



# COPING COOTIE CATCHER

*A tool for self-care*

## OBJECTIVES

- Students will identify self-care/coping strategies they can use
- Students will make a “tool” to help them use strategies

## MATERIALS

- Blank sheet of paper per student
- Coloring supplies
- Folding instructions
- [Coping Strategies list](#) (optional)

## TIME

- 30 min



---

## LESSON INTRO

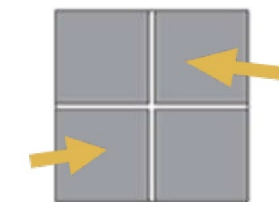
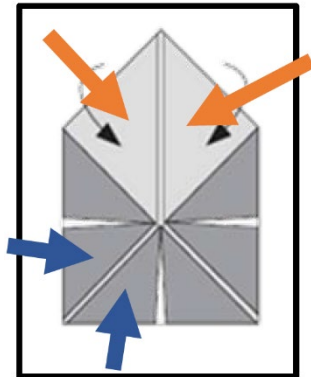
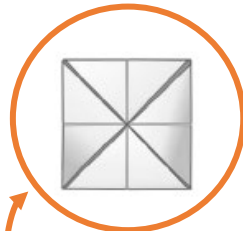
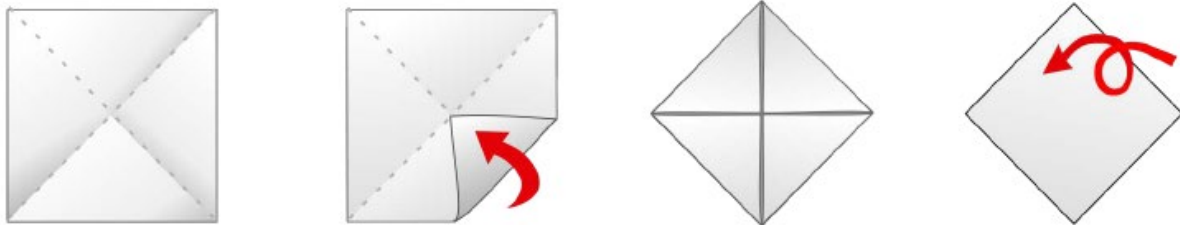
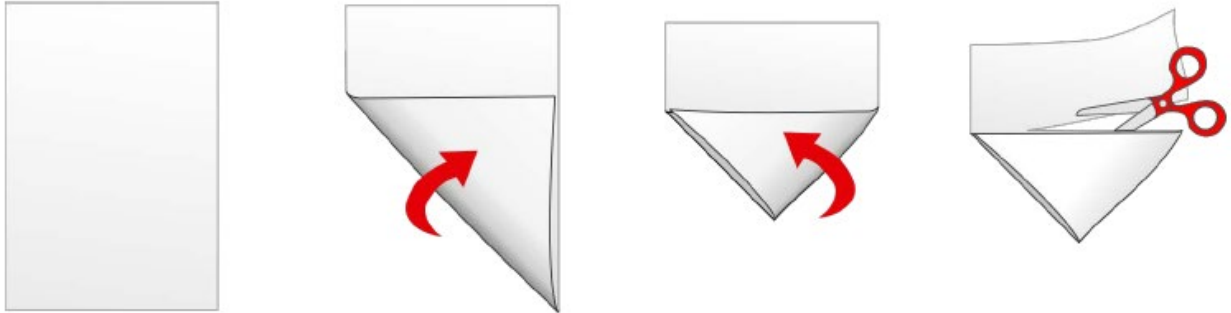
This lesson gets students creating a “cootie catcher” as a tool for them to use when they’re feeling low. Students will begin by identifying self-care or coping strategies that they like and writing those into the cootie catcher for access later.

## LESSON STEP BY STEP

1. Ask a Go-Around-Question: *What has made you feel happy in the last few days?*
2. Next, ask the group to brainstorm ways they like to calm down, relax, feel good, or take care of themselves. Track the ideas on a whiteboard.

If students are having a hard time coming up with a list of coping strategies, you can pass out the [Coping Strategies Handout](#) for reference.

3. Using the class-generated list and/or the handout, ask students to write down eight favorite things they do to feel peaceful, happy, and calm. They will need these later to put into their “cootie catcher”.
4. Transition to making the cootie catcher. There is likely a student in class who can help guide the class to fold it, but if not, use the folding instructions here:



5. When students are on this step, they should **open** the Cootie Catcher to write the 8 strategies on the **inner** flaps (see orange arrows in the diagram to the right).
6. On the eight outer sections (blue arrows), students can write eight different words that make them feel great!
7. Finish folding. Once the cootie catcher is complete, end by having students write four ideas or things that make them feel happy on the outer quadrants (yellow arrows) such as *breath, nature, connect, laugh*.



## VARIATIONS

You can choose to run this activity in real time: introducing strategies and showing students how to fold, etc... OR give this as a homework assignment and invite students to a show and tell later on!

## FACILITATOR TIPS AND NOTES

If a Cootie Catcher is new for you, check out one of these videos so that you get the idea:

[How to Make a Cootie Catcher!](#) (1:41)

[Make a Cootie Catcher](#) (Origami Fortune Teller) wikiHow

## REFLECTION & WRAP UP

1. Invite students to try out their new tool! Consider splitting into pairs for students to try and show off their work.
2. When you meet up with students again, ask them when and how they've been using their Cootie Coping tool!

---

## NOTES

- **Source:** [Teachers Pay Teachers](#)
- **Educational Standards:** CASEL: Self-Management