

## 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.
- 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.
- 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.