

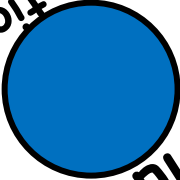
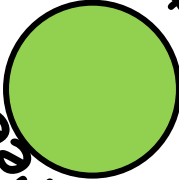
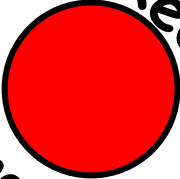
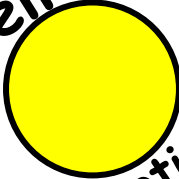
Name _____

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

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

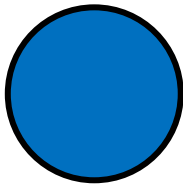
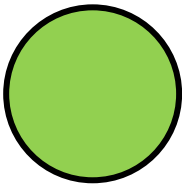
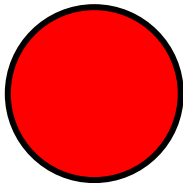
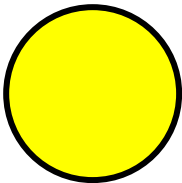
Name _____

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

	1	2	
Coping Tools		Feelings	
8	Feelings	Coping Tools	3
7		4	
Coping Tools		Feelings	
	6	5	
Feelings		Coping Tools	

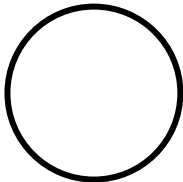
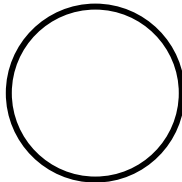
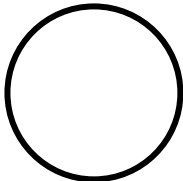
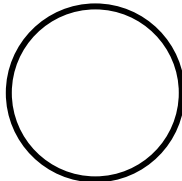
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Self Regulation- Review Catcher

	1	
	6	
8	Feelings	3
7	Coping Tools	4
5	Coping Tools	2

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 a 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.