

Positive thinking Fortune Teller



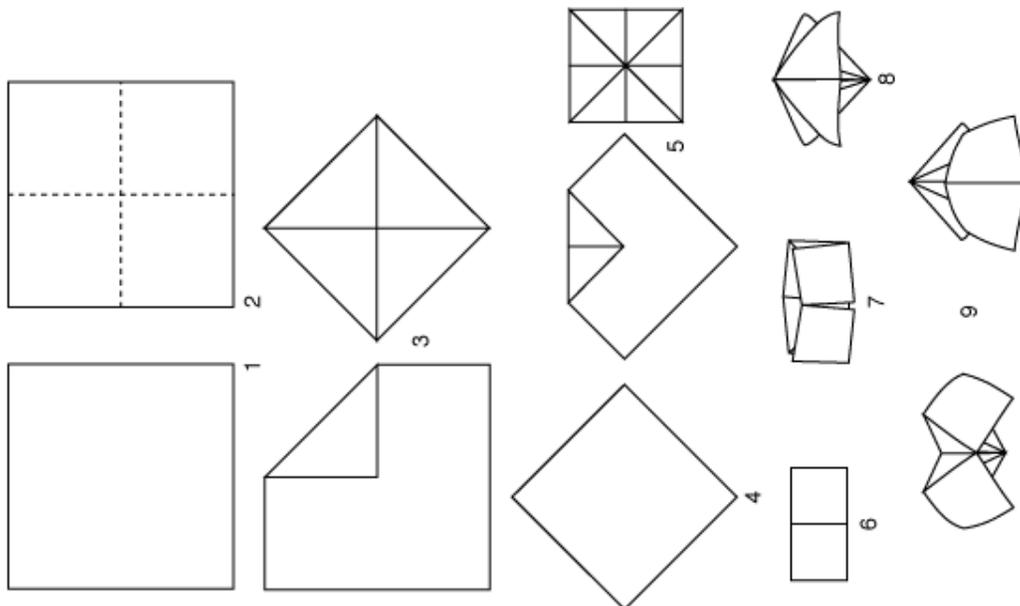
This fortune teller will increase Positive self-thoughts and positive self-talk. This comes in handy when you're having a bad day.

Materials:

- Layout
- Markers, color pencils, crayons
- Directions

Instructions:

Start off by following the example below. From steps 1- 9 follow the pattern of folding the paper.



Once you're done folding unfold it so you can see the creases. On the outer corners start by picking the colors:

- Red: angry, upset, out of control, wanting to yell,
- Blue: sad, nervous
- Yellow: Frustrated, worried
- Green: tired, bored



Now, number the following triangles, Near the inside think about what calms you down or gets you in a better mood. Is it listening to music, drawing, taking a walk, or even calling your friend?

Now fold it back up and it's ready to be used.

Reflection:

Now you can use this positive fortune teller when you have feelings these are called affirmations that are positive talks that bring us happiness. Use this to help to change your emotion into good feelings.

