

Mental Health Foldable

Adapt this easy origami "fortune teller"
to practise positive mental health



This is a fun and easy way to practise positive mental health strategies.

This particular example offers opportunities for connection, but you could create one for coping skills, positive affirmations, self-esteem, or social and emotional strategies by changing the prompts inside.

Sample Prompts

Self-Care

- * Go outside
- * Breathe deeply
- * Hug
- * Stretch
- * Do something kind

Positive Affirmations

- * I am enough
- * I am good at
- * My challenges help me grow
- * I can manage this

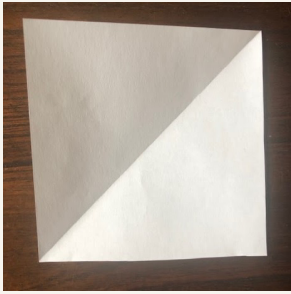
Coping Skills

Use breathing exercises, progressive muscle relaxation, or distraction activities.

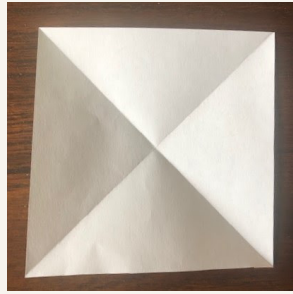
Social-Emotional

Use different emotions and pretend to express them.

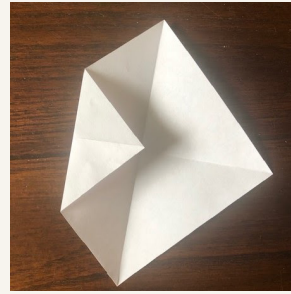
Instructions



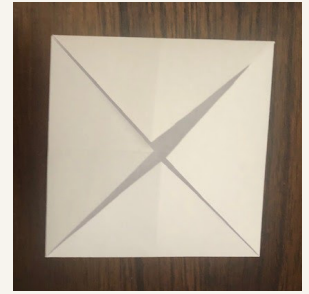
1 Fold a square piece of paper in half diagonally.



2 Unfold and fold diagonally the other way.



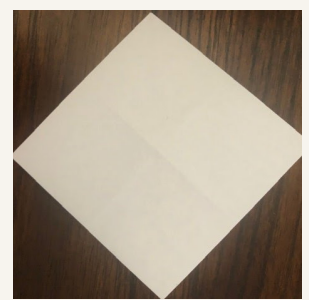
3 Fold a corner to the centre of the square.



4 Fold the rest of the corners to the centre.



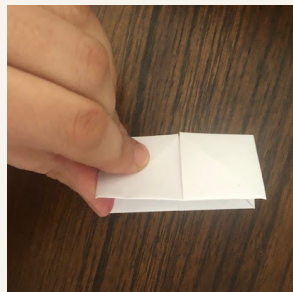
10 Unfold and add colours and numbers as shown, then refold and enjoy!



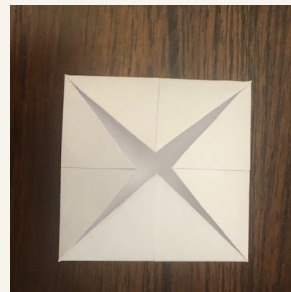
5 Flip over.



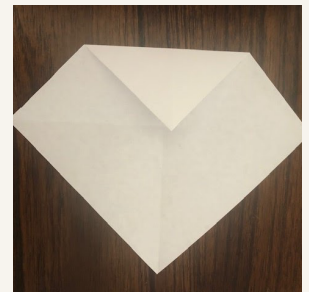
9 Put your fingers in the spots on the bottom.



8 Fold in half.



7 Fold the rest of the corners to the centre.



6 Fold the corner to the centre of the square.

How to Play

1. Have the person who is not holding the foldable pick a colour.
2. Spell out the colour while alternating pinching and pulling to open and close the foldable for each letter.

3. Have the person pick one of the numbers and open and close as many times as the number chosen.
4. Now the person picks another number and you fold to open that flap to expose the prompt.