feelings</b> Sad, Tired, Bored, Sick	<b>3</b> <b>Coping Tools</b> Learn, Listen, Work Hard, Expected Behaviours	<b>4</b> <b>Feelings</b> Worried, Nervous, Annoyed, Upset	<b>Ready to Learn</b>
<b>7</b> Stop <b>Coping Tools</b> Deep Breathe, Size of Problem, Exercise, Take a Break	<b>6</b> <b>Feelings</b> Mad, Yelling, Mean, Aggressive	<b>5</b> <b>Coping Tools</b> Take a Break, Get a Drink, Walk, Inner Coach	<b>4</b> Take Caution
 <b>Red</b> Emotion	<b>6</b> Out of Control	<b>5</b> Slow Down	 <b>Yellow</b> Emotion

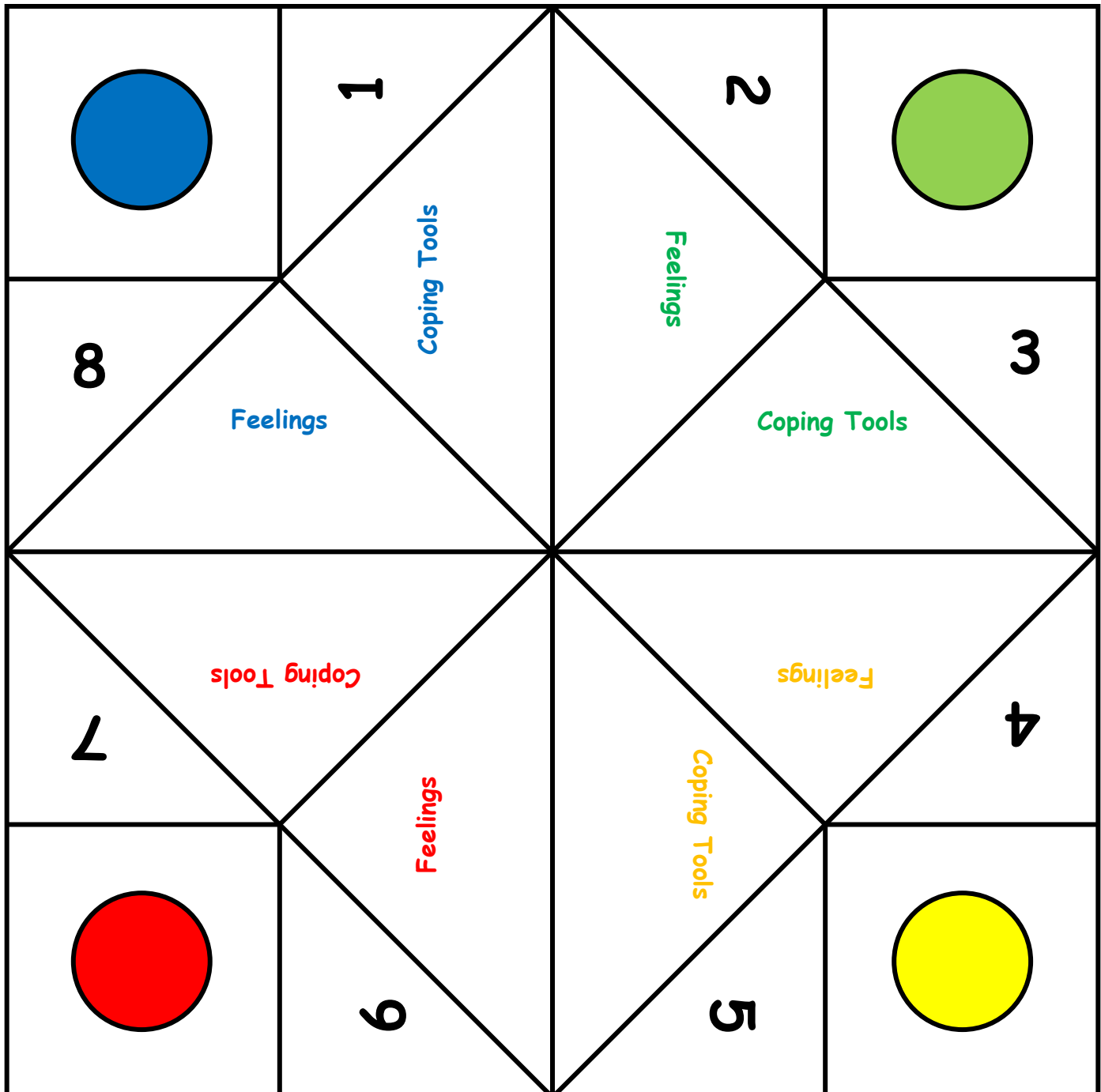
Name \_\_\_\_\_

Date \_\_\_\_\_

**Directions:**

- 1) Fill in the blank sections of the catcher with the correct emotion, feelings, and coping tools.
- 2) Cut along the outer edge of the square and fold according to your teacher's directions.
- 3) With a partner, take turns reviewing the different colored emotions. When it is your turn, choose a color and your partner will flip the catcher spelling out that color. Choose a phrase and your partner will flip the catcher that many times. Finally, choose another phrase and your partner will ask you to give examples of either a emotion feeling or a coping tool.

# Self Regulation - Review Catcher



Name \_\_\_\_\_

Date \_\_\_\_\_

**Directions:**

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# Self Regulation- Review Catcher

The diagram is a large square divided into four quadrants by a vertical and horizontal line. Each quadrant is further divided into four triangles by diagonal lines. The triangles are labeled with numbers 1 through 8 and the words 'Feelings' and 'Coping Tools'. There are also four empty circles, one in each of the four corners of the square.

1	2
8	3
7	4
6	5

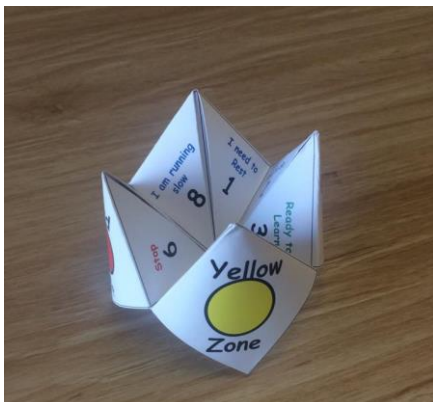
# Self Regulation - Review Catcher

## How to use

- Have students fill in the blank folds as in class review
- Assist students in assembling "cootie catcher"
- Pair up students to review
- Students may also use the cootie catcher to review individually
- When the catcher is not in use, instruct students to fold their catcher so that it lays flat in their binder or backpack

## Steps

1. Partner A will pick a color
2. Partner B will spell out the color with the cootie catcher, moving his/her fingers back and forth
3. Partner A will choose an emotion phrase
4. Partner B will count out the number associated with that phrase moving his/her fingers back and forth
5. Partner A will choose a second emotion phrase
6. Partner B will unfold the flap associated with that emotion phrase.
7. Partner B will either quiz partner A on the contents listed (What are some coping tools for a Blue emotion?) or read out loud what is written



# Self Regulation - Review Catcher

## Folding Instructions

- 1) Print out the catcher
- 2) Cut along the outside of the catcher
- 3) With the printed side up, fold two opposite diagonal corners together, then open back up.
- 4) Fold the other two opposite corners together, then open back up.
- 5) You should have folded lines that cross at the center of the paper.
- 6) Turn the printed side down. Fold all four corners to the center of the paper. When all four corners are folded, the printed side should be facing up.
- 7) Flip your paper over so the printed side is face down.
- 8) Again, fold all four corners to the center of the paper.
- 9) Fold any two sides together. Make sure the numbers are in the inside and the circles are on the outside.
- 10) Slide your thumbs and fingers under the four flaps. Rotate your hands, bringing your thumbs and index fingers together. The catcher should expand.