



May is
Mental Health
Awareness Month



Cootie Catchers for Emotional Regulation

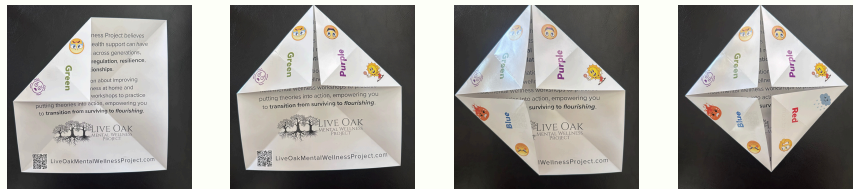
STEP 1:

Fold your paper in half diagonally both ways, then open it back up.



STEP 2:

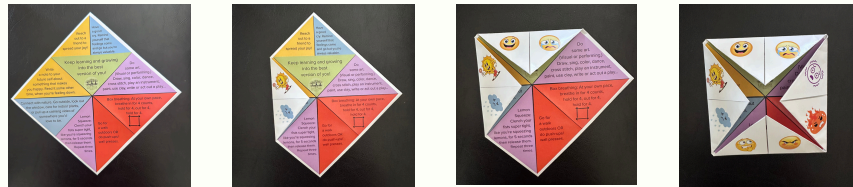
Fold each corner into the center of the X you've created.



**The black-and-white side should be facing up for Steps 1 & 2.*

STEP 3:

Flip your square over and fold the corners in toward the center.



STEP 4:

Fold in half as a rectangle, with the new folded corners on the inside.



Your Cootie Catcher
is now ready to use!



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STEP 1:

Hold all corners together and pick a color.

STEP 3:

Pick an emoji and open the corresponding flap for an emotional regulation activity to support that mood.

STEP 2:

Spell the color, opening your Cootie Catcher the opposite way with each letter.

BONUS:

Open this back up and use it as a template to create your own Emotional Regulation Cootie Catcher that features the grounding exercises that work best for you!

