**SEL Fortune Teller**

Social Emotional Learning is (SEL) the process through which children and adults understand and manage emotions. Example: <https://www.youtube.com/watch?v=CODnVX7VAZ8>

**How to Make**:

1. Crease a square piece of paper diagonally from corner to corner so it makes a triangle.
2. Unfold the paper and crease it diagonally the opposite way.
3. Next, unfold the paper again, then fold it in half from each side. You will do this horizontally (hamburger-style) and vertically (hotdog-style).
4. Bring each corner to the center of the paper where the creases intersect.
5. Flip the paper over and fold each corner to the center again.
6. Write numbers on each of the small triangles that you have just created.
7. Write fortunes underneath the flaps (see writing prompts below).
8. Flip the fortune teller over and color the squares. Label them with four of the different social emotional competencies (self-awareness, self-management, social awareness, relationship skills).
9. Fold the fortune teller in half so the squares are on the outside.
10. Slide your fingers underneath the squares to operate the fortune teller – you should be able to lift the squares slightly so you can fit your thumbs under the bottom two squares and your index fingers under the top row.

**How to Use:**

1. Select a square on top of the fortune teller. Once you pick a square, spell it out loud and open the fortune teller with each letter. Alternate the direction you open the fortune teller from top to bottom or side to side. When you reach the last letter, leave the fortune teller open.
2. Next, when the fortune teller is open, look inside to see four numbers. Select one of the numbers and count it out using the same motion as the last step.
3. Finally, pick another number to reveal your fortune.

**Writing Prompts**

**Social Awareness:**

* How can you tell how someone else feels?
* How do you earn respect?
* What does respect mean?
* How might someone look when sad?
* What social rules exist at school/home?
* What is being a good sport?
* Why is diversity important?
* What would it be life if we were all the same?

**Self-Management:**

* What does success mean to you?
* Why is self-care important?
* How can self-control help you with friends?
* How do you plan for your day?
* What are ways that you study?
* Give an example of positive self-talk.
* What are some things that annoy you?
* What is a big goal for yourself?

**Self-Awareness:**

* What was the best day of your life?
* What is a dream you have for the future?
* What would you like to do when you grow up?
* What are you super smart at?
* What are your biggest strengths?
* How are family and friends important to you?
* Who is someone you care about?
* When was a time you were happy?

**Relationship Skills:**

* What does it mean to negotiate?
* How do you share your feelings?
* What do you like to talk about?
* What are ways you are a good friend?
* What does it mean to be a good friend?
* What is easy about working in groups?
* How do you handle criticism?
* Describe a problem you resolved.