

# stress-relieving paper Fortune-Teller

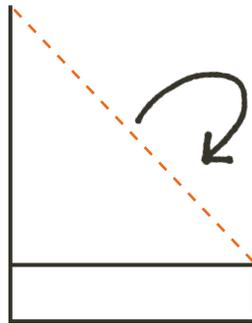


## Materials:

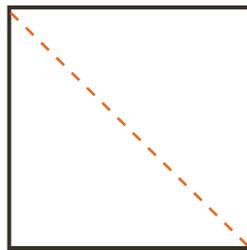
- 8.5-by-11 inch piece of paper
- Scissors
- Colors to decorate with: crayons, markers, colored pencils, watercolors, etc.

## DIRECTIONS:

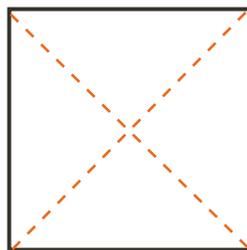
1. Orient the piece of paper with the shorter side on top. Fold the top right corner over the paper until the top edge lines up with the left side of the paper.



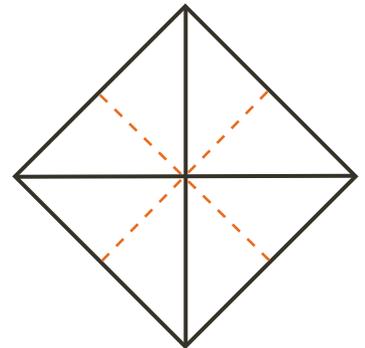
2. Cut the bottom remaining rectangle edge and unfold your paper to reveal a perfect square.



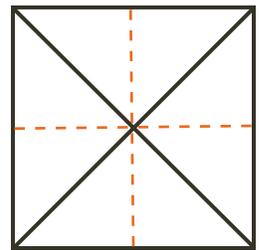
3. Create another folded diagonal line going in the opposite direction from your previous fold so you have two creases intersecting in the middle of the square.



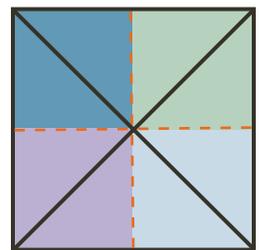
4. Take each corner of the square and bring the point into the center where the folds meet, creasing to fold.



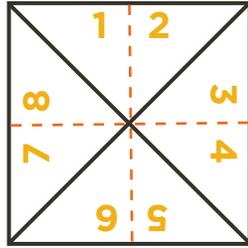
5. Turn the paper over and fold the new corners into the center again.



6. Turn the square over and color each square in one of four different calming colors. Label each corner with one word that makes you feel relaxed. For example, if the beach is your happy place, you could write ocean, breeze, blue, sun.



7. Flip the square over and write the numbers one through eight on each of the triangles.



8. Lift up the triangles with numbers and write on the opposite side of each number something you can do that makes you feel calm and happy when you are stressed. Write small so it fits in each of the eight spaces. Some examples:
- Set a timer for one minute and move your body: dance, shake, jump, or stretch!
  - Grin from ear to ear, even if you have to fake it!
  - Breathe in and as you breathe out, pretend you are blowing a dandelion and the fluffy seeds slowly fly away.

9. Once you have finished writing your eight stress-relieving prompts, fold the triangle flaps back into the square. You'll want to fold and unfold the square in half, horizontally and vertically. Flip the square over and fold and unfold in both directions again. This will help with the flexibility of your stress-relieving fortune-teller.

Share your fortune-tellers with us

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## TO USE YOUR FORTUNE-TELLER:

- Slide your thumb and index fingers of both your hands underneath the squares and pinch your fingers together.
- Ask a friend to choose one of the words you wrote on the colorful squares. As you spell out the word, move your index fingers and thumbs together and away from each other. For example, if your word was "breeze," move your fingers six times for b-r-e-e-z-e.
- Then, have your friend pick one of the numbers that they can see in the opening of your fortune-teller. Repeat the finger movement as you count that number.
- Last, have them pick another available number and lift the flap for that number. Read your friend's stress-relieving activity out loud. Then take turns!

