

ORANGE

2 Bullied

7 Unheard

PURPLE

Talk to your parents or someone you trust.

4 Happy

1 Confused

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



Make a list of things you're thankful for.

3 Lonely

6 Hopeless

Scream into a pillow.

BLUE

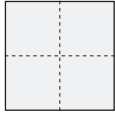
5 Ashamed

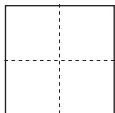
8 Scared

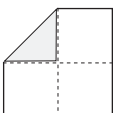
GREEN

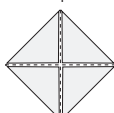


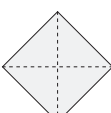
Instructions for Making a Feelings Catcher

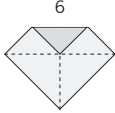
1

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.

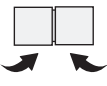
4

It should look like this.

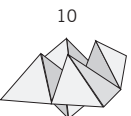
5

Flip the paper over to the other side.

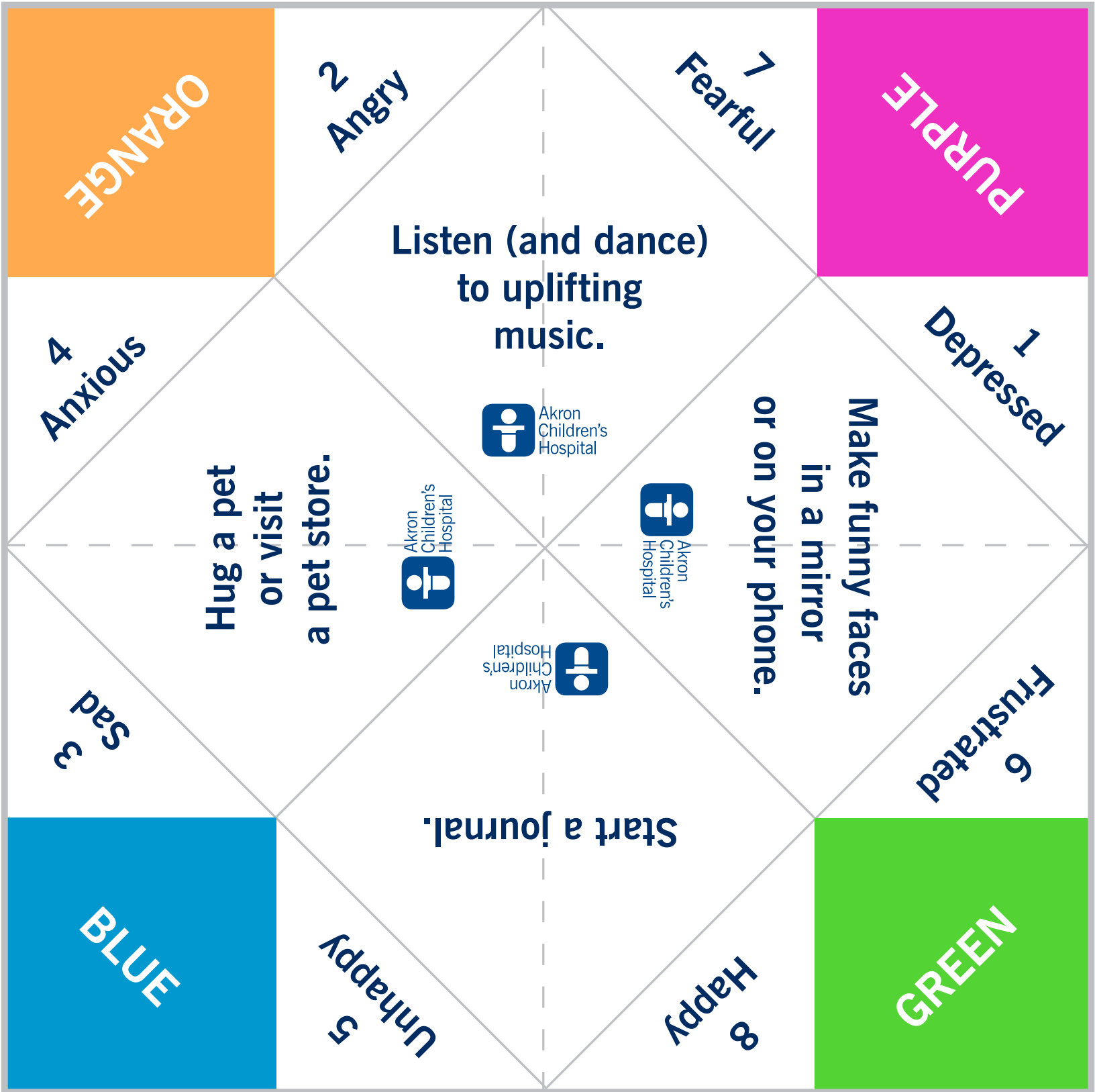
6

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