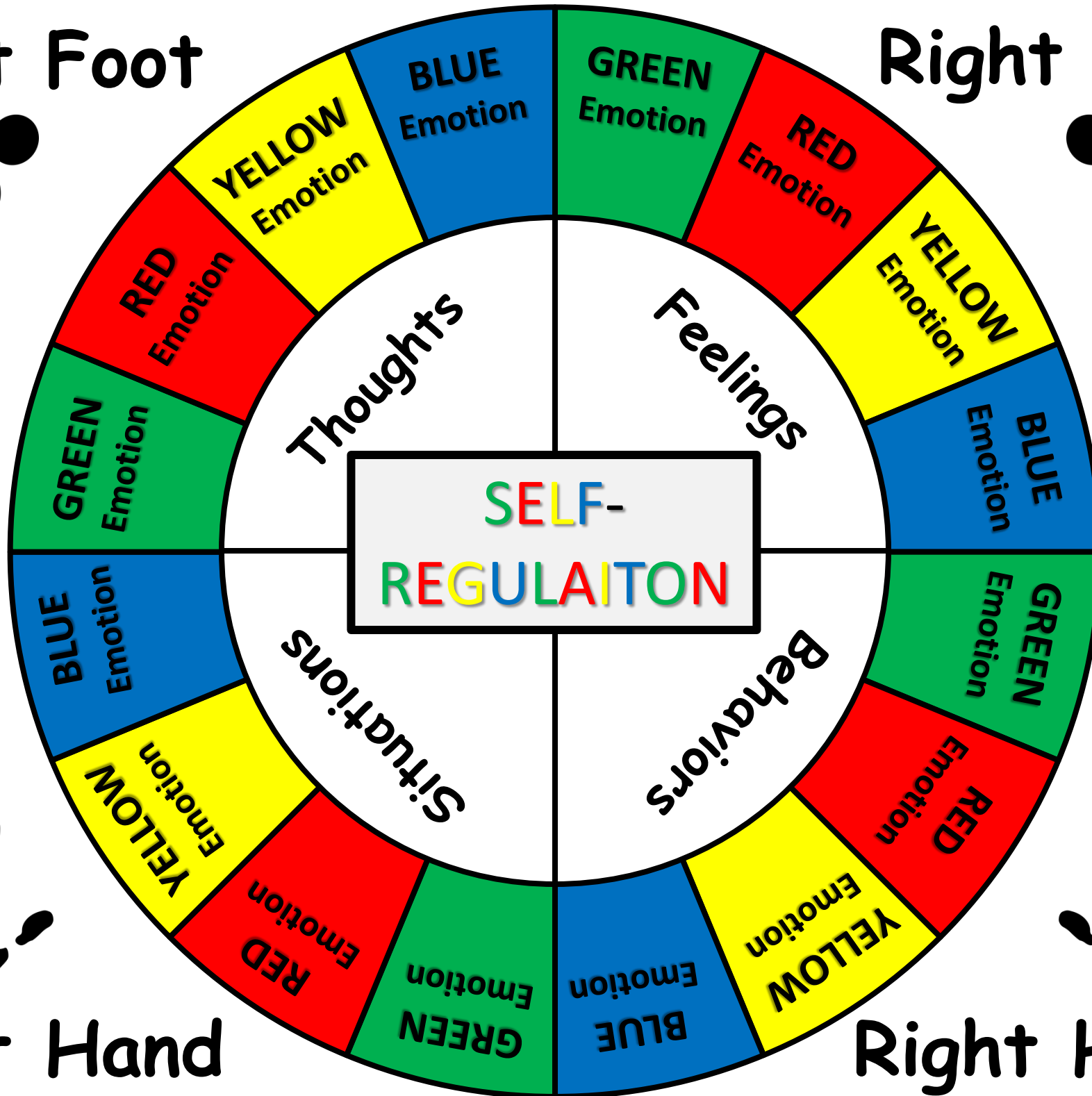


Left Foot



Right Foot



Left Hand

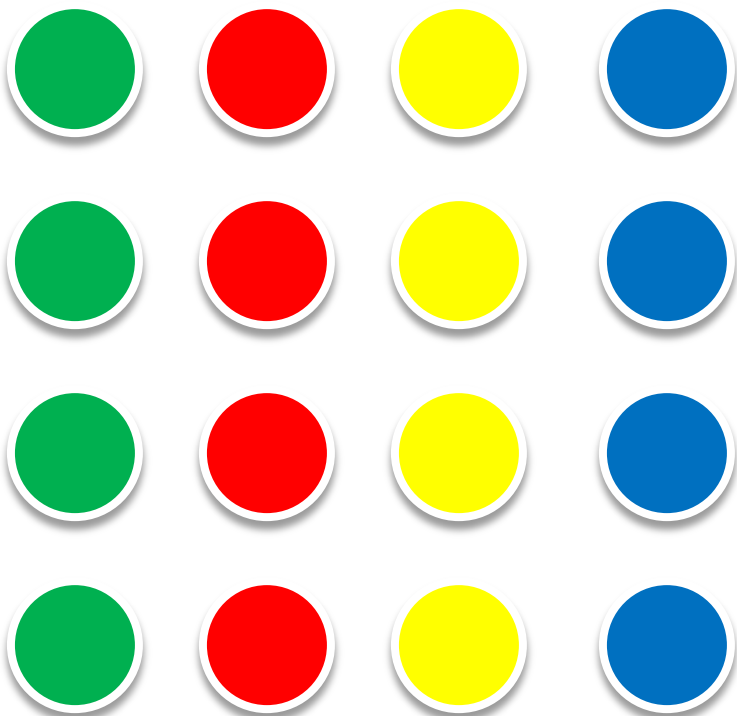


Right Hand

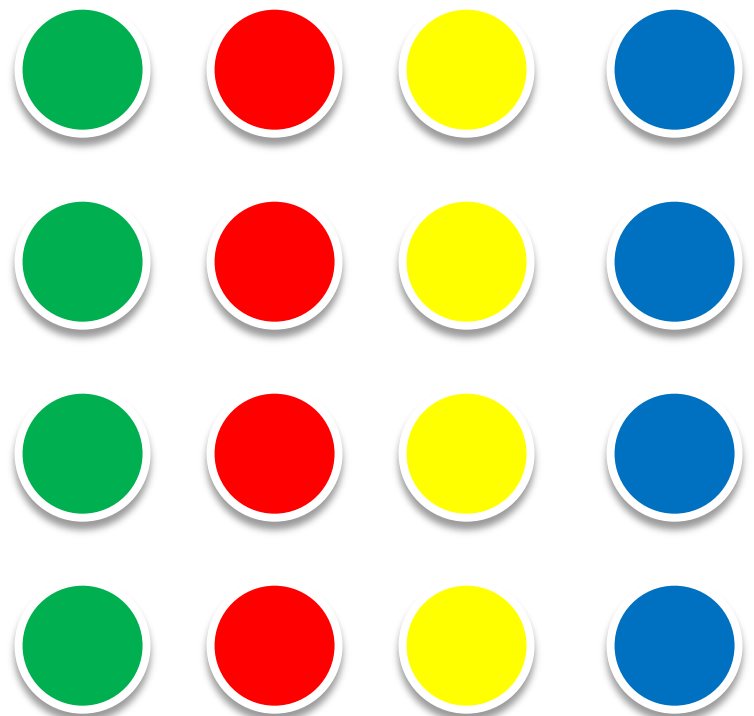


Finger Twister Game Boards

Finger Twister!



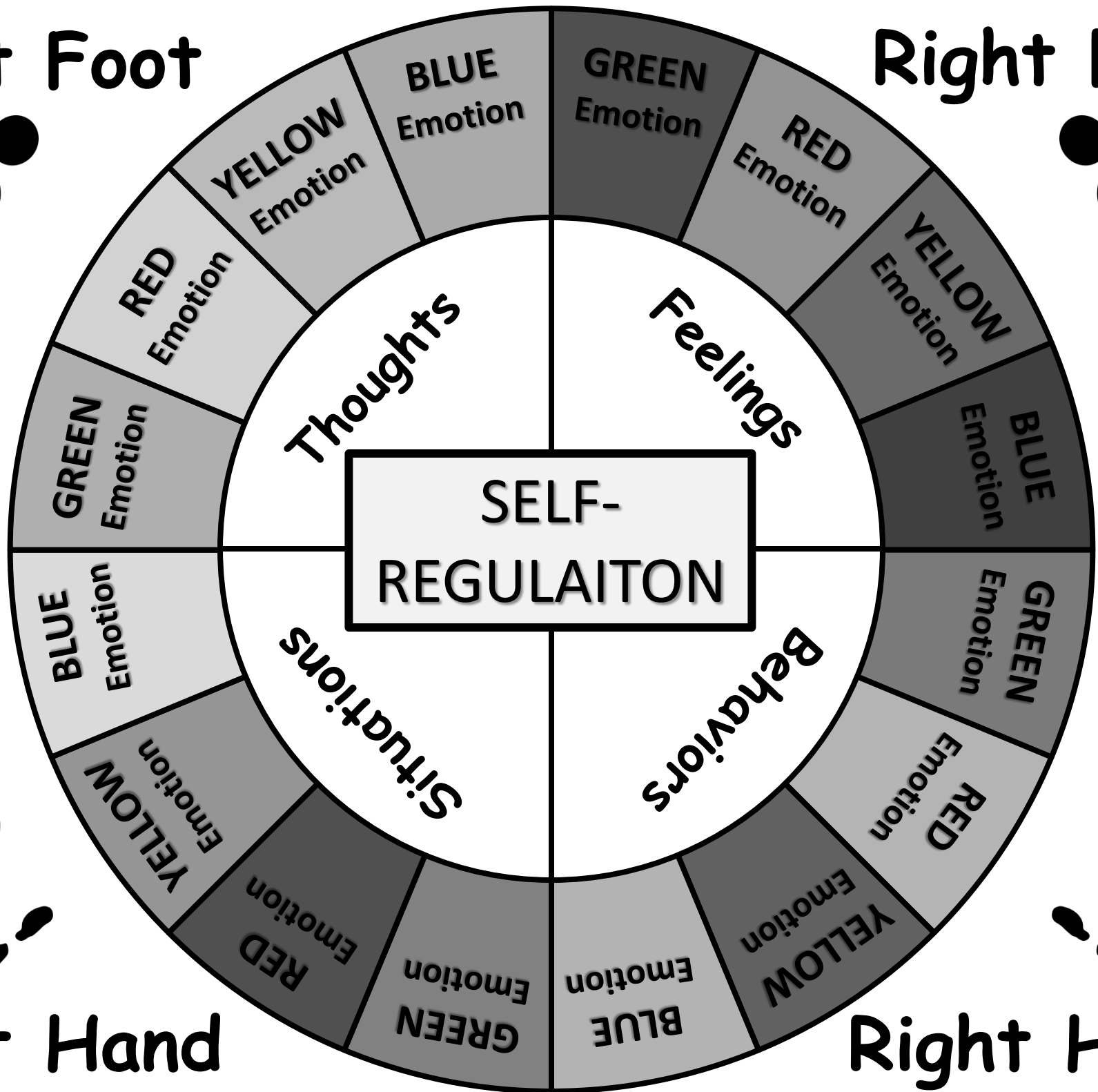
Finger Twister!



Left Foot



Right Foot



Left Hand

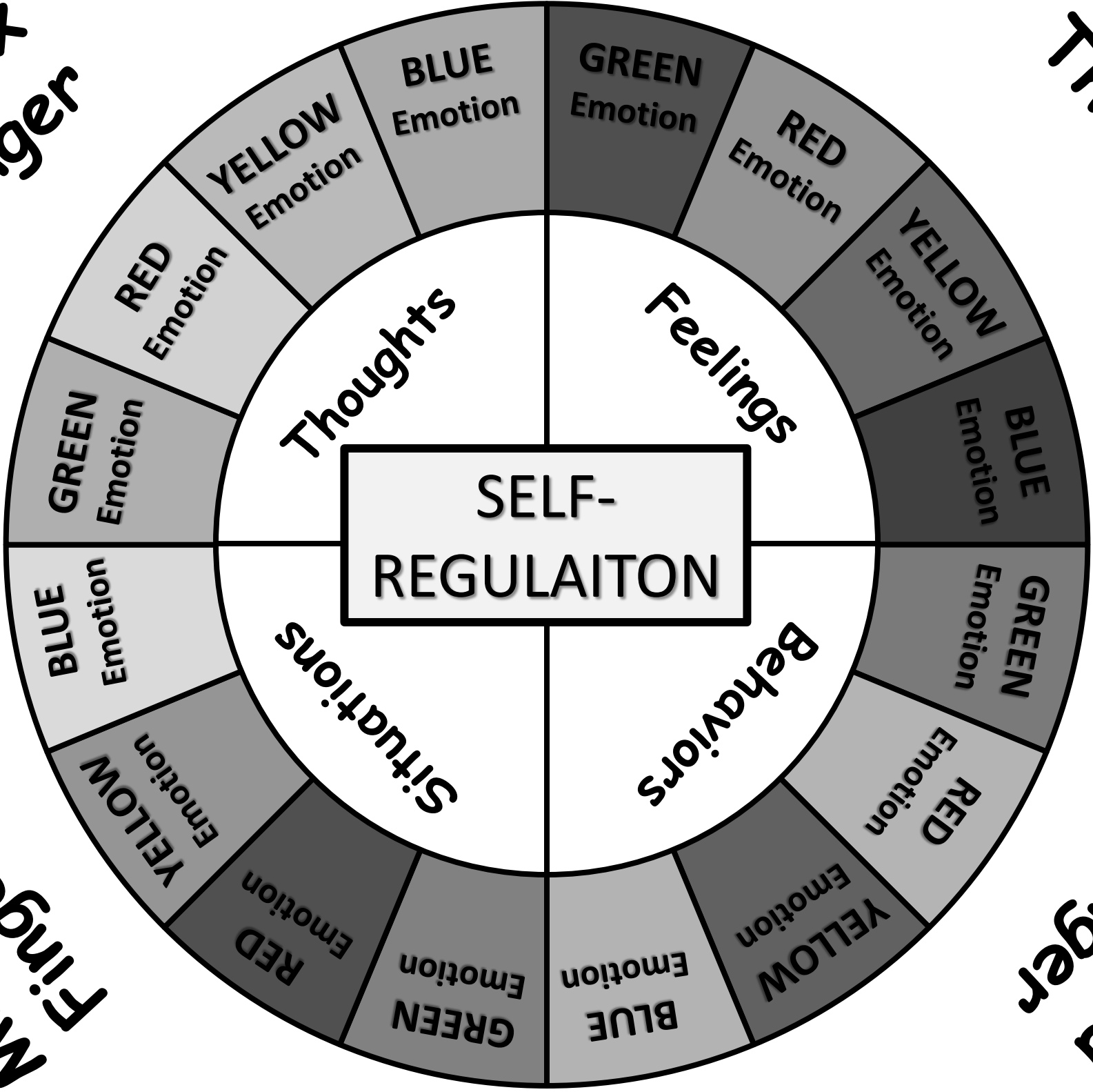


Right Hand



**Index
Finger**

Thumb



**Middle
Finger**

**Third
Finger**

Finger Twister Game Boards

Finger Twister!

Green	Red	Yellow	Blue
Green	Red	Yellow	Blue
Green	Red	Yellow	Blue
Green	Red	Yellow	Blue

Finger Twister!

Green	Red	Yellow	Blue
Green	Red	Yellow	Blue
Green	Red	Yellow	Blue
Green	Red	Yellow	Blue

Self-Regulation Twister!

- Print the game pages on heavy cardstock.
- Print and cut out a spinner arrow on heavy cardstock
- Fasten the spinner arrow with a brass paper fastener.
- **If the paper spinner doesn't spin well, use a paperclip instead of the arrow as the game spinner.**



Arrow Spinner



Self Regulation Twister!

- Have students play in pairs or small groups
- Students can use the finger board, play Twister with an actual Twister mat, or simply verbally review with the game spinner.
- With Finger Twister, each student gets a game board. Students will choose to use either their right or left hand. Students will use their fingers to touch each color.
- As each color is called, students must give an example for that emotion based on the section the spinner landed in.
- For example: “Right Hand Red!” Students would give examples of Red Emotion Behaviors.

