

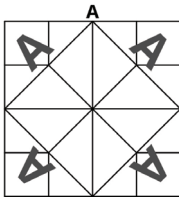
Creativity A creative act such as crafting can help focus the mind, and has even been compared to meditation due to its calming effects on the brain and body. It helps to reduce anxiety, depression and stress.

Make a paper fortune teller

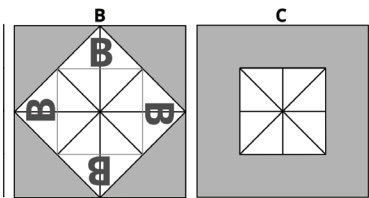
Decorate your fortune teller any way you like, then cut out and use.

Folding instructions:

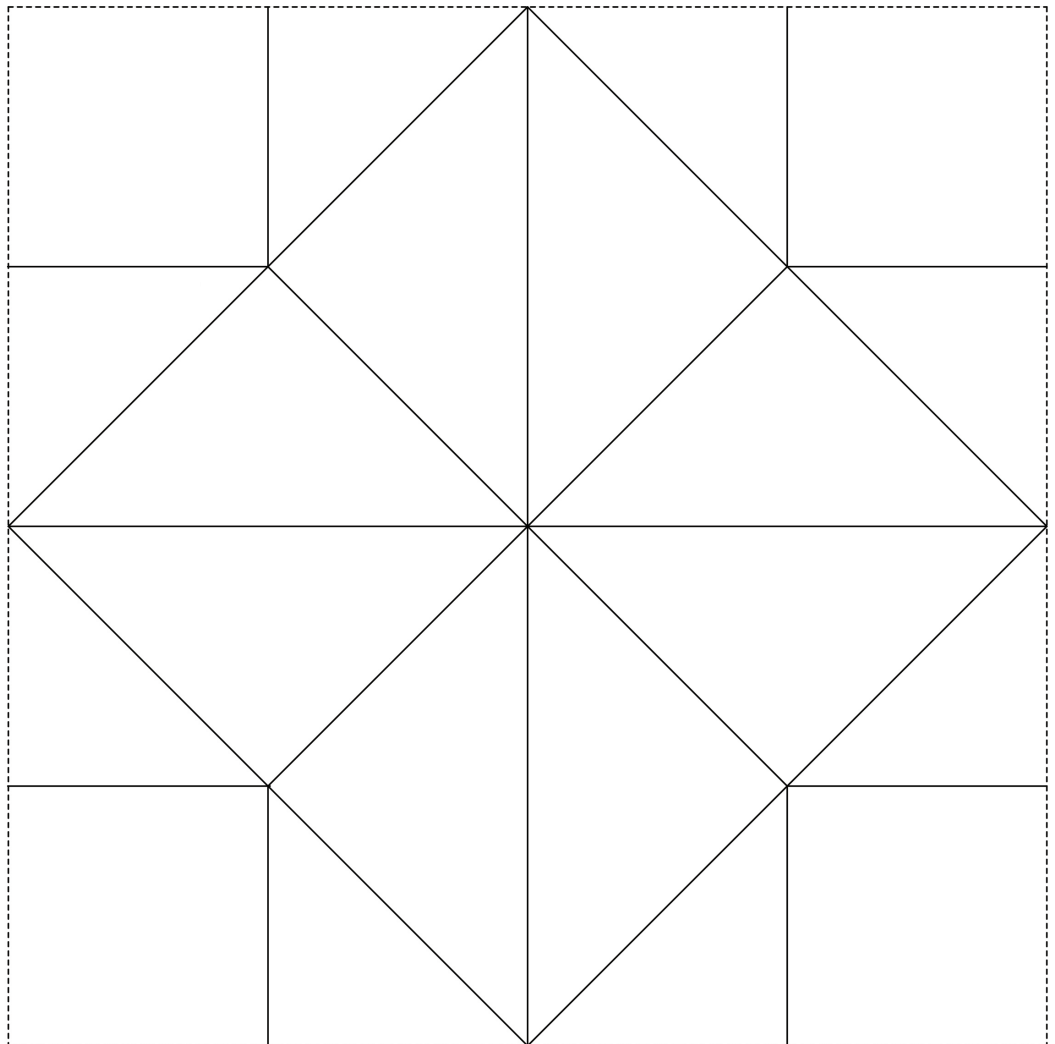
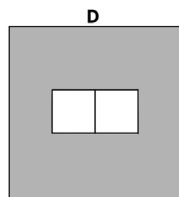
1. Cut out along the dotted lines, fold back four triangular corners (A)



2. Fold remaining four triangles forward, covering words in the center (B and C)



3. Fold in half with numbers facing out (D)



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