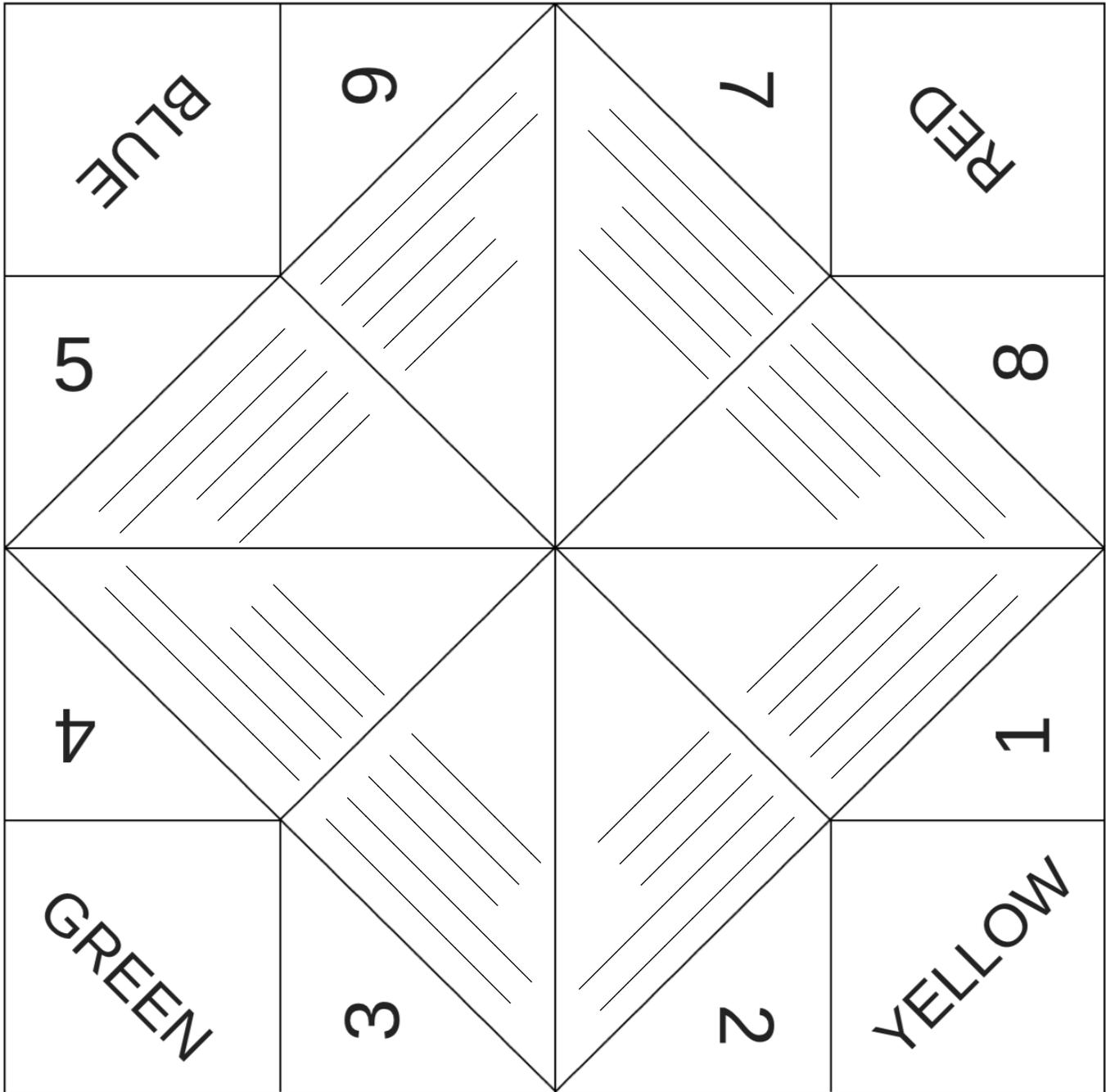


Coping Skills Origami Fortune Teller

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!



Instructions:

1. Color and cut out your fortune teller. Write down 8 coping skills that work for you on the center lines.
2. Flip fortune teller over colored side face down
3. Fold in half, corner to corner to make a triangle
4. Unfold
5. Fold in half the other way, corner to corner
6. Unfold. You now have an X
7. Fold all four corners to center
8. It will now look like this
9. Flip it over, folds facing down
10. Fold all four corners to center
11. It will now look like this, and yes, it will be smaller :)
12. Fold in half again, flat edge to flat edge
13. Wiggle thumb and pointer fingers under openings to play! Pinch and pull in opposite directions to make it move!

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:

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