Instructions for Making a Feelings Catcher

1. Cut out Feeling Catcher square. Fold square in half both directions and unfold.
2. Turn the paper over so the design is face down on the table.
3. Fold all four corners to the middle.
4. It should look like this.
5. Flip the paper over to the other side.
6. Fold each of the corners to the middle again.
7. It should look like this.
8. Now fold in half.
9. Place your fingers in and wiggle them to open your Feelings Catcher.
Instructions for Making a Feelings Catcher

1. Cut out Feeling Catcher square. Fold square in half both directions and unfold.

2. Turn the paper over so the design is face down on the table.

3. Fold all four corners to the middle.

4. It should look like this.

5. Flip the paper over to the other side.

6. Fold each of the corners to the middle again.

7. It should look like this.

8. Now fold in half.

9. Place your fingers in and wiggle them to open your Feelings Catcher.

10. Unhappy

11. Happy

12. Scared

13. Hyper

14. Unheard

15. Hopeless

16. Anxious

17. Nervous

18. Play cards or a board game with someone.

19. Slowly eat one piece of candy.

20. Talk to someone while listening to calming music.

21.幻想 a funny movie or read a funny book.