

ANGER CATCHER DIRECTIONS

1. Cut out the anger catcher and turn it face down.
2. Fold each corner towards the center so that the numbers and colors are facing you.
3. Turn it over and again fold each corner into the center so that the color names are visible.
4. Fold it in half so that the color names are touching and the numbers are on the outside. Now open it and fold it in half the other way.
5. Insert your thumb and first finger of each hand (pinching motion) under the number flaps.
6. Close the anger catcher so only the numbers show.

TO USE: Pick a number and open and close the anger catcher that number of times. Next, pick a color and spell out the color name, opening and closing the anger catcher for each letter. Then pick a color that is visible and open that flap. Read what it says and practice that anger management technique! This game can be played with one or two players and is a great way to teach self-soothing techniques.

YELLOW
Listen to music.

GREEN
Imagine a beautiful and peaceful place.

BLUE
Take a few deep breaths.

PURPLE
Write down everything you are feeling.

ORANGE
Get a drink of water and splash cold water on your face.

RED
Tell yourself: "Calm down. You can handle this!"
Ride a bike, jump rope, shoot hoops.

BROWN
Get exercise. Play outside. Ride a bike, jump rope, shoot hoops.

PINK
Talk it out with a trusted adult or friend.

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