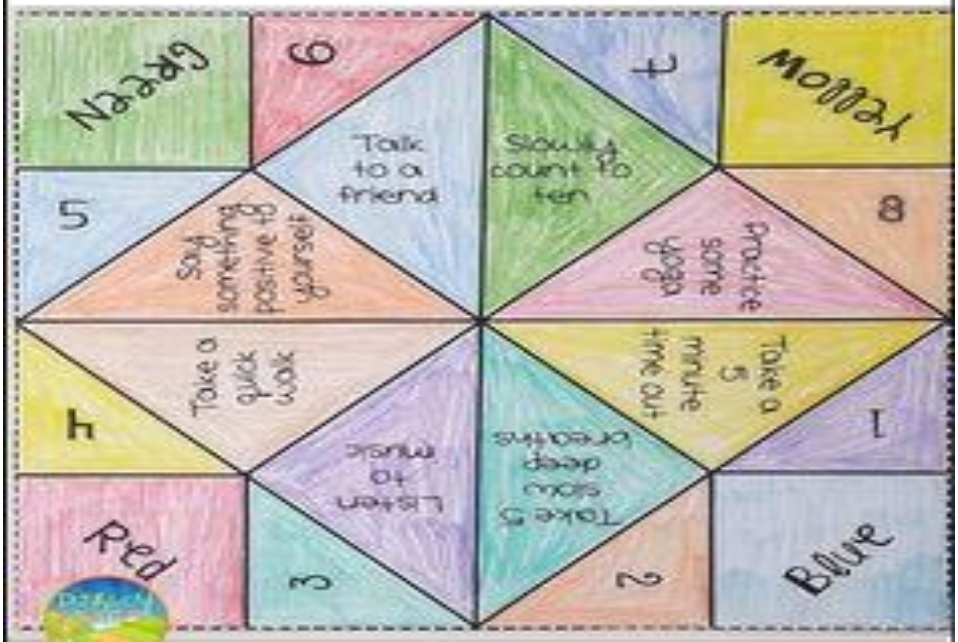
Fortune Teller

Materials:
White piece of paper
Crayons/colored pencils
Scissors
Pen or Marker

Instructions:
Give each student a blank piece of paper, then have them make a "fortune teller" (some kids know this as a "cootie catcher"!). Most kids know how to make one, but you can find one here: https://lessons4now.com/wp-content/uploads/2013/06/cootie-catcher-template-low-tech.png. Have students fill in their fortune teller with coping strategies.

**See example on next page*

Have students discuss why coping strategies are important. Have students identify their top coping strategies and talk about different possible coping strategies, even practice some with the class. Have students keep their fortune teller as a reminder of their coping strategies.

COPING STRATEGIES

FORTUNE TELLER