



Smyle

GCU
Glasgow Caledonian
University
University for the Common Good

FORTUNE TELLER

Positive Mental Health Activity



How to use your helpful fortune teller:

1. Detach this part from the fortune teller by cutting along the line or folding the paper on the line and ripping it carefully.
2. Think about things that you can do to help you calm down or feel better if you are feeling sad, angry, scared or confused like going for a walk or telling a trusted person that you feel upset and want some help.
3. Write these things down or draw them in the eight blank triangle shaped spaces on your fortune teller.
4. Now it is time to fold up your fortune teller. Start by folding your paper in half to make a rectangle and then fold that rectangle in half again into a square shape.
5. Now unfold it and place the star ★ face down on the table.
6. Fold all four corners into the middle so that the ocean picture is completely covered.
7. Flip the whole thing so that colours are facing the table and fold all the corners in again to meet the star ★.
8. Fold this in half so that your yellow and blue colours are next to each other.
9. Using both hands, put your thumbs and index fingers behind each colour and you are done!
10. When you or someone you know is not feeling good, choose the emotion, open and close the fortune teller each way one time for each letter in that emotion, then choose a number and lift it up to reveal the helpful thing you could try. If you still aren't feeling good, you can try again. Go on have a practice!

You can find useful links and ideas for your fortune teller at the resources section of this webpage: www.smyle-study.org

