

# Coping Strategies

## PRINTABLE FORTUNE TELLER

### MY FORTUNE TELLER

COPING STRATEGIES ACTIVITY BY **Big Life Journal**

BLUE	6	Slowly count to ten.	7	Imagine your favorite place.	RED
5	Make a fist, then release it.			Give yourself a hug, squeeze tight.	8
4	Draw a picture.			Say three things you hear.	1
GREEN	3	Name five things you see.	2	Fill belly with air, breathe out, slow and deep.	YELLOW



color & cut out fortune teller



flip over so colored side is down



fold in half



unfold



fold in half the other way



unfold



fold in at 4 corners



should look like this



flip it over



now fold in the corners like you did before



should look like this



fold in half again



open, place thumb and pointer fingers underneath, push

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