

This activity contributes to the following badges:



Community Impact Staged Activity Badge



Beaver Creative Activity Badge



Beaver My Skills Challenge Award



Cub Our Skills Challenge Award



Scout Craft Activity Badge

Beavers | Cubs | Scouts

# Make a fortune-teller

**Time to Talk Day, 1 February** This old playground favourite has been given a new mental-health twist

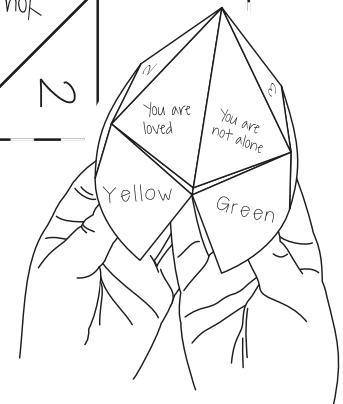
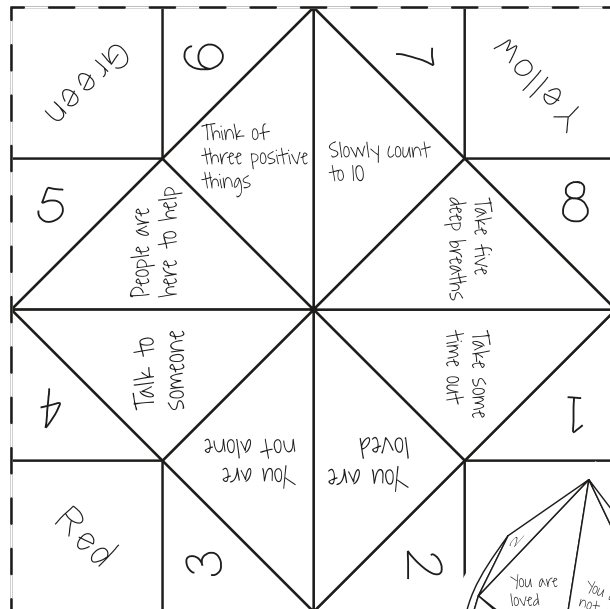
**Time** 30–40 minutes

## Equipment

- paper squares (20cm x 20cm)
- colouring pens and pencils

## Instructions

- 1 Give each young person a square of paper and ask them to fold it into a triangle.
- 2 Ask them to fold it in half again to form a smaller triangle, before unfolding it completely.
- 3 Next, they should fold each corner into the centre to make a smaller square.
- 4 After turning this square over so the flaps face down, they should fold each of the corners into the centre again to form an even smaller square.
- 5 Holding the square in front of them, they should fold it in half and then in half again before opening it back out to where they were at the end of step 4. On the rear side of the square they will find four square flaps, into which they can slip their index fingers and thumbs, and bring the corners together to make their fortune-teller.
- 6 Using a pincer movement, your section can now open



and close the fortune-teller. Before decorating, talk to your section about mental health and the sort of messaging they should include on their fortune-teller to make someone with mental illness feel soothed and supported.

- 7 Now, it's ready for decoration! The square flaps should be each be a different colour, and the inner triangular flaps should be numbered 1–8. Then on the flip-side of each triangle they can write a coping strategy, such as 'take five deep breaths' or 'take some time out'. The young people could also include messages of support such as 'you are not alone' or 'you are loved'.

## Take it further

You can use this activity as an introduction to your mental health and wellbeing A Million Hands project. There are resources to support your project created by our charity partner, Mind – which also supports National Time to Talk Day – available online at [amillionhands.org.uk](http://amillionhands.org.uk). For guidance and support around emotional wellbeing, head to [scouts.org.uk/emotionalwellbeing](http://scouts.org.uk/emotionalwellbeing).

## Thought about peer leadership?

Show your peer leaders how to do this activity and then ask them to run the activity in their groups.