



## Coping Fortune Teller

Supplies:

- Paper - square
- Scissors – if paper isn't square
- Marker, colored pencils or crayons and a pen
- List of 8 coping skills

**Part 1:** Steps to creating a paper fortune teller

**Step One:** Fold a **square piece of paper** in half.

**Step Two:** Open the paper back up and fold it in half the other way.

**Step Three:** Open the paper back up again. Your folds should have divided the paper into four squares.

**Step Four:** Now, fold the corner of each square into the center of the paper.

**Step Five:** Leaving the paper folded, flip it over.

**Step Six:** Once again, fold the four corners into the center of the paper.

**Step Seven:** Leaving the paper folded, fold it in half again. Your paper should now look like a rectangle with four square flaps on the outside (*See Image 7*).

**Step Eight:** Using both hands, slip your thumb and index finger under the flaps.

**Step Nine:** Create the fortune-teller shape by pushing up and in at the same time. You may need to fiddle with the center a little as well. Ultimately, the fortune-teller should look something like *Image 9* (bottom-view) and *Image 10* (top-view) below.

**Part two:** Adding coping skills

When we talk about coping skills, we mean any big or small thing a person can do to make themselves feel better. These will be unique to the person completing this activity because we all find comfort in different things.

The person completing the activity should be encouraged to brainstorm coping skills that are unique to them. For this activity, the simpler the coping skill, the better (e.g., pet your dog, listen to music, talk to a friend, color, etc.). Ultimately, they need to think of eight coping skills.

\*The only rule is that the coping skill can NOT be harmful or destructive to the person completing the activity or to anyone or anything else.



**Step One:** Flatten out your fortune teller. When flat, the fortune-teller should be square. On one side of the square, you will see four smaller squares. On the other, there are triangles (*See the first two images below*).

**Step Two:** On the side with the four smaller squares, you are going to put colors. You can either color the whole square, a part of the square, or write the name of the color. It's up to you. (*See the first image below*.)

**Step Three:** Flip the fortune-teller over to the side with the triangles. On this side, there are eight small triangles (within four larger triangles). On the small triangles, write the numbers 1-8. (*See the second image below*).

**Step Four:** Finally, flip over the four larger triangles. In each of the smaller triangles, write one coping skill. You will write down eight total coping skills (*See third image below*).

### **Playing the Game**

If you don't know how to play the game, we recommend watching the video above around the nine-minute mark. It's kind of hard to explain in writing, but...

Basically, the person playing the game will pick a color. The person moving the fortune teller (can be yourself) will spell out the color while pinching and pulling the fortune-teller.

Next, the person playing looks inside the fortune teller and picks a number. The person moving the fortune teller repeats the pinching and pulling while counting to the selected number.

Finally, the person playing will look inside the fortune-teller and select another number. Now the person moving the fortune teller will lift up the flap corresponding to that number and whatever coping skill is written underneath is the coping skill the person should do.