

COPING SKILLS FOR THE CLASSROOM FORTUNE TELLERS

Ways to Use

1. Designed to function as either a classroom lesson, a small group activity, or as an individual intervention, decide whether or not you want to use the Lesson Plan to introduce this activity.
2. Choose between the ready-made fortune tellers (in both color and black and white) or DIY templates. The ready-made fortune tellers are great if you are short on time and want to jump right into playing. The DIY fortune tellers are great when you have more time for student self-reflection, customization, conversation, and craft-making.
3. It's helpful to assemble a fortune teller to use as an example before students make them, so they have a good idea of what to create-towards.
4. If you are using the DIY fortune teller, share the Top 50 Coping Skills for the Classroom list with your students. Invite them to read the handout, and circle their favorite 8 ideas. Review any unfamiliar strategies with your students. Suggest they choose 8 "plans of action" which are the most helpful to them (and acceptable to their teacher). Their top 8 Coping Skills for the Classroom will be used to personalize their fortune teller.
5. While introducing the activity (if you are not using the Lesson Plan) or while students are making their fortune tellers, invite students to reflect on some of the following questions:
 - *What helps you to calm & center yourself at home? What about at school?
 - *If you could be totally honest with your teacher, what would you tell them bothers you the most in class or at school?
 - *If you could make your classroom even better, what would you change?
 - *When are you the happiest at school?
 - *What do you wish you could do at school that would help you be more ready to learn and get along with others?
6. The "What Can Help You" ready-made fortune teller is super helpful (and non-threatening) to use in counseling sessions and student/parent/teacher meetings for solution-focused, goal-oriented conversations.



FORTUNE TELLER

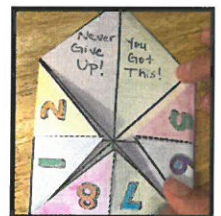
BASIC Game RULES

1. In the spirit of using a Fortune Teller, the person getting their "fortune told" can "ask" the fortune teller a coping-skills-in-the-classroom related question I like, "How can I better focus in class?", "What can I do in class when I am not ready to learn?", or "Instead of doing something in class that could get me in trouble when I feel upset, what can I do?"
2. In pairs, Person-A holds fortune teller while Person-B picks one of the words written on the outside of the fortune teller (example: try, practice, hope, growth).
3. Person-A spells the chosen word, with each letter, pinching and pulling, moving in an in and out motion, the Fortune Teller. For example, the word "breathe", b-r-e-a-t-h-e, would require pinching and pulling 7 times (since there are 7 letters in that word.)
4. When Person-A completes spelling the word, Person-B chooses one of the four visible numbers. Person-A repeats step 2, but this time pinching and pulling the number of times based on Person-B's chosen number.
5. Person-B chooses another number. Person-A lifts the flap and reads player B's fortune out loud, which will either be in the form of a statement or question.
6. Continue playing for a few more turns, then switch roles, so Person-B holds the fortune teller and Person-A gets their "fortune told" by choosing the words and numbers.
7. HAVE FUN and get your CLASSROOM COPING SKILLS ON!

DIY FORTUNE TELLER ASSEMBLY INSTRUCTIONS

1. Read the "Top 50 Classroom Coping Skills" list and circle the 8 actions that are the most helpful and meaningful for you.
2. Write your top 8 Classroom Coping Skills in the center of the fortune teller; one per triangle. If there's time, color your fortune teller, too!
3. Cut along the dotted lines of all four sides of the fortune teller's perimeter. This will create a square shape.
4. Turn the printed/colored side face down.
5. Fold the 4 corners of the square to the center, so that the outside corners all meet in the middle. This creates a smaller square.
6. Flip fortune teller over. Repeat step 4, folding the 4 corners of the square to the center. This creates an ever smaller new square, with the numbers showing.
7. Fold this square in half, so that words now show. Unfold. Now fold the other side in half.
8. Place both thumbs and index fingers into the 4 corner pockets.
9. Time to play! Have Fun!

write 1
affirmation per
triangle

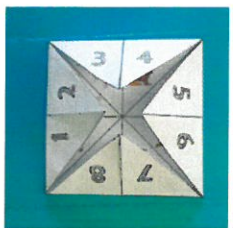
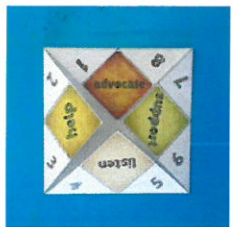
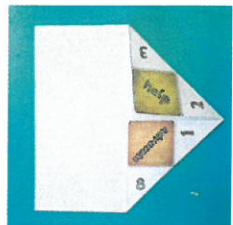


**images may not match but directions work the same!

Ready-Made FORTUNE TELLER ASSEMBLY INSTRUCTIONS



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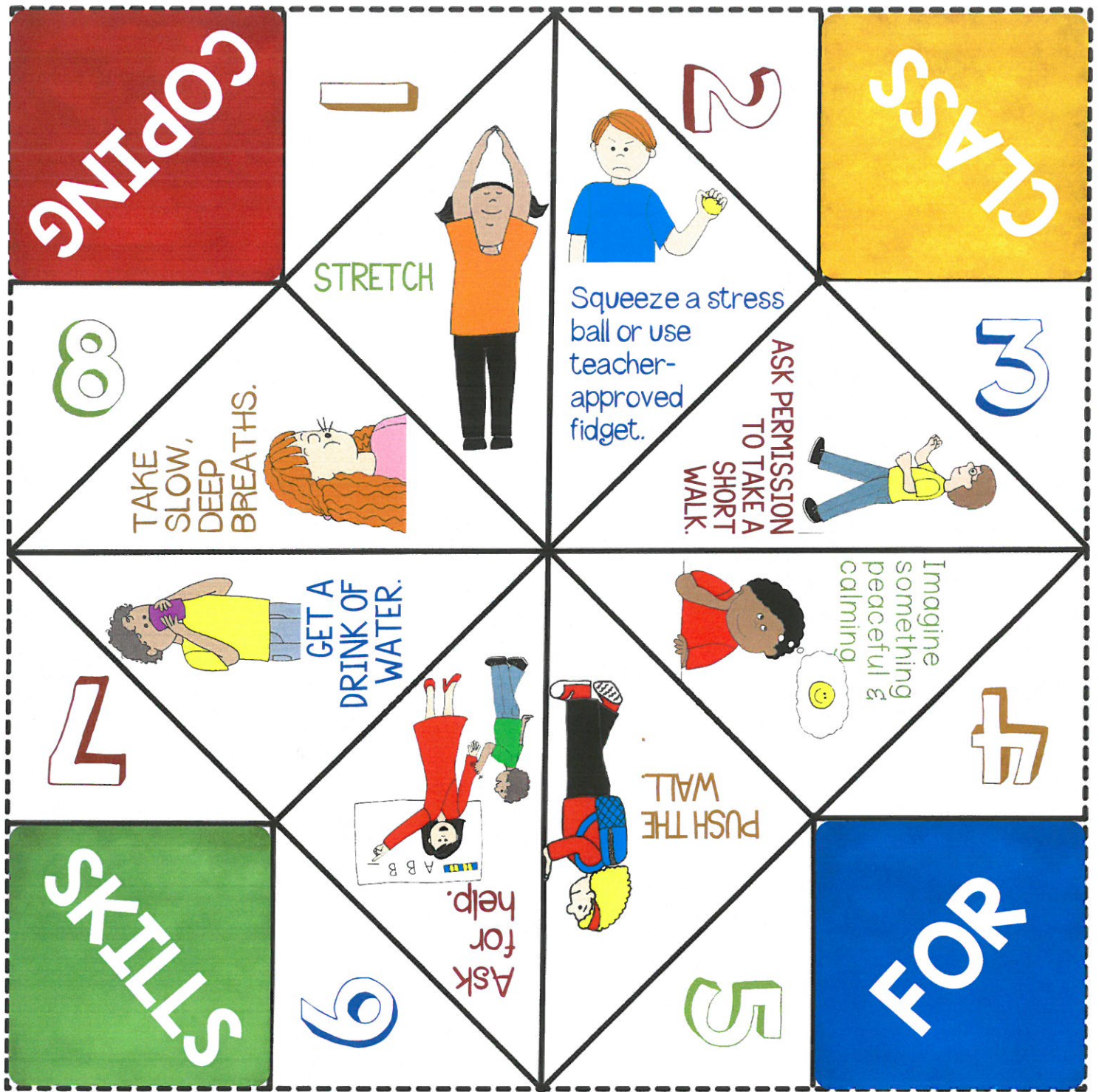


1. Cut along all four sides of the fortune teller's perimeter.
2. Turn the printed side face down.
3. Fold the square diagonally in half. Unfold. Repeat on other side. Unfold. This step marks the center.
4. Fold the 4 corners of the square to the center. This creates a smaller square.
5. Flip fortune teller over. Repeat step 4, folding the 4 corners of the square to the center. This creates an even smaller new square, with the numbers showing.
6. Fold this square in half, so that words now show. Unfold. Now fold the other side in half. This makes it easier to pinch and pull during game time.
7. Place both thumbs and index fingers into the 4 corner pockets.
8. Have Fun!

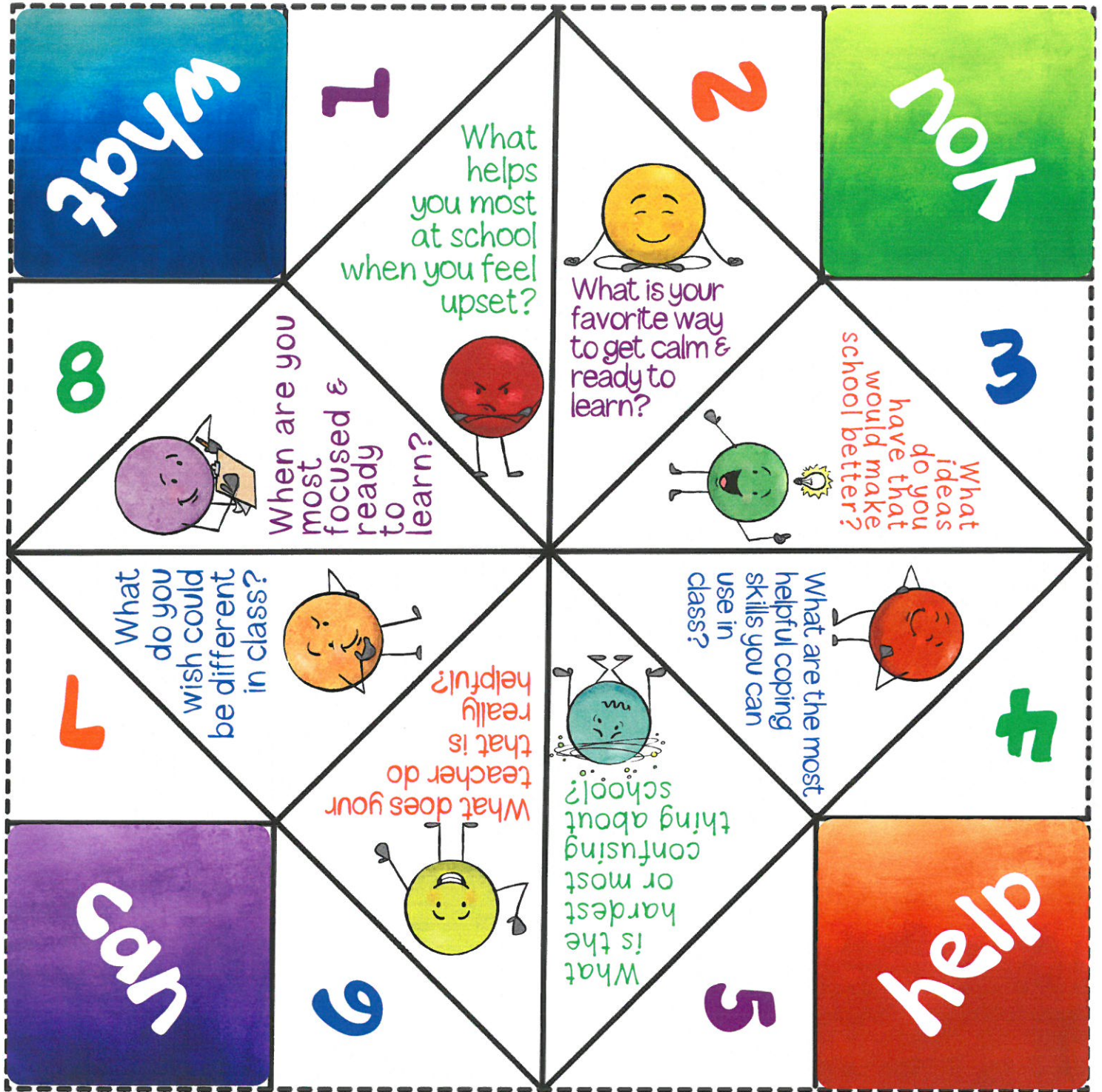


FIGURE OUT A PLAN

CLASSROOM COPING SKILLS FORTUNE TELLER



COPING SKILLS FOR CLASS **CLASSROOM COPING SKILLS FORTUNE TELLER**

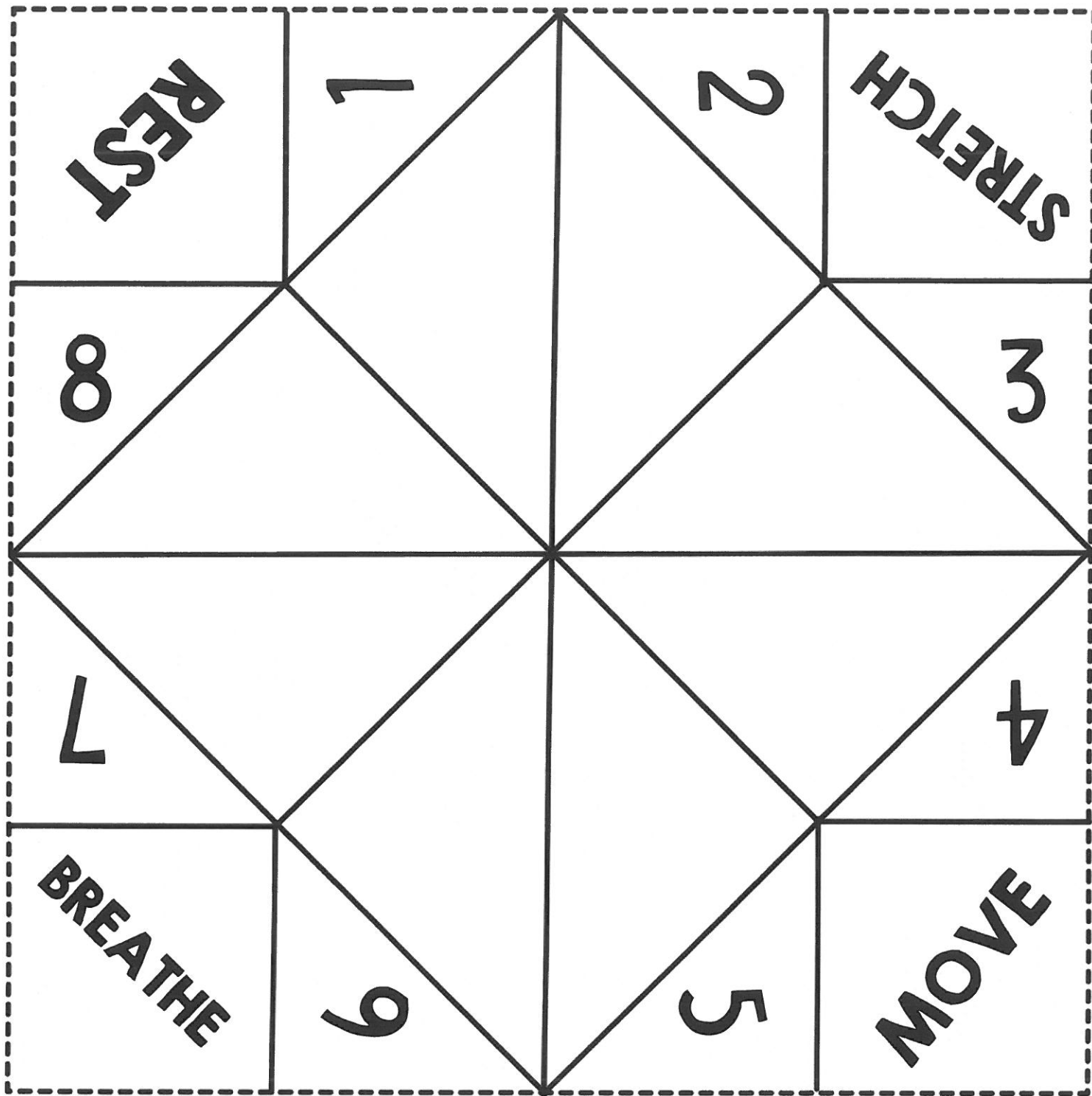


what can help you

CLASSROOM COPING SKILLS FORTUNE TELLER

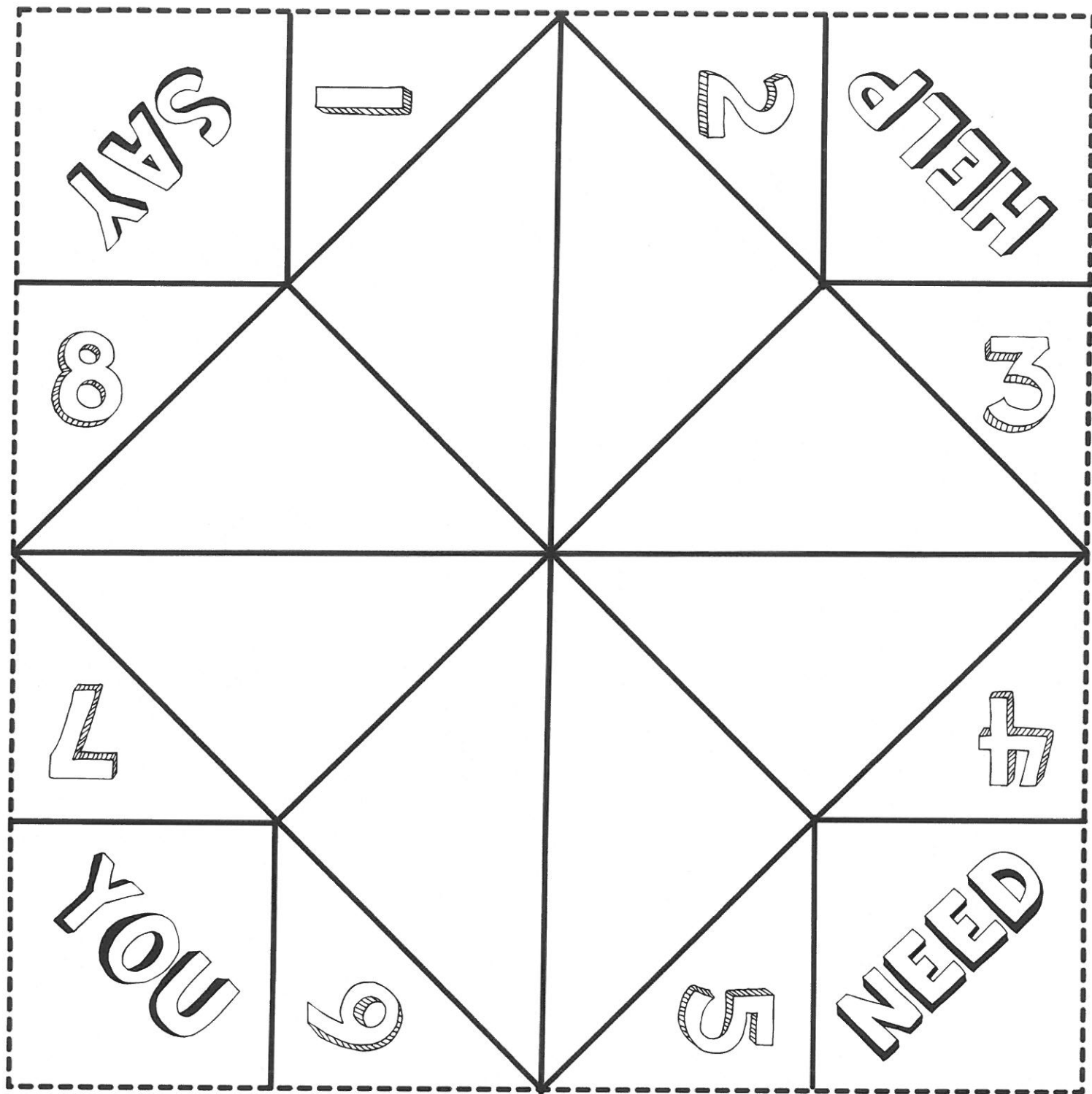


BREATH IN AND OUT CLASSROOM COPING SKILLS FORTUNE TELLER



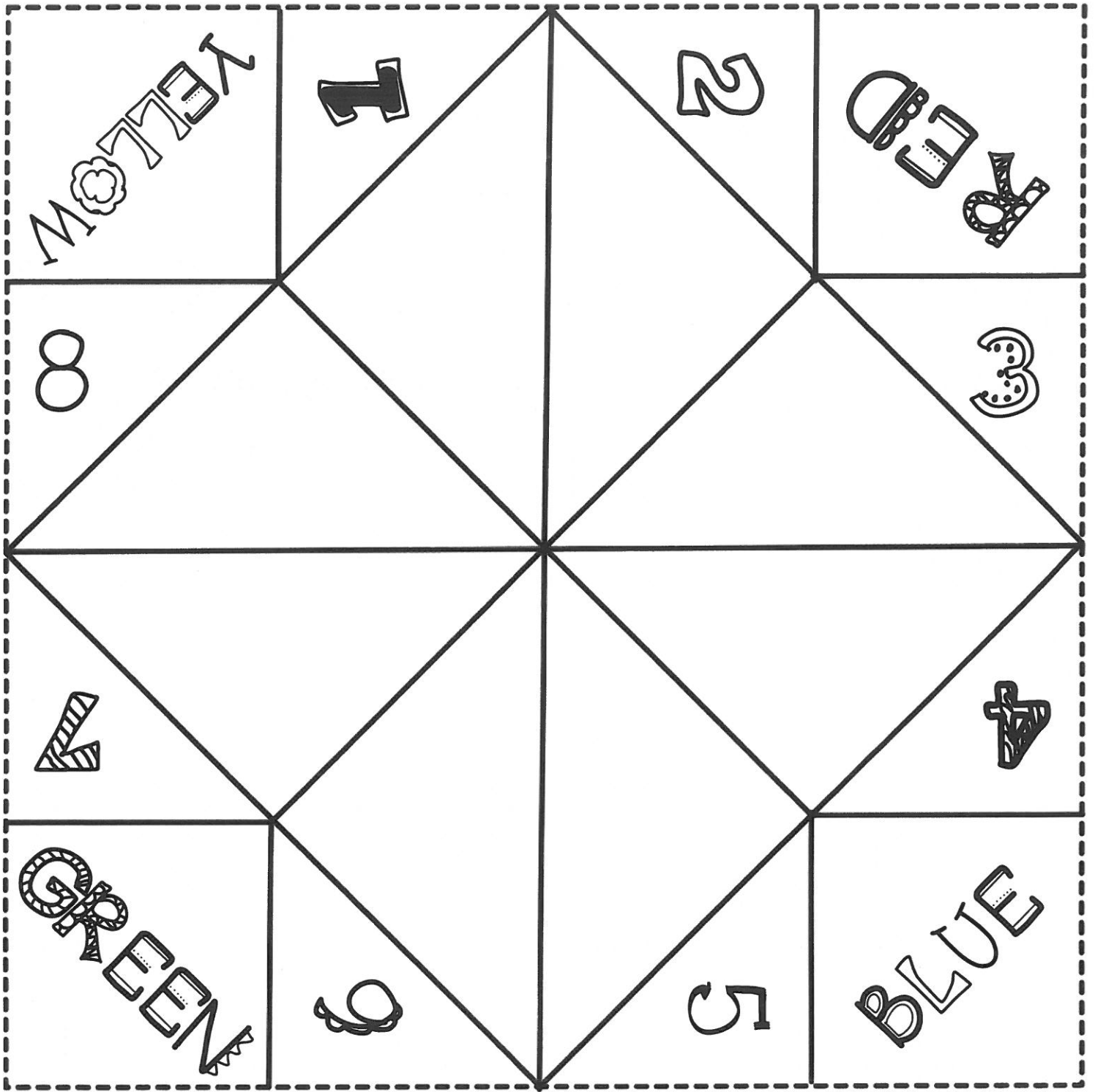
DIY

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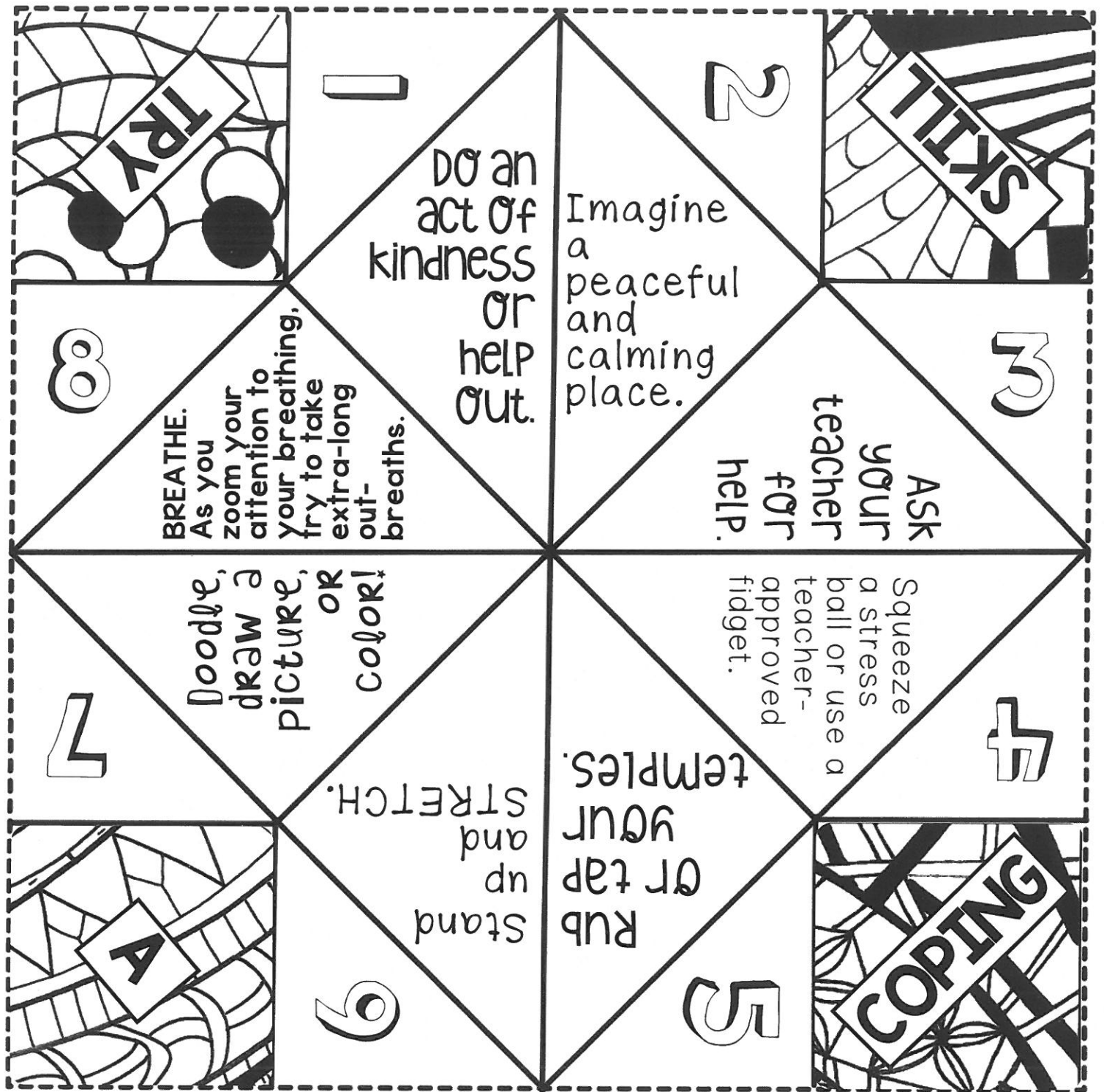
DIY

CLASSROOM COPING SKILLS FORTUNE TELLER



DIY

CLASSROOM COPING SKILLS FORTUNE TELLER



coloring/ ready made CLASSROOM COPING SKILLS FORTUNE TELLER