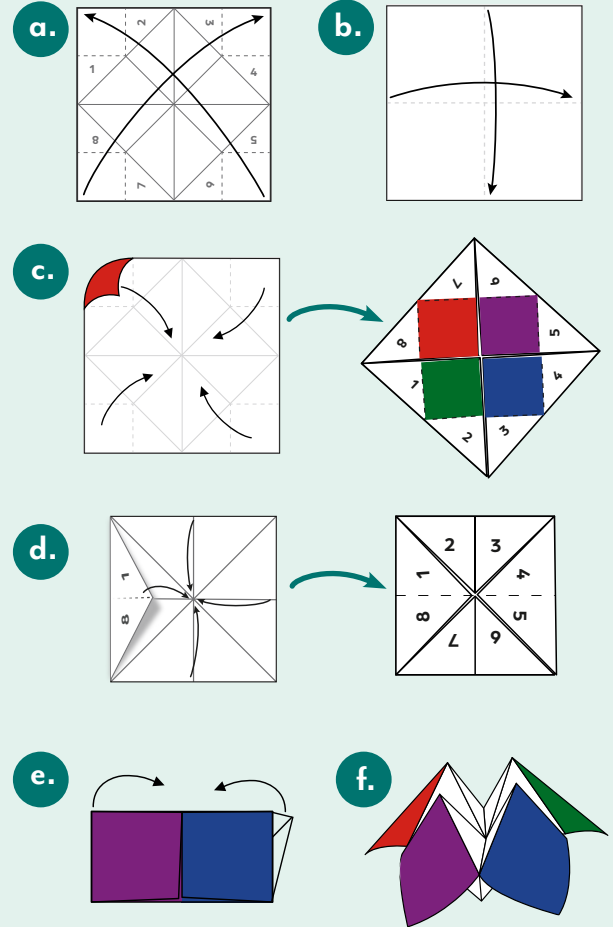




Creating your fortune teller

1. Review the calming strategy ideas on p. 2 and pick eight of your favorites.
2. Next, take out the fortune teller template on p. 3 and write the strategies you chose inside the eight middle triangle sections.
3. Pick out four colors to color in or write in the four corner square sections.
4. Cut out the fortune teller and fold it according to these steps.
 - a. Bring two opposite corners together and fold to create a diagonal line, then unfold. Do the same with the other two opposite corners and unfold.
 - b. Bring two opposite sides together and fold to create a straight line, then unfold. Do the same with the other two opposite sides and unfold.
 - c. The four fold lines you created should meet in the middle of the square. Make sure the side you wrote on is facing down, and fold each of the corners in so that they meet in the center of the square. Do not unfold this time.
 - d. Turn the paper over so that the numbered flaps are facing down. Fold each of the corners in so that they meet in the center. You should now see the eight numbers on one side and the four colors on the other.
 - e. Fold the square in half with the colors facing out and unfold just that last fold. Now fold the square in half the other way and unfold just that fold again. This step will make it easier to keep the number tabs down in the next step.
 - f. Slip the thumb and first finger on both hands under the four color flaps. Lightly push them together to create the 3D fortune teller. You may need to push the center point down so that the number tabs stay inside.
 - g. To open it one way, pinch each thumb to the finger on the same hand and lightly pull your hands apart until you can see four of the numbers inside. To open it the other way, push the tips of your thumbs together and the tips of your first fingers together, then lightly separate your thumbs and fingers until you can see the other four numbers inside.

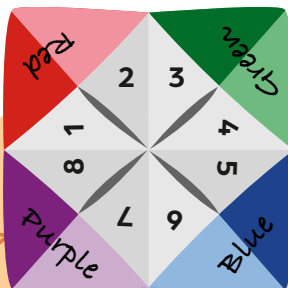


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come together!**
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Using your fortune teller

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When you're feeling overwhelmed, sad, anxious, or angry or having a hard time focusing, take out your fortune teller and follow these steps to pick a calming strategy.

1. Put the thumb and first fingers of both hands under the four color flaps.
2. Pick a color and spell it out loud. As you say each letter, move your fingers to open the fortune teller.
3. Choose one of the four numbers you see inside and count to that number. As you say each number, move your fingers to open the fortune teller.
4. Choose another number from the four numbers you see inside. Open the flap to see the calming strategy written under the number.
5. Try the calming strategy you chose!

Coping strategy ideas

Take 5 deep breaths	Do 20 jumping jacks
 Stretch your body	Color or draw something
Dance to a song you like	Play a game
Slowly count backward from 10	Read a good book 
Relax all your muscles, starting with your toes	Name a food for every letter of the alphabet
 Go for a walk	Say something you're grateful for
Use a fidget	 Listen to your favorite song
Name 3 things you like about yourself	Take a break in a quiet area
Have a drink of water 	March or run in place
Share a hug with someone	Write down your feelings 

Fortune teller template

1. Review the calming strategy ideas on p. 2 and pick eight of your favorites. Write them in the eight middle triangle sections on the template below.
2. Pick out four colors to color or write in the four corner square sections.
3. Cut out the fortune teller and fold it using the detailed folding instructions on p. 1.

