COPING STRATEGIES FORTUNE TELLER

Write a coping strategy in each triangle.
Make your own coping strategies fortune teller. After you create it, use it to help you with your coping strategies when needed.

**Directions:**

1. Cut around the dotted lines to cut out the fortune teller.

2. Fold the opposite diagonal corners together and open it back up.

3. Fold the outside 4 corners so they meet in the center.

4. Flip it over and fold those 4 corners inward to meet in the center.

5. Fold in half both ways.

6. Flip it over and place your fingers under the flaps.

**How to Use:** First pick a color. Spell the color out by flapping back and forth for each letter of the word. Then, choose a number. Flap back and forth that many times, counting as you go. Choose another number and open up your coping strategy!
**How to Use:** First pick a color. Spell the color out by flapping back and forth for each letter of the word. Then, choose a number. Flap back and forth that many times, counting as you go. Choose another number and open up your coping strategy!
COPING STRATEGIES FORTUNE TELLER #1

DIRECTIONS: Color and cut out your fortune teller. Then, use the directions to fold it into a fortune teller!

1. Take a 5 minute time out
2. Take 5 slow deep breaths
3. Listen to music
4. Take a quick walk
5. Practice some yoga
6. Slowly count to ten
7. Say something positive to yourself
8. Talk to a friend

© 2017 Pathway 2 Success