8

RED

Tell yourself the facts, and don't focus on the worst-case scenario.

7

ORANGE

Laugh! Find something funny!

6

YELLOW

Listen to or play music.

5

GREEN

Imagine a beautiful and peaceful place.

1

BROWN

Exercise. Play outside. Ride a bike, dance, or take a walk.

2

PINK

Talk it out with a trusted adult or friend.

3

PURPLE

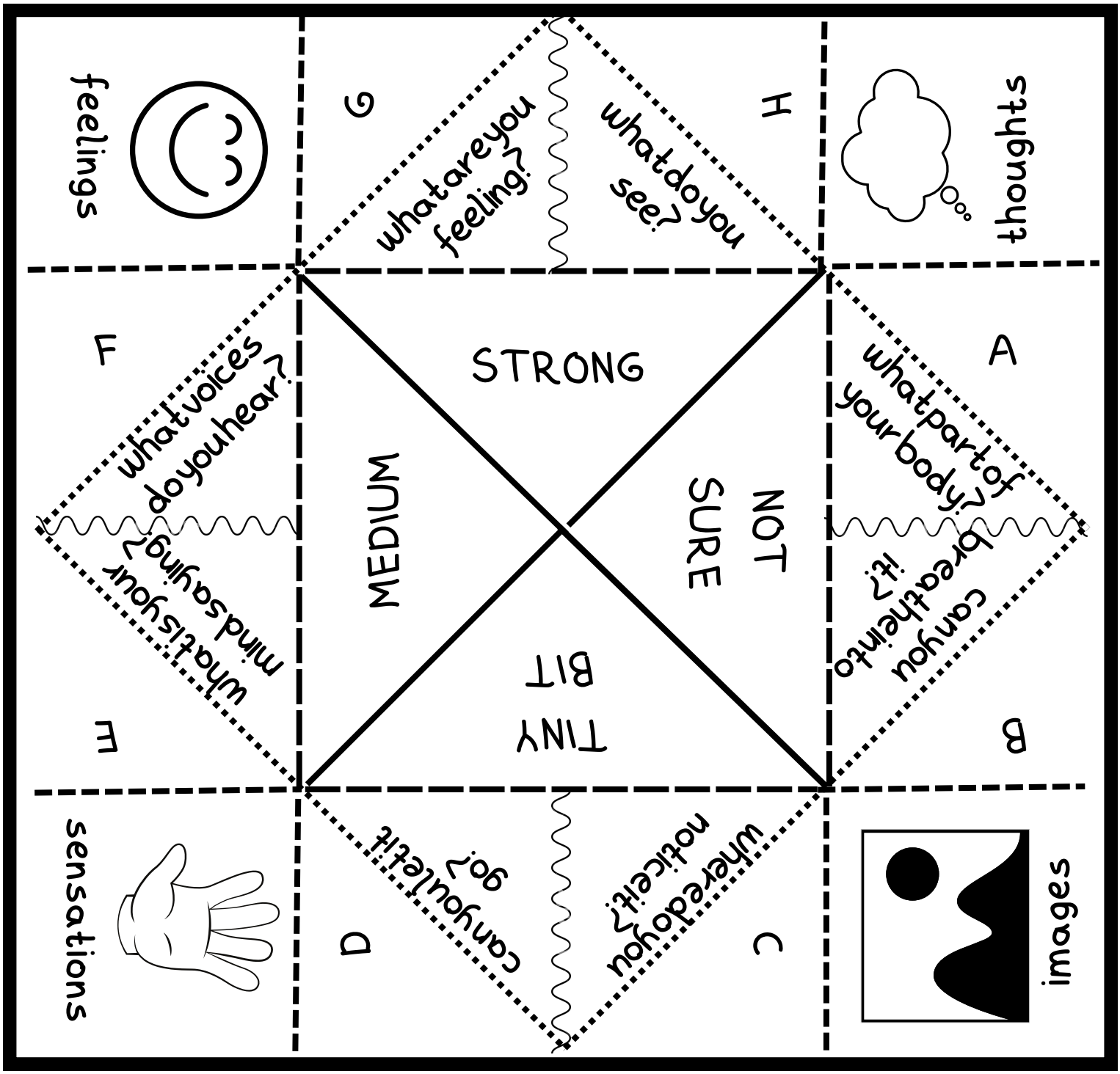
Write down everything you are feeling.

4

BLUE

Take a few deep breaths. Breathe in through your nose and out through your mouth.

Mindful Fortune Teller 2



1. Cut out square and color
2. Fold back on dotted lines ....
3. Fold forward on long dashed lines – – –
4. Put fingers into small dashed corners {points together}

PLAY!

- what do you notice?
- choose a letter for how strong it is
- read the question and answer it
- play with a friend

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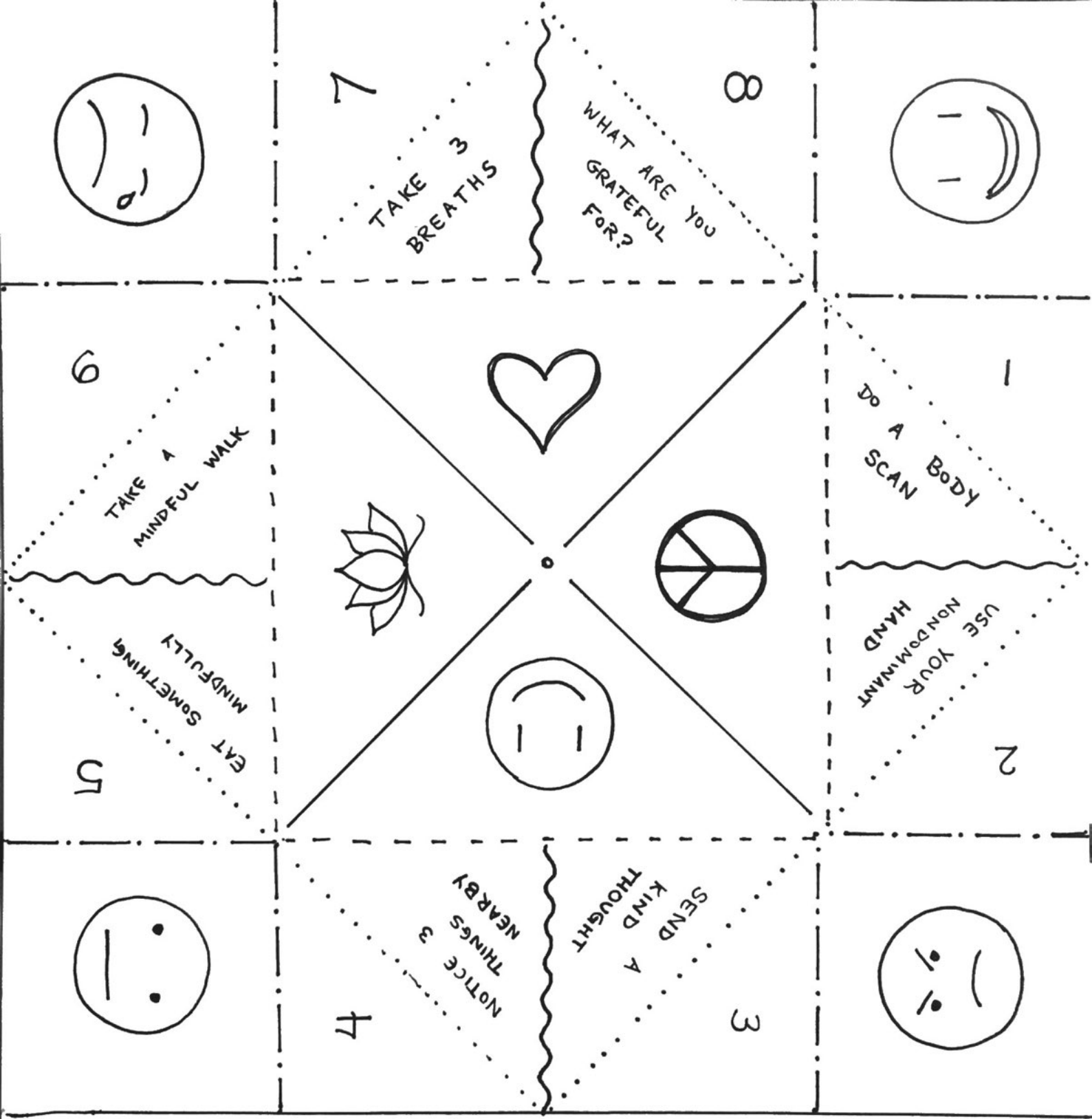

✂ CUT SQUARE HERE

① CUT OUT SQUARE & COLOR

② FOLD BACK ON .....

③ FOLD FORWARD ON

- - - - -

④ FOUR FINGERS IN —.—.
TO OPEN UP (POINTS TOGETHER)

⑤ PLAY!

- CHOOSE HOW YOU FEEL
- CHOOSE A NUMBER OF HOW STRONG IT IS
- READ AND DO YOUR FORTUNE!