
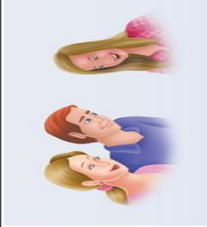








# Be the Boss of Worry Fortune Teller

  <b>Green</b>	<p><b>1</b></p> <p>Name one safe person you can trust with your worries?</p>	<p><b>2</b></p> <p>Tell about a worry &amp; decide how full of worry it makes you.</p>	  <b>Yellow</b>
<p><b>8</b></p> <p>Take 2 balloon breaths. What color is your balloon?</p>	<p><b>3</b></p> <p>Name 3 coping skills you can use when feeling worried.</p>	<p><b>4</b></p> <p>Pick one worry thought and your counselor will help you change it into a positive thought.</p>	<p><b>3</b></p> <p>What is something you worry about that you would like to learn more about?</p>
<p><b>7</b></p> <p>Tell about a time you didn't do something because you were worried.</p>	<p><b>4</b></p> <p>What makes you worry?</p>	<p><b>5</b></p> <p>Pick a color for each of the 4 pictures.</p>	<p><b>4</b></p> <p>What is something you worry about that you would like to learn more about?</p>
 <b>Red</b> 	<p><b>9</b></p>	<p><b>5</b></p>	 <b>Blue</b> 

1. Print and cut round outside of fortune teller
2. Fold in half and in half again
3. Open out, turn over so top is blank and fold each corner into the middle
4. Turn over and repeat
5. Turn over so you can see the pictures
6. Slide your thumb and your finger behind 2 of the pictures and press together so they bend round and touch
7. Turn over and repeat with the thumb and finger of the other hand for the other two pictures
8. All the pictures should now be at the front with centers touching and you are ready to use your fortune teller!
9. Pick a color for each of the 4 pictures.