

Digital Wellness

FORTUNE TELLER



Folding Instructions

Step 1: Start with your square piece of paper, making sure the side with writing/design is facing down.

Step 2: Fold the paper in half diagonally, aligning two opposite corners. Crease the fold.

Step 3: Unfold the paper to reveal a crease that forms an "X" on the paper.

Step 4: Now, flip the paper over so that the side with writing/design is facing up.

Step 5: Fold the paper in half diagonally again, aligning the opposite two corners. Crease the fold.

Step 6: Unfold the paper to reveal two intersecting creases (a large "X" and a smaller "+" shape) on the side with writing/design.

Step 7: Turn the paper over one more time so that the side with writing/design is facing down again.

Step 8: Fold each of the four corners into the center of the paper. Make sure to fold the corners that **have** any writing/design on them to the middle. Crease each fold well.

Step 9: After folding all four corners to the center, you will have a smaller square with the writing/design facing up and four triangular flaps on the bottom side.

Step 10: Carefully flip the entire paper over, keeping the flaps folded underneath.

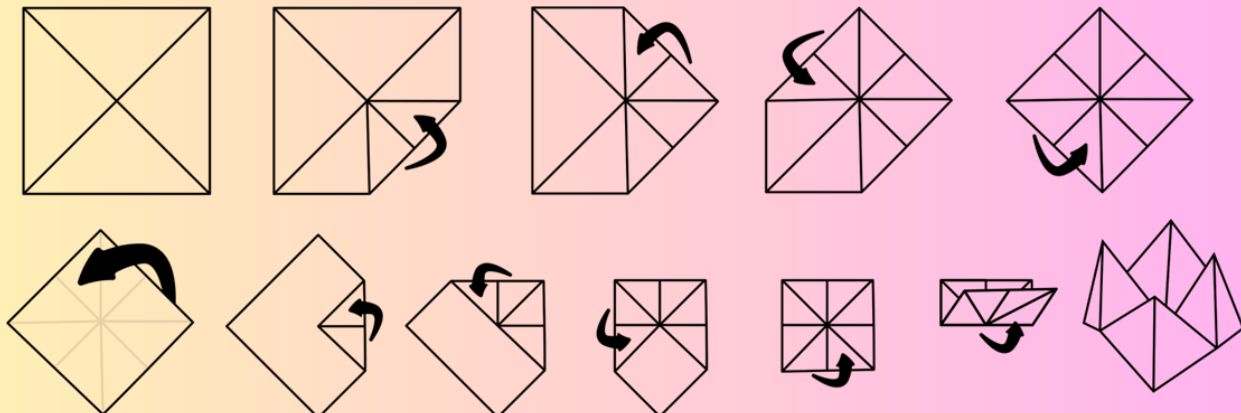
Step 11: Fold each of the four new corners (now on top) into the center of the square (this should be the numbers being folded into the middle. Crease each fold.

Step 12: You should now have a smaller square with numbers facing up and four triangular flaps on the bottom side.

Step 13: Gently fold in half the small square x2

Step 14: Lift the flaps and place your fingers inside them, one thumb and one finger on each side.

Step 14: Carefully bring the fortune teller to life by moving your fingers.



Enjoy your Digital Wellness Fortune Teller!

THANK YOU FOR YOUR SUPPORT!


I wanted to take a moment to express my heartfelt gratitude for your support and initiative in educating students about digital wellness, healthy balance, and responsible technology usage. Your dedication and commitment to your students' well-being is inspiring. The knowledge and skills you're imparting in your students will have significant impact on their lives, both now and in the future.


Explore more resources and activities focused on digital wellness by visiting our website. If you found our team helpful and purposeful, we invite you to strengthen our rapport in the community by clicking below to leave a testimonial about your experiences.




Cason Machacek

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 Digital Wellness Teacher

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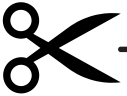
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Digital Wellness

FORTUNE TELLER



Green Purple

Blue Brown

3 Three

4 Four

5 Five

6 Six

7 Seven

8 Eight

1 One

2 Two

Orange Red

Pink Yellow

DI

DIGITAL WELL

What is one hope you have for today?

In the room, name something you can: see, hear, touch, smell, and taste?

Name the one person who always makes you feel valued?

Give an authentic compliment to someone in the room!

What is an example of private information not to share online?

What's a glow and a grow moment from your day?

What is one digital tool you've explored recently?

Using four different movements touch four different walls!

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