

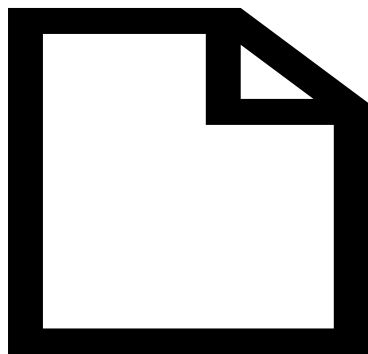
## Fortune Tellers

Here are two Fortune Tellers that you and your child can make together.

Fortune Teller number one will help your child with strategies to calm and soothe themselves if they are feeling anxious or worried.

Fortune Teller number two will help your child build their self-confidence.

Firstly, cut out the outside square of the Fortune Teller and then follow the instructions below on how to make it. Have fun!



# Fortune Teller Number One

**GREEN**

**YELLOW**

**ORANGE**

**RED**

1 Tighten up all your muscles and then release.

2 Go outside and notice the sky, the trees and any sounds.

3 Listen to some calming music.

4 Think of 3 positive things in your life.

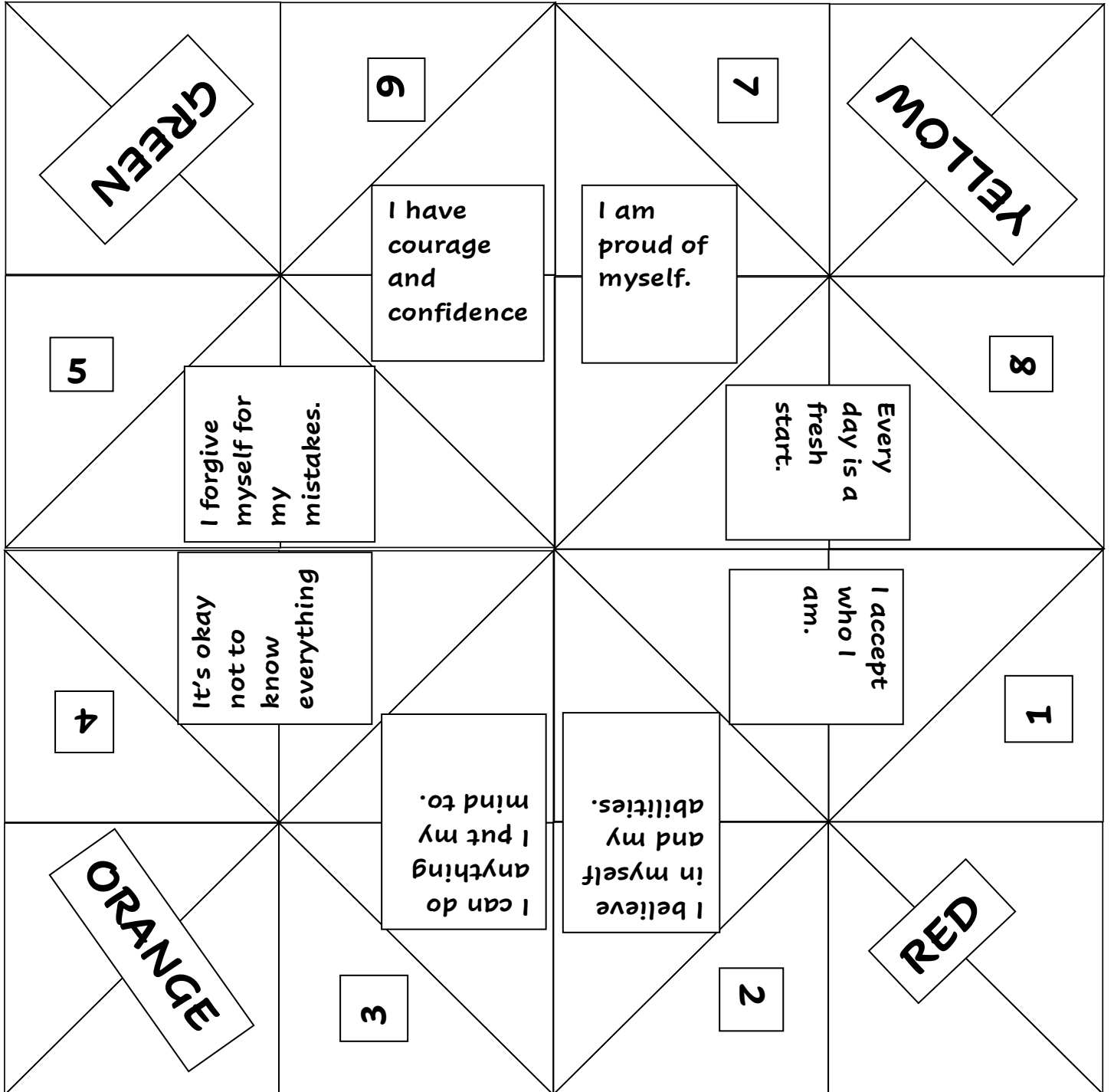
5 Count slowly to 10 and give yourself a hug!

6 Take a nice slow deep breath in and then a slow breath out.

7 Think of something that makes you happy.

8 Do some doodling, colouring or drawing.

# Fortune Teller Number Two



## How to make your Fortune Teller

1. Cut out the outside square. Fold the top right corner to touch the bottom left corner. Open up the fold. Then take the top left corner and fold it over to the bottom right corner. Press it down, and then unfold it. It should now be a square with diagonal lines running through the centre.
2. Now fold the paper in half from each side. Bring the top edge of the paper to the bottom edge and fold. Unfold the paper so it's flat again and rotate 90 degrees. Fold the new top edge of the paper to the bottom and crease it. Then open it out flat again. Your paper will now have 8 creases that join in the middle.
3. Bring the corners to the centre of the paper. Start with one of the bottom corners and fold it into the middle of the paper where all the crease lines join. Press down on the fold. Fold all the other corners into the centre.
4. Turn the paper over, and now fold each corner to the middle. Now you have made the Fortune Teller.

Enjoy!