

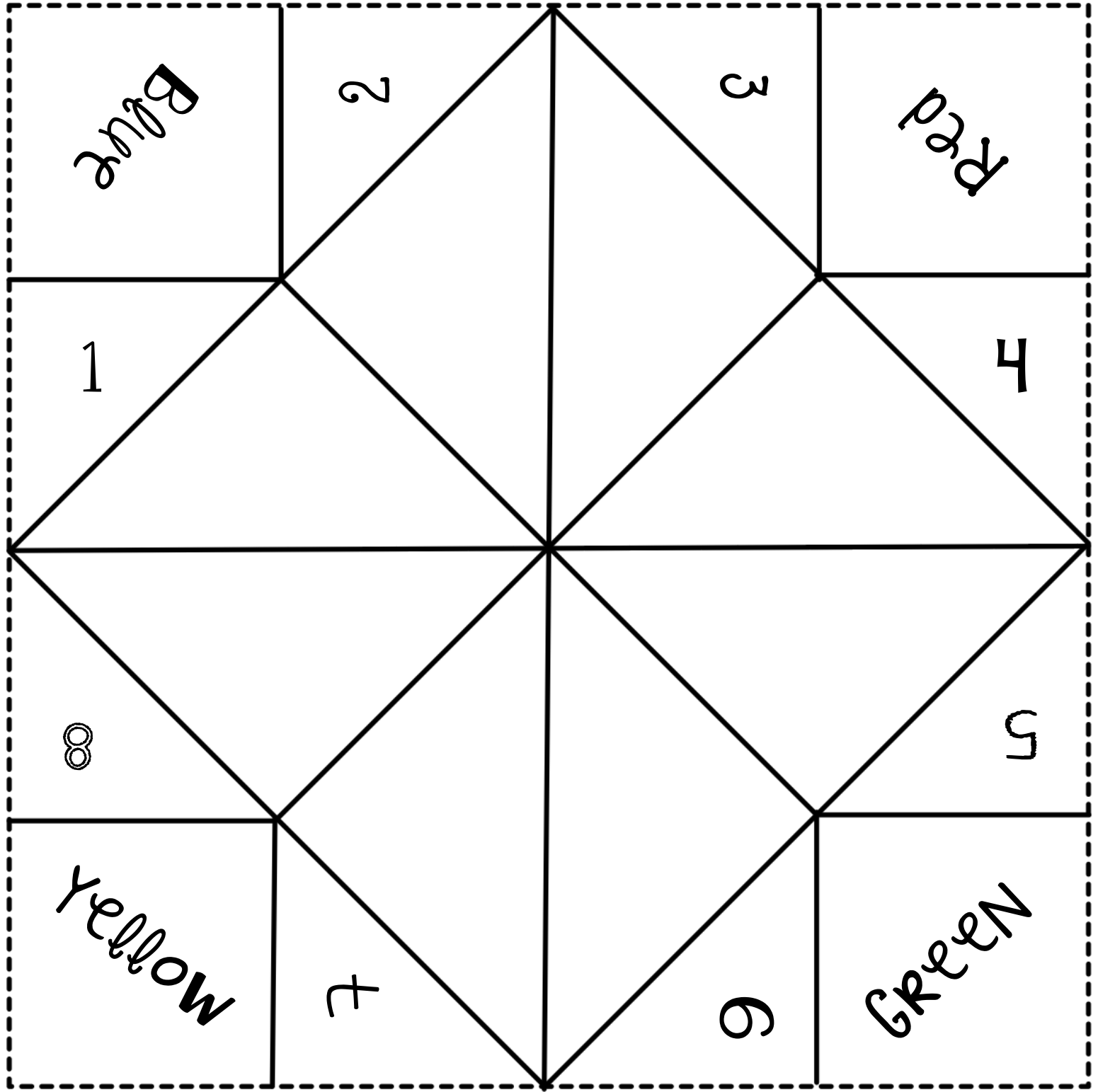
Name: _____

Date: _____

COPING STRATEGIES FORTUNE TELLER



Write a coping strategy in each triangle.



Name: _____

Date: _____

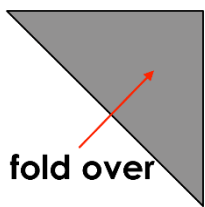
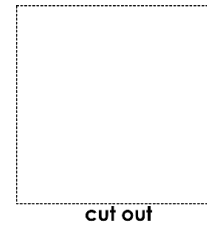
FORTUNE TELLER FOLDING DIRECTIONS



Make your own coping strategies fortune teller. After you create it, use it to help you with your coping strategies when needed.

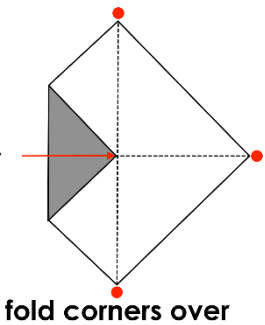
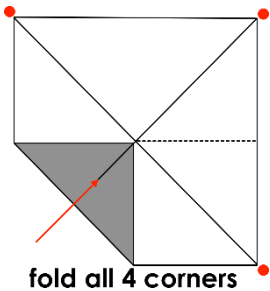
Directions:

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



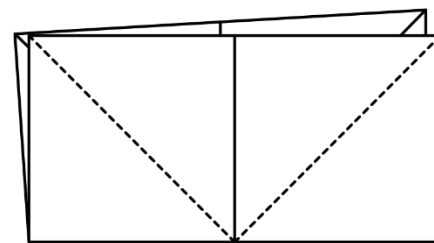
2. Fold the opposite diagonal corners together and open it back up.

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.



fold in half

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!

Name: _____

Date: _____

FORTUNE TELLER FOLDING DIRECTIONS

1. Cut along the dotted lines. Your fortune teller should be a perfect square.



2. Hold it with the colored side face down. Then fold opposite diagonal corners to meet. Do this to both sides.



3. Open it back up with the colored face down. Fold all 4 corners so they meet in the center.



4. Flip it over so the inside writing will be showing on top. Fold all 4 corners so they meet in the center. This will leave the numbers on top.



5. Fold in half both ways. It will look like a small rectangle.



6. Flip it over and place your hands under the flaps. Open and close the fortune teller several times to help it move freely.



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!

Name: _____

Date: _____

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 Say something positive to yourself

6 Talk to a friend

7 Slowly count to ten

8 Practice some yoga

Blue

Red

Yellow

Green