

HEALTHY RELATIONSHIPS



YouthLink Safe for Life: Healthy Relationships Optional Post-Field Trip Activity

Purpose: The purpose of this activity is to reflect on self-care strategies by making a “decision maker” folded paper craft.

Materials:

- Printed “Self Care-Decision Maker” template for each student
- A teacher example to fold with students as a demonstration
- Markers or pencil crayons for each student to decorate their fortune teller
- Scissors for each student

Teacher Prep:

- Print and write on a teacher example to fold with students as a demo

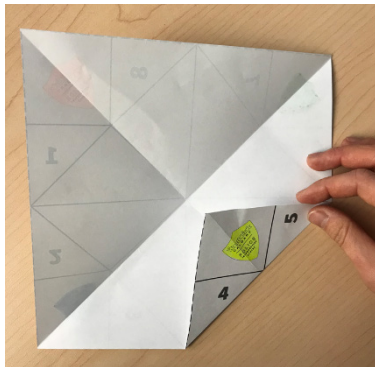
Procedure (30 minutes):

- **Explain** to students that they will be creating “fortune catcher” crafts that they can use as a tool for self-care.
- **Instruct** students to write an activity or strategy they like to do for self-care in each of the blank triangles on their fortune catcher templates. Some examples could include: Talking to a friend or trusted adult, going for a walk, reading a book, playing a sport, playing with a pet, listening to music, etc.
- After the students have written their strategies down, **demonstrate** how to fold the craft by using your teacher example:
 1. Cut out the template on the dotted lines

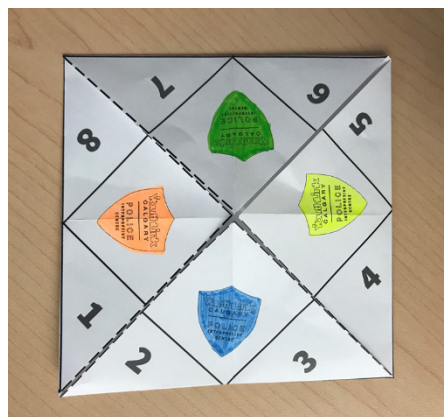
HEALTHY RELATIONSHIPS



2. Flip the paper over so the **back side** is facing up. Fold from corner to corner, making a triangle. Crease the fold well, then unfold the paper.
3. Fold the top left corner down to the bottom right corner and crease the fold well. Unfold the paper.
4. Bring one of the corners to the centre of the paper, where the creases intersect. Crease the fold but don't unfold the paper.

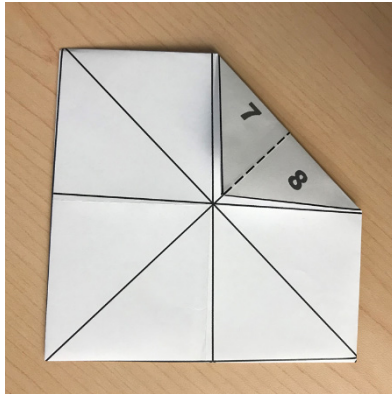


5. Repeat step 4 with the remaining corners. You will end up with a smaller square containing four triangles.

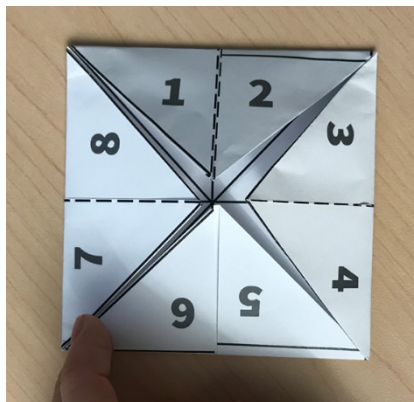


6. Flip your paper over and fold each corner to the centre again.

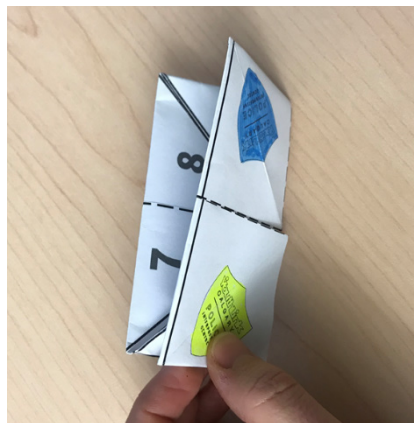
HEALTHY RELATIONSHIPS



7. Repeat with the rest of the corners. Now you will have a smaller square.



8. Fold and unfold the square in half horizontally and then vertically.



HEALTHY RELATIONSHIPS



9. Turn over and slide your fingers under the paper flaps and gently push the outer corners to the middle.
-
- After the students have folded their fortune catchers, they can decorate them with markers or pencil crayons. Encourage the students to use these fortune tellers as a fun game when they feel like they need a self-care strategy- these crafts can help them to choose!