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

**Talk to your parents or someone you trust.**

**Make a list of things you're thankful for.**

**Write something positive about yourself and hang it where you will see it.**

**Scream into a pillow.**

**Bullied**

**Lonely**

**Ashamed**

**Happy**

**Confused**

**Hopeless**

**Unheard**

**Scared**

**Uncomfortable**

**GREEN**

**ORANGE**

**BLUE**

**PURPLE**

4/19 - 2707A
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. It should look like this.
4. Flip the paper over to the other side. Fold each of the corners to the middle again. It should look like this.
5. Now fold in half. Place your fingers in and wiggle them to open your Feelings Catcher.

Feelings:
- Purple: Depressed
- Green: Happy
- Orange: Angry
- Blue: Unhappy
- Purple: Sad
- Orange: Frustrated

Activities:
- Listen (and dance) to uplifting music.
- Start a journal.
- Make funny faces in a mirror or on your phone.
- Hug a pet or visit a pet store.
- Akron Children's Hospital

Emotions:
1. Depressed
2. Angry
3. Sad
4. Anxious
5. Unhappy
6. Frustrated
7. Fearful
8. Happy
10. Place your fingers in and wiggle them to open your Feelings Catcher.