



### Coping Catcher Directions

1. Cut out the coping catcher and turn it face down
2. Fold each corner towards the center to the colors are facing you
3. Turn it over and again fold each corner into the center to 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 catcher so only the number show.

To Use: Pick a number and open and close the catcher that number of tie. Next, pick a color and spell out the color name, opening and closing the catcher for each letter. Then pick a color that is visible and open that flap. Read that it says and practice that technique. This game can be played with one or two players!

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**Green**  
Think of your favorite song and sing it in your head

**Blue**  
Write down what you DO know

**Yellow**  
Positive Self Talk:  
"I can do this!"  
"I am ready for this!"

**Purple**  
Imagine yourself in a relaxing, safe and calm place

**Red**  
Write down everything you are feeling

**Orange**  
Take deep breaths. In through your nose, out through your mouth

**Gold**  
Make your own

**Red**  
Tighten your muscles for 30 seconds. Hands, arms, legs, feet

**Purple**  
St. Still

**Yellow**  
Shelby's Counselor Co-op