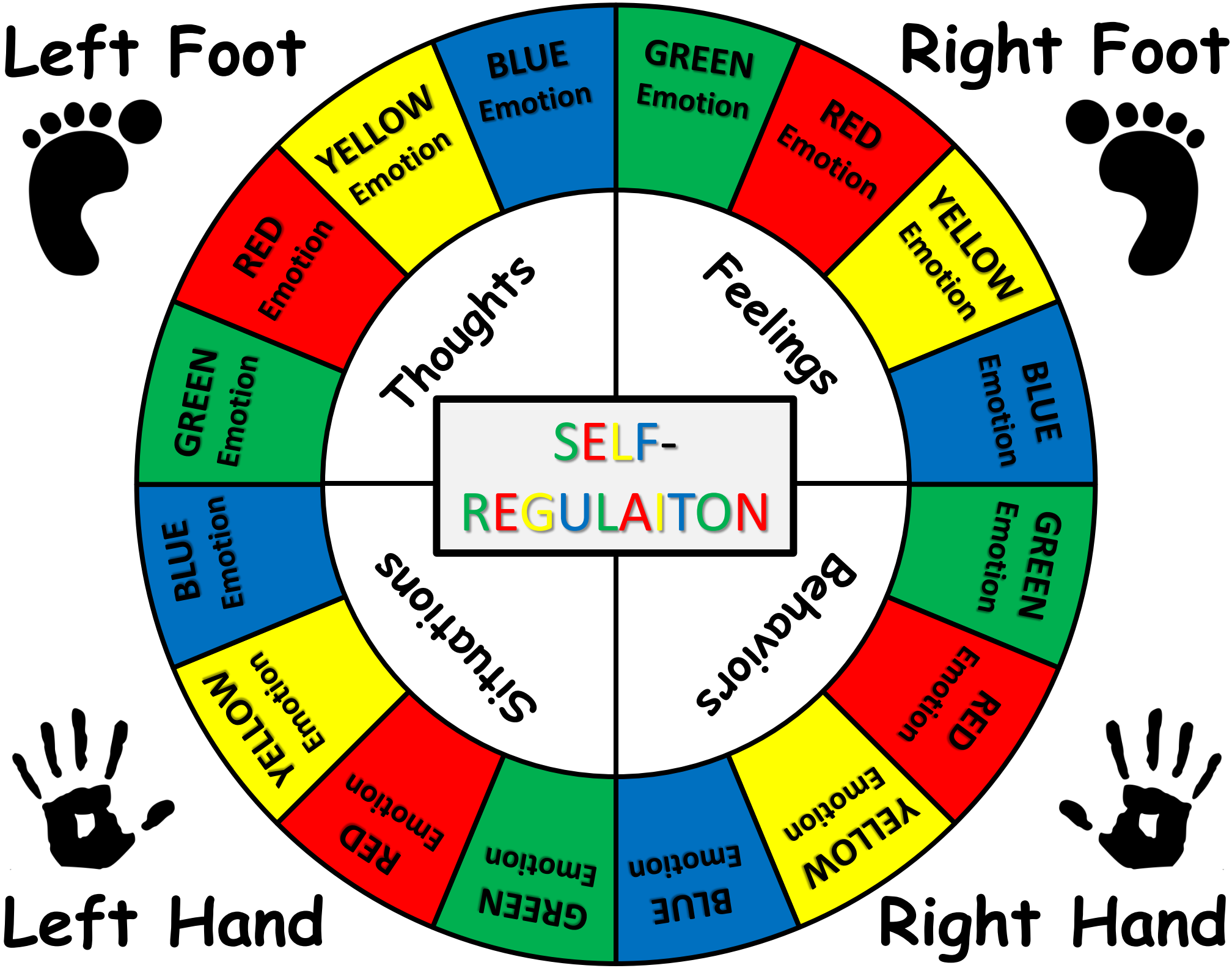
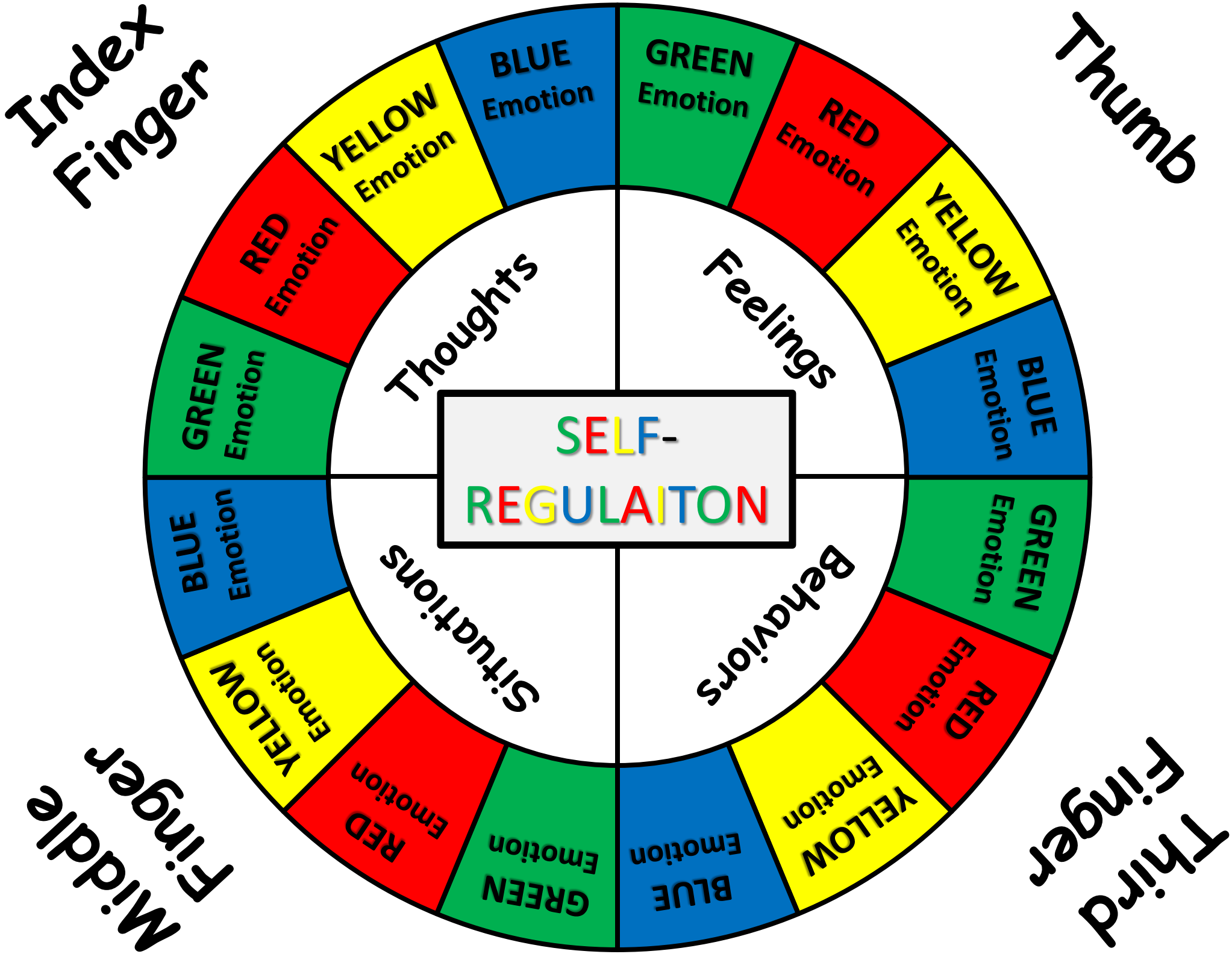
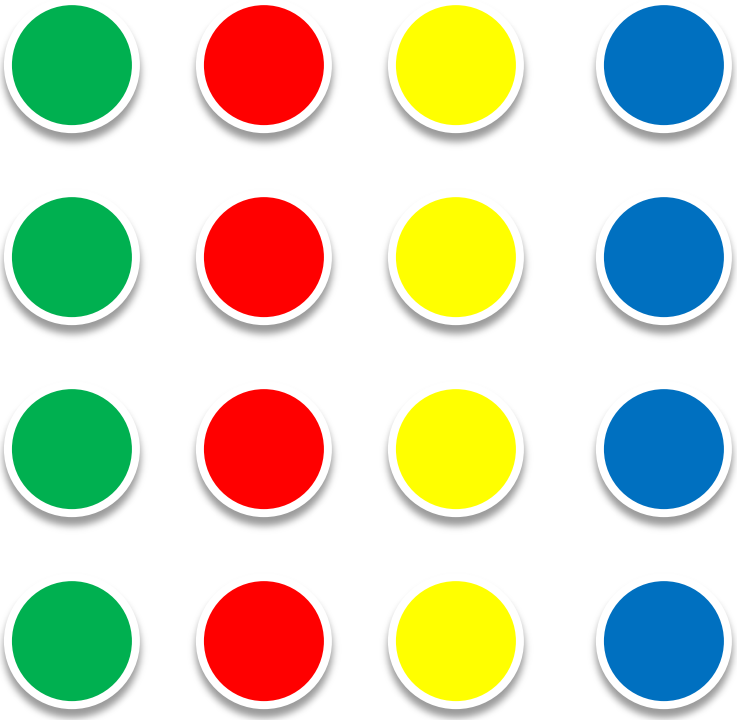

Left Foot
Right Foot
BLUE Emotion
GREEN Emotion
RED Emotion
YELLOW Emotion
Thoughts
Feelings
SELF-
REGULAITON
Situations
Behaviors
Left Hand
Right Hand

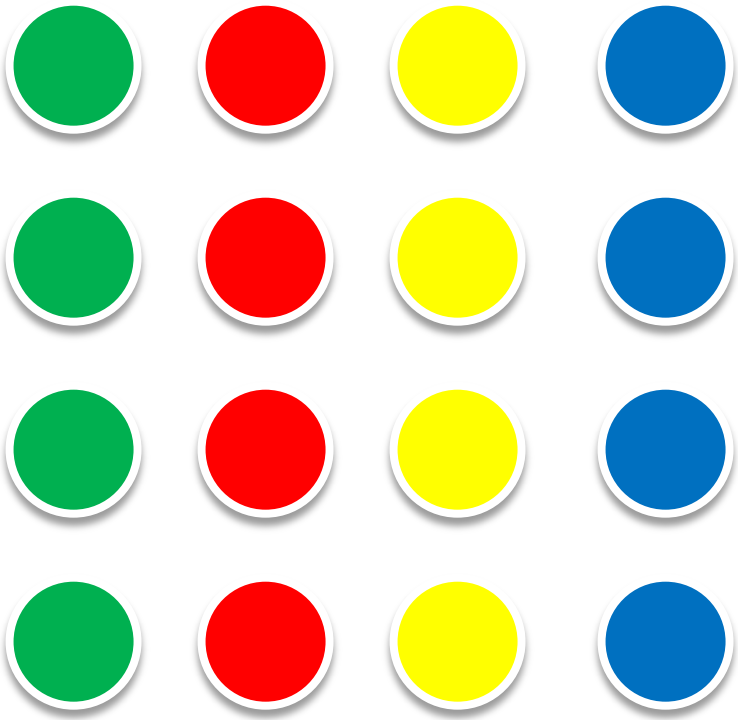

Index Finger
Thumb
Middle Finger
Third Finger
SELF-REGULAITON
Thoughts
Feelings
Situations
Behaviors
BLUE Emotion
GREEN Emotion
RED Emotion
YELLOW Emotion
BLUE Emotion
GREEN Emotion
RED Emotion
YELLOW Emotion
BLUE Emotion
GREEN Emotion
RED Emotion
YELLOW Emotion
BLUE Emotion
GREEN Emotion
RED Emotion
YELLOW Emotion

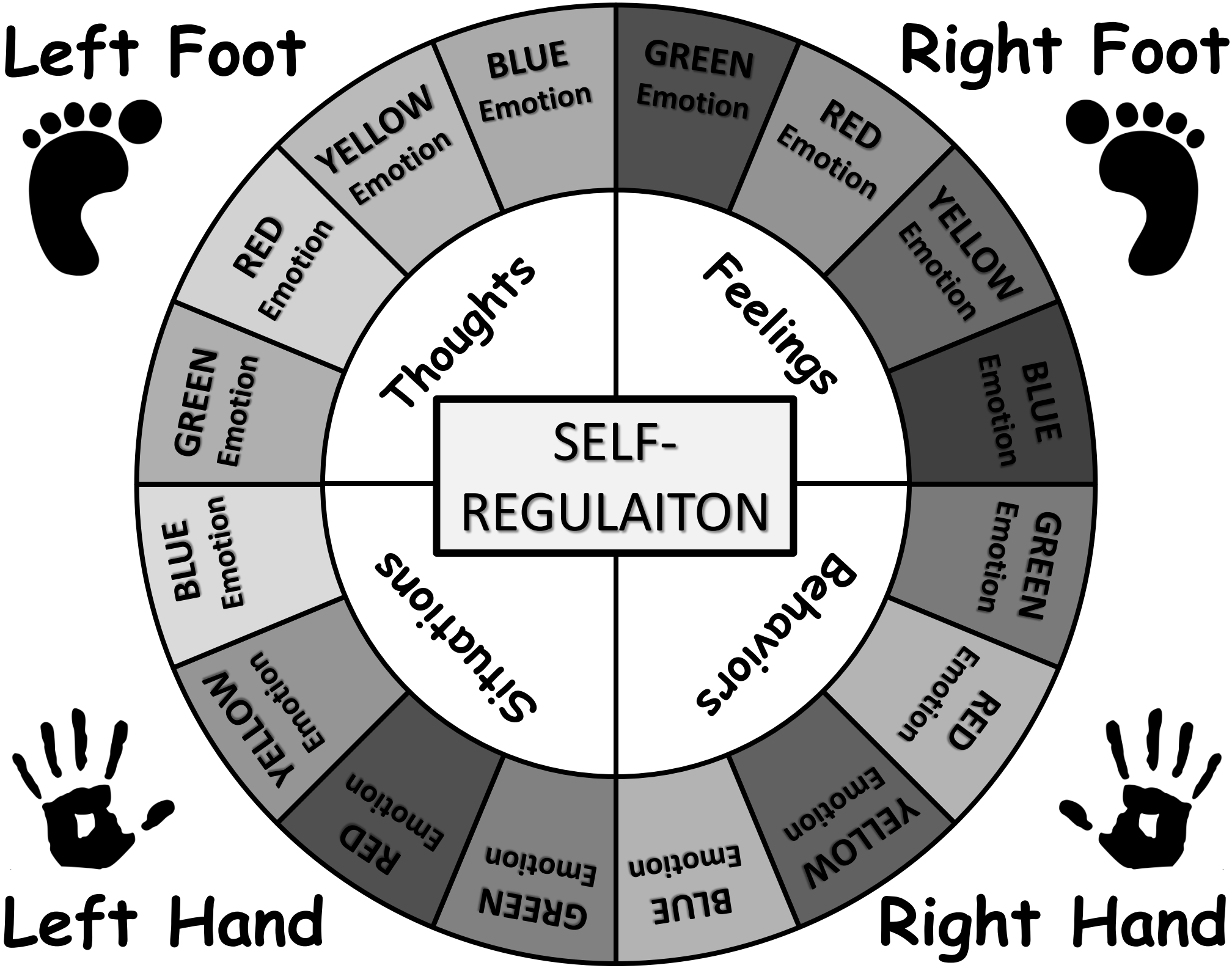
Finger Twister Game Boards

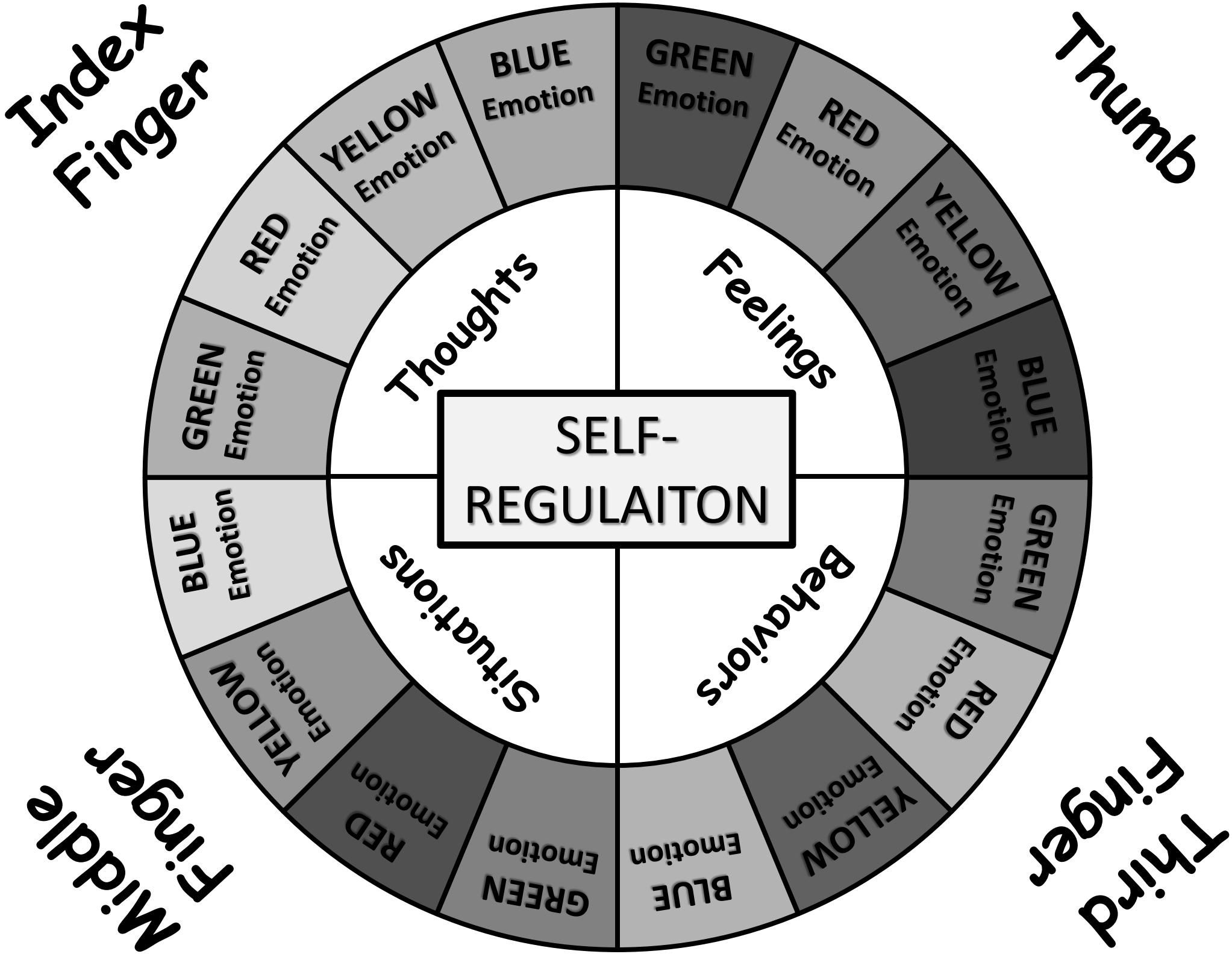
Finger Twister!



Finger Twister!




Left Foot
Right Foot
BLUE Emotion
GREEN Emotion
RED Emotion
YELLOW Emotion
YELLOW Emotion
RED Emotion
GREEN Emotion
BLUE Emotion
Thoughts
Feelings
SELF-REGULAITON
Situations
Behaviors
BLUE Emotion
GREEN Emotion
YELLOW Emotion
RED Emotion
RED Emotion
GREEN Emotion
BLUE Emotion
YELLOW Emotion
Left Hand
Right Hand


Index Finger
Thumb
Middle Finger
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SELF-REGULAITON
Thoughts
Feelings
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BLUE Emotion
GREEN Emotion
RED Emotion
YELLOW Emotion
BLUE Emotion
GREEN Emotion
RED Emotion
YELLOW Emotion
BLUE Emotion
GREEN Emotion
RED Emotion
YELLOW Emotion
BLUE Emotion
GREEN Emotion
RED Emotion
YELLOW Emotion

Finger Twister Game Boards

Finger Twister!

Green	Red	Yellow	Blue
Green	Red	Yellow	Blue
Green	Red	Yellow	Blue
Green	Red	Yellow	Blue

Finger Twister!

Green	Red	Yellow	Blue
Green	Red	Yellow	Blue
Green	Red	Yellow	Blue
Green	Red	Yellow	Blue

Self-Regulation Twister!

- Print the game pages on heavy cardstock.
- Print and cut out a spinner arrow on heavy cardstock
- Fasten the spinner arrow with a brass paper fastener.
- **If the paper spinner doesn't spin well, use a paperclip instead of the arrow as the game spinner.**

Arrow Spinner

Self Regulation Twister!

- Have students play in pairs or small groups
- Students can use the finger board, play Twister with an actual Twister mat, or simply verbally review with the game spinner.
- With Finger Twister, each student gets a game board. Students will choose to use either their right or left hand. Students will use their fingers to touch each color.
- As each color is called, students must give an example for that emotion based on the section the spinner landed in.
- For example: “Right Hand Red!” Students would give examples or Red Emotion Behaviors.