

Coping Strategies Fortune Teller

Colour and cut your fortune teller. We have started by filling out some helpful coping strategies, but we have included a blank version if you would like to write your own.

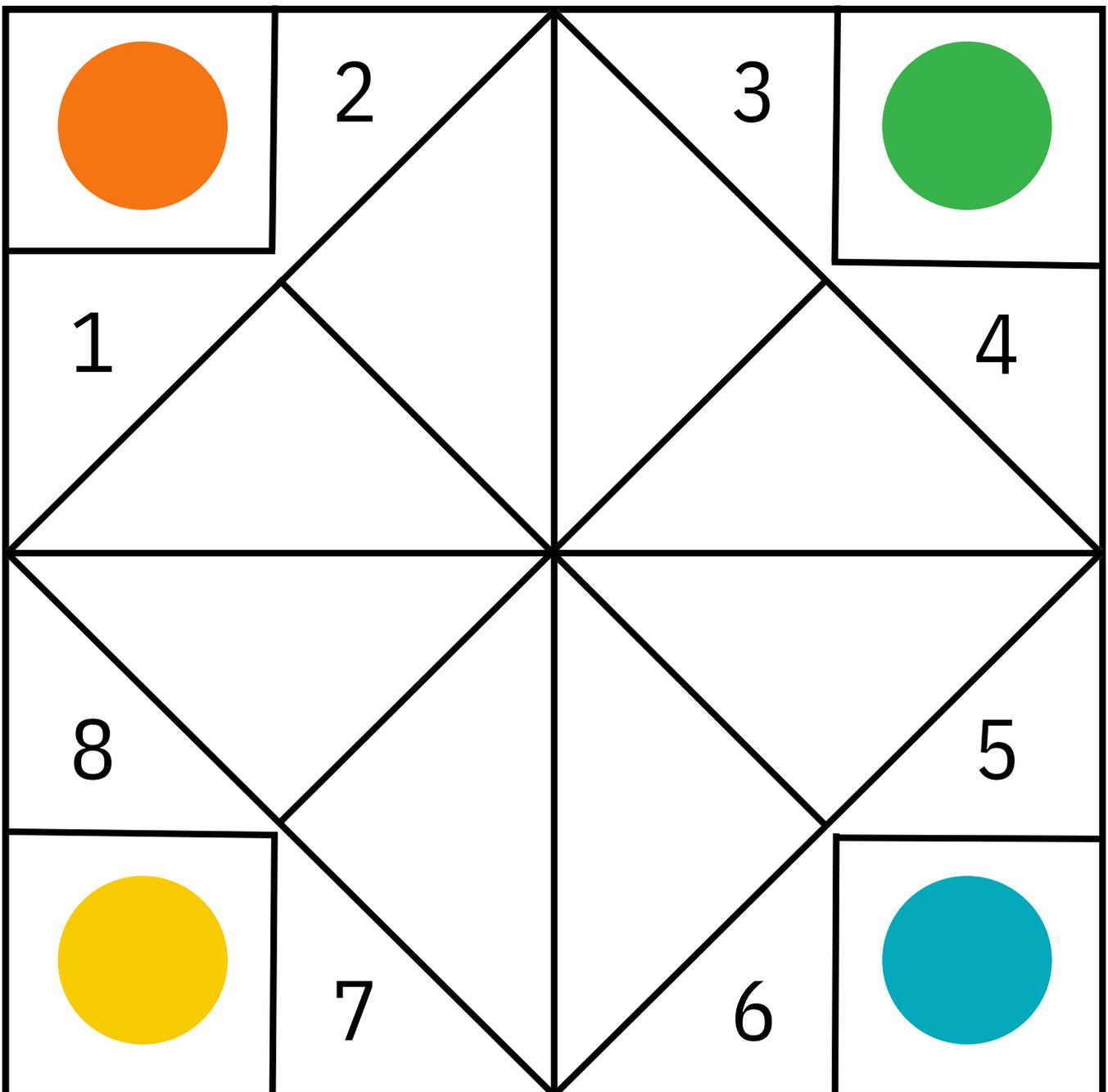


	2	3	
1	Try some box breathing	Distract yourself with a hobby	4
Write down all your thoughts and feelings		Try some self care (face masks, cup of tea, shower)	
8	Speak to a friend or family member	Make a playlist of your favourite songs	5
Try something new (instrument, recipe)		Get creative! Drawing, painting writing can help us feel calmer.	6
	7	6	

Coping Strategies

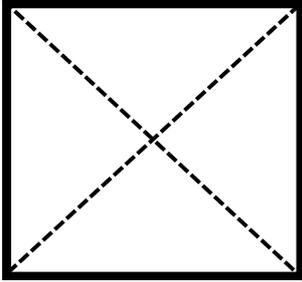
Fortune Teller

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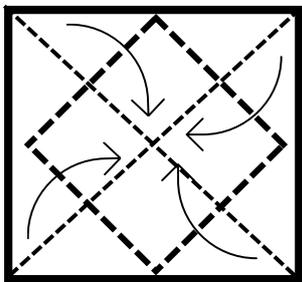
Instructions

1



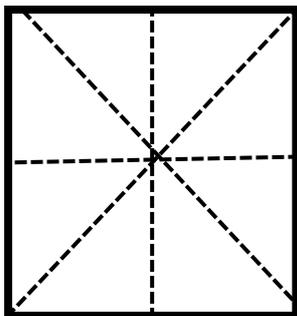
With pictures face down, fold on both diagonal lines. Unfold.

2



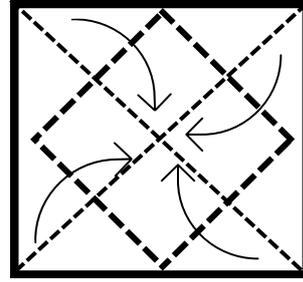
Fold all four corners to the centre.

3



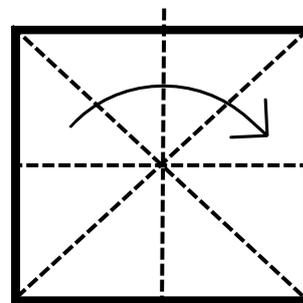
Turn paper over.

4



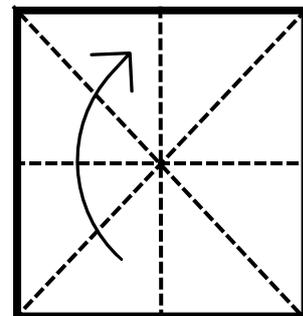
Once again, fold all corners to the centre.

5



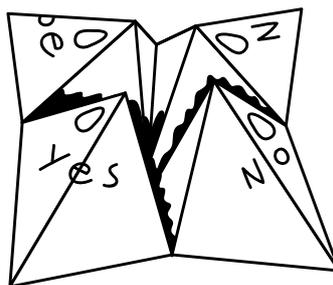
Fold paper in half and unfold.

6



Fold in half from top to bottom. Do not unfold.

7



Slide thumbs and forefingers under the squares and move the fortune teller back and forth to play.