Coping Skills Origami Fortune Teller

Everyone feels stressed or worried from time to time. That is normal! Although we cannot control all that happens to and around us, we can control how we respond to the situation using coping skills. Coping skills are healthy things we can do to help ourselves feel better.

Below is an origami fortune teller template along with instructions on how to create and use it to help you choose coping skills whenever you feel stressed or worried! Have fun and be well!
Directions to “play:”

1. Place your thumb and pointer fingers underneath the open squares. Choose a color and spell out the color while pulling the fortune teller opposite directions with each letter. Example: “B L U E.”
2. Pause your movements and look inside the fortune teller and choose one of the four numbers that you can see. Then pick a number and count to the chosen number while pulling the fortune teller opposite directions with each number.
3. Look inside the fortune-teller and select another number. Lift up the flap of that number and whatever coping skill is written underneath is the coping skill you should try to help you feel better! After some time, if you think that coping skill is not helping you in the moment, use your fortune teller to help you choose another coping skill to try!

60 Examples of Healthy Coping Skills:

1. Play a board game
2. Sing a favorite song
3. Draw a calm picture
4. Take deep breaths
5. Listen to cheerful music
6. Play a sport
7. Do gentle stretching
8. Speak kindly to yourself
9. Play with a pet
10. Read a book
11. Run in place really fast
12. Put a puzzle together
13. Play with modeling clay
14. Watch a funny movie or show
15. Go outside and enjoy nature
16. Take a relaxing walk
17. Blow bubbles
18. Drink a glass of cold water
19. Cook or bake
20. Talk to a friend
21. Write down your feelings
22. Plan an imaginary trip
23. Laugh out loud
24. Use a calming app
25. Watch a funny video online
26. Paint with watercolors
27. Slowly count to 10
28. Imagine your favorite place
29. Name five things you can see
30. Name 5 things you can hear
31. Name 5 things you can touch
32. Name 5 things you can smell
33. Name 5 things you can taste
34. Give someone a hug
35. Give yourself a hug
36. Make a fist and release it
37. Lay down on something soft
38. Arrange flowers in a vase
39. Hum to yourself
40. Play a fun video game
41. Do a kind gesture for someone
42. Clean your room
43. Go to a park
44. Lay in the grass
45. Make your bed neatly
46. Squeeze a stress ball
47. Weeds the garden
48. Look up at the sky
49. Call someone you miss
50. Plan for something fun today
51. Organize something
52. Play nature sounds
53. Practice yoga
54. Plan for something fun today
55. Play with Legos
56. Eat a healthy snack
57. Read a book
58. Close your eyes and breathe
59. Dance
60. A fun activity